

A Positive Program of  
**A Better  
Body.US**



**Master Trainer  
and Life Coach  
Anne Radke  
knows how to  
work within your  
limitations, get  
you motivated,  
and help you  
reach your goals.**

**For only \$10 a  
session in groups  
of 10 or more you  
can work out or  
learn self defense  
with your group.  
Train in a variety  
of exercises that are  
effective and fun!**

**For more information  
contact  
mastertrainer@abetterbody.us**

# Fit & Fabulous

## 514-4334

**Make *Effort* not Excuses to be your personal best**



### **#1 I don't have time**

If you have 30-60 minutes to devote to working out, it could add years to your life which in turn gives you more time-people make time for what is important to them-your health is important

### **#2 I can't afford it**

Snacks and fast foods cost a lot! Take that \$40 a month and invest it in your health. You will save more than that in Dr. bills and co-pays not to mention missed days at work from being sick

### **#3 I'm too tired**

Working out gives you energy. Once you start in your routine, you will discover there is a difference between fatigue, stressed out and really tired.

### **#4 I'm not motivated or too embarrassed**

That is what you need me for - to motivate you! When you come with your co-workers or friends they won't see you as out of shape or in shape, they are just happy to do something together. Be proud of yourself for being brave enough to make a positive change in your life.

**Building Stronger Minds and Bodies for Healthier and Safer Communities  
Through Love, Quality Education and Positive Programs**