

F.I.T. – Functional Innovative Training

With **Teresa M. Matthews**, BS, LMT, CPT

Jack LaLanne said:

**“You have got to take care of the most important person
in the world, YOU!”**

If you don't take care of yourself, then who will? Learning to be **FIT** is so beneficial in your career as well as your everyday activities!

- ❖ Understand **nutrition** and balanced wellness
- ❖ **Stretching** techniques
- ❖ **Strength training** exercises (without equipment & with bands)
- ❖ **Alleviate pain**, reduce stress
- ❖ **Become strong** (FIT) to perform daily activities & work easier!
- ❖ Become **more energized**
- ❖ **Reduce** cholesterol, blood pressure, diabetes and obesity
- ❖ **Enjoy a healthier lifestyle!!!!**

Live a Healthier, Stronger and Longer Life!

9 CEs FL provider # 50-137* NCBTMB provider # 450722-08

Friday, August 7, 2009 9am-3pm @

ABUNDANCE WELLNESS CENTER

325 John Knox Rd. Bldg T, Suite 1

Tallahassee, FL 32303

www.awc-tallahassee.com

Special offering: **Only \$ 125** (reg \$165)

BONUS: FI Laws, Ethics, Medical Errors & HIV/Aids at 4pm 8 CEUs for only \$25!

*Additional \$10 discount given if you
register with a friend for FIT!*

Don't miss this great opportunity with Teresa! She is a National CE Presenter, Licensed Sports Massage Therapist, Certified Personal Trainer, and owner/instructor of the Arlington School of Massage & Personal Training in Jacksonville, FL. She is a World Champion Athlete with over 25 years in the fitness industry. Teresa is an instructor for Thera-Band Academy resistance bands & produced her own DVDs on Stretching and Strengthening.

Health, Wellness & Fitness Professionals, Inc. www.HWFP.org

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