



TOTAL EFFECTS: WEIGHT MANAGEMENT

## Health Management Program Aerobic Recommendations

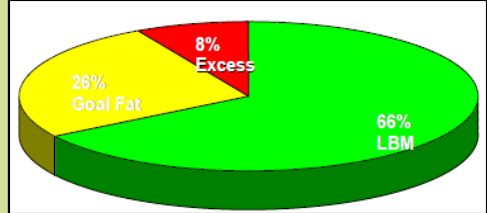
Days of Exercise: 3	Total Weekly Caloric Expenditure: 612 cals	
Total Minutes/Week: 60	Average Caloric Expenditure: 87 cals/day	
Aerobic Heart Rate Training Zone: 122-139 bpm		

**Workout Schedule:**

**Monday**  
Cycling: 20 min. (165 cals)

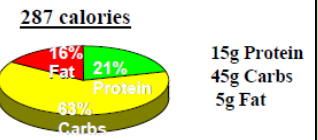
**Wednesday**  
Rowing: 20 min. (301 cals)

**Friday**  
Walking: 20 min. (148 cals)



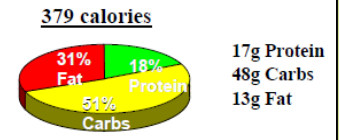
**P.M. Snack:**

Fat:	1 Exchange
Fruit:	1 Exchange
Vegetable:	1 Exchange
Weight Loss Shake:	1 Serving



**Dinner:**

Fat:	1 Exchange
Protein:	2 Exchanges
Starch:	2 Exchanges
Vegetable:	2 Exchanges



### \*\*\* Your Name Here \*\*\* Body Composition Client History Report

Client Name: Jane Smith      Date 07/23/2001  
 ID: 1234      Sex: Female      Age: 46      Height: 65.2"

Date	Weight	Impedance	% Fat	Lbs Fat	Lbs LBM	H2O (litres)
03/10/2001	235.0	510	42.7	100.3	134.7	40.1
04/02/2001	226.0	480	40.3	91.1	134.9	40.8
05/05/2001	210.5	464	37.3	78.5	132.0	40.5
06/14/2001	196.2	450	34.1	67.0	129.2	40.3

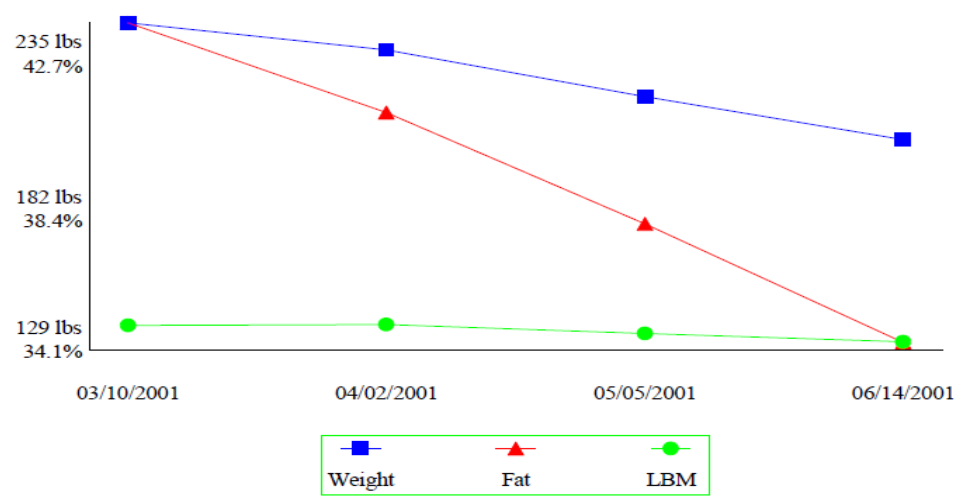
**3 Fruit Exchanges**

- 1 sm Apple
- 1 sm Orange
- 1/2 Bannana
- 2 Apricots
- 1/3 cup Berries
- 1/2 Grapefruit
- 1/4 sm Melon
- 10 Grapes

**5 Starch Exchanges**

- 1 sl Whole Wheat Bread
- 1 3" Muffin
- 1/3 cup Oatmeal
- 1/3 cup Pasta
- 2 sm Pancakes
- 1/3 cup Beans
- 1/3 cup Corn
- 1/3 cup Rice
- 1/2 med Potato

**History Graph**



*TOTAL EFFECTS: WEIGHT MANAGEMENT*

8 week/sessions \$300.00    12 week/sessions \$400.00

**Program includes;**

- Personalized** —> Nutrition Program & Support Resources  
 —> Aerobics Program (on-site orientation option)  
 —> Resistance Training Program (on-site orientation option)
- Weekly** —> Body Composition Exams or personal training sessions  
 —> Individual Support Sessions  
 —> Revisions to Program  
 —> Printed Reports and Tracking Templates

\*Food Diary & Health information must be completed and submitted along with payment at least two days before appointment.  
 \*Initial Session (90 minutes) \*Weekly Sessions (45 minutes)  
 All programs are flexible to meet your needs—  
 Sessions can be used as body composition consultations or as personal training sessions, but will expire at the end of the designated time.

Congratulations on taking your first step to self-improvement. I am Cory Olson (B Ed./ CFP PTS) and I am CO2 the Max.

I am excited to announce that I will be offering my services through Total Effects Day Spa and Olympia Fitness Center.



Whether you are looking to get a handle on your health, lose some excess pounds, monitor or change your current fitness and/or nutrition program, look no more. I can help you actualize your goals.

## TOTAL EFFECTS: WEIGHT MANAGEMENT

Total Effects: Weight Management System is a clinically proven system that will help you take control of your weight loss goals.

Using bio-electrical impedance technology, a non-invasive, safe, accurate technique for measuring body composition & anthropometrics, you will receive a nutrition and exercise prescription, that is specific to your personal goals and needs.

(See inside pamphlet for more details & samples )



## BODY COMPOSITION ANALYSIS

Bio-Electrical Impedance & Anthropometrics

\$25—One Session

\$65—Three sessions

\$100—Five sessions

Non-Invasive method to accurately track your Body Fat & Weight Loss Progress

## PERSONAL FITNESS TRAINING

Let's face it, walking into a fitness center can be overwhelming. You might be intimidated because you think everybody is in great shape and you are not? Truth be told, you will find people who are in shape in a fitness center, but you will also find people of all ages, body shapes, and experience as well. The modern day fitness center is an inviting, healthy atmosphere where everyone is there for one common purpose, self-improvement.

Many people are also threatened by all the various weight machines and cardiovascular equipment. How do you work this thing? What are these buttons for? Again, truth be told, there are a lot of things to learn in the fitness world, but by taking one step at a time you can take control of your health and wellness by utilizing such a facility.

Whether you prefer to workout at **Olympia Fitness**, out of your own home, or even if you would like to utilize some of Weyburn's public programs or facilities, I offer a variety of packages for beginners & advanced.

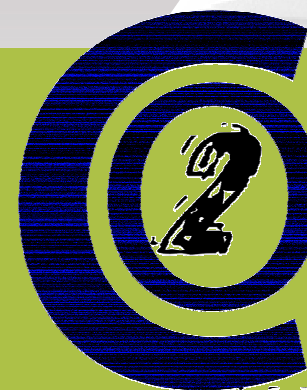
### START ME UP PACKAGE # 1

One consultation (includes body comp. analysis, personalized aerobics and resistance training plan, a nutrition plan, and three one-on-one sessions to walk you through the workouts. (\$200)

### START ME UP PACKAGE # 2

Two consultations (includes 2 x body comp. analysis, personalized aerobics and resistance training plan, a **personalized** nutrition plan, and three one-on-one sessions to walk you through the workouts. (\$250)

For more information or other package options visit [www.co2themax.com](http://www.co2themax.com) or email [cory@co2themax.com](mailto:cory@co2themax.com)



TOTAL EFFECTS: WEIGHT MANAGEMENT

&

FITNESS TRAINING SOLUTIONS

SERVICES OFFERED THROUGH

Total Effects  
Day Spa

&



OLYMPIA FITNESS



**"A goal without a plan is just a wish"**

Stop the habit of wishful thinking and start the habit of thoughtful wishes

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