

Realistic Eating and Activity for Life get REAL.

Need help adopting a healthy lifestyle?

During this six-week fitness and nutritional program you will spend one hour with a registered dietitian and one hour with personal trainers! Weights, measurements, and bioelectrical impedance will be done at the beginning and end of the program to show your progress!

- **Week 1:** Introduction & Goal Setting/Exercise Success
- **Week 2:** Nutrition 101/Flexibility & Aerobic Training
- **Week 3:** Emotional Freedom Techniques (EFT)/Strength Training Program
- **Week 4:** Nutrition & Behavior Change/High Intensity Interval Training (HIIT)
- **Week 5:** Meal Planning & Grocery Shopping/Circuit Training
- **Week 6:** Eating Out & Where to Go from Here
Bodyweight Exercise Program

Questions?

Email Ruby at Ruby.Schuler@stjoe.org or sign up at Synergy Medical Fitness Center's front desk or call (707) 251-1395 option 2.

Results from the last get REAL series:

5.8 avg. pounds lost

2.7 avg. inches lost

1.75% avg. body fat lost



When:

Every Thursday (July 13 - August 17), 5:30 p.m.-7:30 p.m.

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| -July 13, 2017 | -August 3, 2017 |
| -July 20, 2017 | -August 10, 2017 |
| -July 27, 2017 | -August 17, 2017 |

Where:

Synergy Medical Fitness Center

Conference Rooms (located on the 2nd Floor)
3421 Villa Lane, Napa, CA

Who:

- Ruby Schuler, Registered Dietitian at Queen of the Valley
- Laisha Munoz, Synergy Personal Trainer
- Guest Speakers

Cost:

- \$250 (Synergy Members); \$300 (Non-Members)
- *(Approximately \$41 per class, for Synergy Member, or \$50 per class for Non-Members)*
- *Non-Synergy members receive a total of 12 free passes to use the gym.*

