



Cleanse, Heal, Energize to Uncover the New You!

First 30 Days: Cleanse

- One-on-One Fitness Consultation/Biosignature Tracking/Measurements.
- Individualized Nutritional Program, day to day choices, Red Light/Yellow Light/Green Light Foods.
- Fitness Options to be done at home or in the gym. Personal training is a great option!
- Receive a tracking journal ideal for nutrition and exercise history and goals.
- Start Bod-E-Klenz 30 Day Program to kickstart weight loss and cleanse the body gently and healthfully.

Day 31-60: Heal

- Follow-up Consultation/Biosignature/Measurements.
- Intensify and Re-Fresh Fitness Program for Continued Results.
- Bootcamp will keep you on track, try a class!
- The focus is on healing, digestion/assimilation and fat loss.

Day 61-90: Energize!

- Intensify your efforts to maximize YOUR results!
- Highest Intensity Training for YOUR Body will energize your mind and physique.
- Fuel yourself with ALL Green Light Foods, high anti-oxidant support and fat-burning foods.
PLUS: Final Biosignature Measurements to showcase your amazing results!

What a Transformation!

**It's YOUR Time to Shine, take the Imagine Wellness 90 Day Challenge!
Call (905)483-1024 or e-mail info@imaginewellness.ca to get started today.**

The first 5 participants receive a \$75 BONUS!

Thank you for working with Imagine Wellness. Please see <http://www.imaginewellness.ca> for more information about our natural, painless methods to help bring your body back to optimal health.

We specialize in in-home and corporate fitness and wellness programs to maximize your energy and achieve vibrant health. You deserve to be fit, healthy and happy!