



Next Level Fitness, LLC.  
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AFPA Certified Group Fitness Instructor  
[www.next-levelfitness.com](http://www.next-levelfitness.com)

## BE Your Perfection

BE Your Perfection  
Barbara English  
Integrative Nutrition Certified Health Coach  
[www.beyourperfection.com](http://www.beyourperfection.com)

### **Next Level Fitness invites you to attend a FREE 1 hour seminar “10 Keys to Healthy Eating” presented by BE Your Perfection**

When: January 28<sup>h</sup>, 2012 @ 12:30- 2 pm

What:

- Learn what you're eating that could actually be the thing that's making you hungry
- How changing one common ingredient can help you get control, boost your energy & prevent disease
- Why you might want to take a magnifying glass to the grocery store

Where: REI Short Pump – 2020 Old Brick Road, Glenn Allen VA 23060

Space: limited to 20 participants – reserve your spot ASAP

Reservation: [barbara@beyourperfection.com](mailto:barbara@beyourperfection.com) or (804) 922-3518

Participants will receive 1 free e-book of *Integrative Nutrition* by Joshua Rosenthal and REI is offering a 20% off coupon for online or store on REI or Novara brand items

### **NLF and BE Your Perfection will also talk about their new program in 2012: Fitness and Nutrition Coaching**

Who: People who want to lead a healthier life style and are tired of the gym and dieting

What: 3 or 6 months of workouts + nutrition coaching

When: Feb 1 through Apr 30, 2012 or Feb 1 through Jul 31, 2012

Purpose: Incorporate physical activity, fitness and healthy eating habits into your life

Details: To be presented at the seminar above or contact [info@next-levelfitness.com](mailto:info@next-levelfitness.com)