



**MYOFITNESS**

Invites you to learn how to have...

*12 month wellness ...*

*Even over the silly season!!*

**THE SPEAKER ...**

Andrew Jobling (B.Ed. – Phys. Ed.) played football for the St Kilda Football Club. He has over 20 years experience in education, fitness, health and nutrition. As a personal trainer he yelled at lots of people for many years before he discovered the secret to helping them achieve long term success with their health, mind and body. Andrew is the author of the bestselling 'Eat Chocolate, Drink Alcohol and be Lean & Healthy', 'Simply Strength' and his newest book, 'Dance Until it rains'. He is a renowned speaker and spends his time sharing the secrets that have changed countless lives.



**Andrew will:**

**Entertain and inspire you as he outlines** the basic steps to creating the body and optimal health you have always wanted – FOREVER (even over the Christmas and New Years period!)

**Program Outline:**

- 🍽️ Clearing up the misconceptions
- 🍽️ Understanding the things that have stopped us in the past
- 🍽️ Discover the secrets to creating long term change
- 🍽️ Understand that being lean, vibrant and healthy is simpler than you think
- 🍽️ Discuss some simple nutritional/exercise ideas that are easy to implement into an already hectic life and ... at this crazy time of the year!
- 🍽️ Understand the impact of controlling blood sugar levels, eating natural foods, quality supplementation and moderate & enjoyable indulgence

**Details:**

**WHEN:** 7pm for a 7:15pm start on Thursday December 1<sup>st</sup> 2011  
**WHERE:** 34/22-30 Wallace Ave, Point Cook  
**COST:** **Only \$10** (can you believe it?!)  
**BOOKINGS:** Call Emma on 8360 3950, 0437 880 082 or email: [info@myofitness.com.au](mailto:info@myofitness.com.au)