



BAUER PHYSICAL THERAPY

# Biggest Loser Contest

## With Lasting Results

Win a years membership to  
Bauer PT worth \$960

**Lose weight before the holidays and ....KEEP IT OFF!**

**The Biggest Loser Contest** is the best way to prepare for the holidays, create lasting results, and help you look and feel better. You will learn to make lifestyle adjustments and how to manage them. Gain more confidence and control of your life. This is a great way to start! All fitness levels are welcome and we will challenge you within your own abilities. Our professional coaches are ready to speak with you so call today for more information.

**Starting**

**Oct. 20th –Nov. 24th Tuesday's 5-6:30 pm**

- Define your own personal goals
- Learn the process of change
- Design personal exercise workouts
- Manage your food intake
- Maintain changes forever
- Experience fun and new workouts!



### What the program includes:

- ◆ 6 Weekly Discussions that last 1 1/2 hours (includes exercise)
- ◆ Guest speakers that are experts in their field.
- ◆ Your own personal Wellcoach will be assigned to you for 6 weeks and they will provide one on one private coaching for up to 30 minutes per week (in person or over the phone).
- ◆ You will receive a workbook with all the necessary materials and readings.
- ◆ Open use of the gym at Bauer Physical Therapy for your weekly workouts.

**Total Package  
only \$199.**

**Bauer Physical Therapy**

**Wendy Earley**

**(949) 588-7278**

**Call for more details and  
to sign up!**