

[Tri-fold Brochure for Fitness Coaching](#)

Cover

Reduce YOUR bottom-line with customized weight loss solutions.

<<Image: Silhouette of a woman at the beach, lying on a towel, back view>>

Kristin Bromley Fitness Coaching

Customized Coaching. Sustainable Weight Loss.

Inside flap headline/body copy

Looking to...

- Boost your confidence and energy?
- Fit into your “skinny” jeans?
- Improve performance at your favorite sport?
- Reduce aches and pains?
- Get stares from your ex?

Contact Kristin today for a free consultation.

<<Contact Info>>

<<Testimonial in box>> “Kristin helped me shed the weight I could not get rid of on my own. I like being in pictures now! I even had to buy new scrubs for work because my old ones were literally falling off of me.” Jamie P., Culver City

Inside spread headline/body copy

Ready to like what you see in the mirror?

It's time to lose weight. But worried that this round of “getting in shape” will just end like past efforts?

This time, turn to a fitness coach with experience helping people like you lose weight THE HEALTHY WAY.

That means no to:

- Yo-yo dieting
- Obsessive or dangerous workouts
- Starving yourself

These shortcuts only set you back in the long run. They lead to slow metabolism and WEIGHT GAIN.

My goal as a fitness coach is to guide you towards becoming a leaner, healthier and more positive person!

What's stopped you in the past?

There are lots of things that sabotage weight loss efforts.

- Busy lifestyles
- Unhealthy cravings
- Lack of motivation to work out

And the list goes on...

Sustainable weight loss is possible, but it's hard on your own.

I must warn you: these changes won't come overnight. It's not easy to get over the excuses and habits that have stopped you before. That's why I'm here to help you.

I don't advocate quick fixes. Extreme diet and exercise plans won't lead to long-term weight loss and health. You're like a ship changing course. You have to move off your current path slowly and steadily.

Think you don't have time to lose weight? Think again...

We'll CUSTOMIZE a fitness plan to mesh with your schedule AND life. The goal? To find a way to make weight loss possible for YOU.

What happens in the 60-day session?

The goal of the 60-day coaching session is to identify what's stopping you right now, and get you addicted to the good habits your body needs to become thinner.

We'll make small changes to your lifestyle each day. Every morning, you'll recommit to your goals. At the end of the 60 days, you'll be on your way to

sustainable weight loss through diet and exercise, armed with **healthy habits** and the **motivation to succeed**.

Back headline/body copy

Your better self is within reach...

Find your unique fitness plan with Kristin Bromley today!

<<Contact Info>>