

THE REAL TRANSFORMATION PROGRAM

What is the Real Transformation Program all about?

This is a 12-week program for Real people and not a “Boot Camp” or some other fad diet program that does not take into consideration your “real lifestyle,” or what sort of condition you are currently in. This is a program that will transform your body and get rid of fat, old habits, and expose bad decision-making, which has put over 65% of the American population in a state where percentage wise we have more fat on our bodies than most other nations. You will be inspired to have fun as you learn nutritional secrets and participate in a fantastic workout program that is designed just for you. Certified Personal Trainers as well as a Registered Dietician will monitor your 12-week adventure to assure you the results you are looking for.

What if I’m not very physically fit?

Because this program was designed for “Real people” we give each member a physical evaluation, using the internationally recognized PAR-Q evaluation process. This determines your readiness for physical activity so that the program designed for you will take into consideration you as an individual and not over stress or make demands on you that you cannot handle. The program is designed to be effective yet take into consideration that everyone is different and not one program will work for everyone. For this reason alone we believe we see the results that we do with our transformation program.

Is this some sort of a GYM membership program?

While we use the facilities of Real Fitness it is not a long term membership that has you paying month after month even when you are not attending. This is just 12-weeks long, fun filled and a life changing experience that gives you all the benefits of a state-of-the-art workout and wellness facility, use of our patent pending nutritional online program, access to all the group classes, without any of the perceived hassles associated with some long term gym memberships.

What will I be investing in myself to change my body?

About \$2.33 a day. You can’t even buy a specialty coffee drink for that amount! There are no special foods to purchase, no special exercise equipment to invest in as we provide everything including the use of a certified and registered nutritionist who will review your food choices every week during this process. The total cost is just \$210.00 and the program comes with a **money back guarantee!** You have nothing to lose but fat.

What can I expect to achieve from joining the Real Transformation program?

Your body will become more fit and toned, and you will gain more confidence because of the dramatic improvement in your physical well-being. You will learn how important certain foods are to your lifestyle, when to eat, what to eat that will turn on your fat burning furnace. You will have a program created for you that will include simple exercises that are designed to firm your butt and thighs, flatten your stomach, reduce body fat and increase flexibility and stamina. By participating

and following the program you will lose fat as you tone muscle, you'll lose inches while looking better and feeling better. You will also meet other people on your journey that could develop into lifelong friendships. You'll receive a FREE Get Real T-Shirt and unlimited access to our patent pending online nutritional program during the 12-wk program. This system will even create shopping lists for you as it evaluates your eating choices throughout the day. You will have a Certified person from Real Fitness design your activity program and just as our Certified Nutritionist will be working with you; your physical activity will also be supervised by a member of our staff.

If I'm already a member of Real Fitness what will this program cost me?

The program cost is broken down like this: There is a \$75.00 registration fee and the 3 month program cost is just \$135.00. By adding these two numbers together we arrive at the cost of the program. (\$210.00) For people who are already members of Real Fitness you continue to pay your monthly membership fee and the enrollment fee is waived making the program just \$135.00.

What else you can expect?

Depending on your age, sex and percentage of body fat, as well as your commitment to the program, you can expect:

- 5 – 12% reduction in body fat
- 12 – 26 pounds of weight loss
- 3 – 5 inch decrease in the midsection
- 15-30% increase in strength
- 25 – 30% increase in endurance
- Better relaxation
- Reduction in stress and blood pressure
- 110% gain in self-confidence
- Better posture and new friends

What will my commitment level be and what is expected of me?

To see the standard results you must make the personal commitment that an investment like this requires. Here's what we recommend:

- Three days per week where you will spend one hour at Real Fitness working on your activity program. (3 hours per week)
- Three days per week where you will do one hour of "home work" assigned by your trainer. (3 hours a week)
- Seven days (7) a week where you will log the food you consumed using our patent pending online nutritional program. (approx. 10 minutes per day)
- Eat six to seven times per day (6-7) based on the nutritional analyzer suggestions.
- Make better choices in eating based on your online logs and recommendations from our Registered Nutritionist.
- Attend weekly weigh ins at Real Fitness. (private sessions)

INTERESTING FACTS:

- A personal trainer generally charges from \$65 to \$150 per hour;
- A nutritionist could cost you as much as \$65 to \$110 per hour;
- High blood pressure and sleeping medication can cost over \$280 per month;
- Obesity trends have risen every year from 1985 – 2008;
- In the USA 65% of all adults and 30% of children are obese;
- You could change your life and recession proof your body for just \$1.61 a day, our Real Transformation program includes a personal trainer and nutritionist at no extra charge.
- This program was designed for people 15 to 70 years old.

Is it time for you or someone you care about to change their lives?

Real Fitness, LLC W61 N513 Washington Ave. Cedarburg, WI

53012

262.376.2680

