

Did you Get Enough this Festive Season?

Coastal Bodies



If you did you are probably smiling from ear to ear!

The festive season is the time of the year most of us indulge. Family, friends, food and fun take priority over the waistline. Then of course at the stroke of midnight on January 1 we make wild promises to ourselves and call them New Year's Resolutions.

Promises need carefully executed plans to become reality.

Here are some simple facts:

- 80 % of people don't have any health goals whatsoever. Their favourite word is 'Whatever'.
- 13% of people do have health goals but never realise them.
- That of course leaves the remaining 7% who achieve what they set out for.

So, it's all about choice. On the lips on the hips. Discipline or disaster.

Would you like to make your goals a reality in 2011?

Our results speak for themselves. We are not about hot air we are about top care. Our tertiary qualified trainers and accredited dietician take a holistic approach to get you results at last.



Pictured [left] is Carl Xu. Carl had this to say about Personal Training:

"If someone had told me this time last year that I would (or could) lose 26kg with the help of a personal trainer, I wouldn't have believed them because I was sure that (a) my body type was not conducive to weight loss, and (b) I wouldn't have the motivation".

Act now!

Coastal Bodies 3 step easy, simple and basic formula will have you on your way to realising your dreams and fulfilling your resolutions. For a **complimentary** personalised assessment e-mail us at info@coastalbodies.com.au or visit www.coastalbodies.com.au.

PS. You can realistically have the body you want for Valentines Day.