



Do you resist exercising, even though you know you'd feel and look better if you did more of it?

Is the thought of going to a gym just too stressful?

Or are you exercising *too much*, possibly damaging your joints and muscles with the kinds of activities you've chosen?

There's a better way!



Be Fit for Life

with monthly Nutrifit Fitness/Movement Outings

Join Page Love for a monthly session of fun group physical activity plus tips and facts about the best exercise to create a long-term **healthier you**, including the right foods to eat to enhance the exercise you do. The regular exercise time will keep you on track, the others in the group will provide support, and Page Love's expertise will show you small changes you can make in your lifestyle that will produce big changes in how you look and feel.

Each month, we'll walk, hike, lift weights, ride bikes, or play tennis, coupled with a session of enlightening and motivational fitness and nutrition information provided by Nutrifit founder and president Page Love. Just to name a few of her credentials, Page is a registered dietitian of the American Dietetic Association, a health and fitness instructor certified by the American college of Sports Medicine, and a strength and conditioning specialist certified by the National Strength and Conditioning Association. Most importantly, for decades she has been helping people of all ages, body types, and walks of life become healthier through better nutrition and reasonable exercise.

So, if you're ready to take control of your health, call us today to sign up for the Nutrifit Fitness Workshops or one of our many other programs.