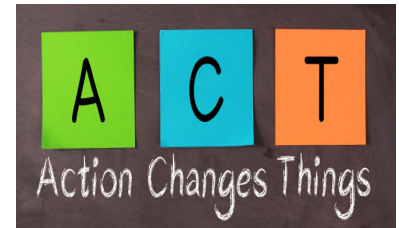


Action Changes Things (8 Weeks to a More Fit You)

Begin Your Body and Mind Transformation

Are you ready for sustainable change? Do you want to shed excess weight and increase energy? Let's take this journey together! During your first 8 weeks, we will work on your customized "ACT Lifetime Healthy Blueprint." We guarantee, if you stick with our recommendations, you will see positive body changes in the first 8 weeks!.

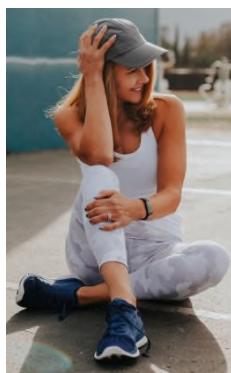


We supply the movement, nutrition support along with two months of unlimited virtual classes – **all this for only \$200**. Here's what you get:

- One *outdoor* strength-building workout per week (for 8 weeks)
- One group Zoom nutrition session per week (for 8 weeks)
- Two months of *unlimited virtual classes* with over 20 classes to choose from.

It's time to ACT. We have been working with people just like you for nearly 15 years and getting amazing results.

Randi Ekstrand



National Academy of Sports Medicine
Certified Personal Trainer
Basic Life Support Instructor

Esta McIntyre



National Academy of Sports Medicine
Corrective Exercise Specialist
Fitness Nutrition Specialist
Behavior Change for Weight Loss
Precision Nutrition
Author,

"Fitness for Women Who Love to Eat and Hate to Move"