



BETTER-IN-TEN

A Life-Changing 10-Week Program to a Better, Healthier You!

Want to feel healthier but don't know where to start? Fed up with dieting? Sick of paying for a gym membership and never going?

Better-in-Ten is a 10-week, introductory fitness and nutrition program that will give you the tools necessary to help you feel better and get healthier! The program, offered in a group setting, is designed to help you lose weight through group exercise and nutrition sessions. Sessions will guide you, step-by-step, on how to develop a healthier lifestyle through proper exercise and expert nutrition advice, as well as, help you understand your relationship with food.



**Expert Advice
from a Personal
Trainer and
Registered
Dietitian**

**Get out of
Boring Routines
and Restrictive
Dieting**

**Learn Proven
Techniques to
Help You with
Sustainable
Weight Loss**

MULTITRAINER FITNESS

647.328.8729
multiTRAINERfitness.com

**INNER HEALTH
NUTRITION CONSULTING**

905.265.2140 or
647.980.2650

innerhealth1.ca

Get Expert Advice from a Personal Trainer and Registered Dietitian

Better-in-Ten, developed by Anthony Lepiane, owner of MultiTRAINERfitness and Filomena Vernace-Inserra, Registered Dietitian of Inner Health Nutrition Consulting offers both fitness and nutritional advice from professionals that have been helping individuals successfully lose weight over the course of their careers.

Get out of Boring Routines and Restrictive Dieting

Better-in-Ten will expose you to new exercises and nutrition routines to help you get out of your current rut. Learn diet and exercise tips and proven techniques to help you stay motivated, increase your energy level and bring you sustainable weight loss results.

Help You with Sustainable Weight Loss

Better-in-Ten is designed to help you meet and keep your weight loss goals while still allowing you to eat from all food groups, including carbohydrates!

GET BETTER-IN-TEN WEEKS FOR ONLY \$699—OVER 20% OFF

Until March 31, 2017, register for the **Better-in-Ten** program for only \$699—a savings of over 20% off the regular price (\$900/person). Plus, you may be able to claim a portion of the program through your private or group insurance health plan!

Better-in-Ten program includes:

- Ten (10), 45 minute fitness classes (catered to everyone's fitness level)
- Ten (10), 45 minute nutrition classes
- Take-away materials such as nutrition resources and fitness handouts

Each session will consist of a 45 minute fitness class and 45 minute nutrition class, with a short break in between classes, and will run on the same day and at the same location. A minimum of five participants is required to run the program. Dates, times and locations will be dependent on participant demand.

This program is suitable for groups—teacher's as an after-school program, friends who want to lose weight together, or organizations that want to provide staff with health and wellness incentives.

To find out how you can register for the program, or for more information, please contact Anthony Lepiane at 647.328.8729 or via email anthony@multitrainerfitness.com, or call Filomena Vernace-Inserra at 905.265.2140 or 647.980.2650 or via email at dietitian@innerhealth1.ca.