



Enjoy the beauty of Fall and...a healthier YOU...one step at a time!

Lifelong Fitness Alliance is ready to support your desire for a healthier you by offering you our 10 week program to encourage you to step up your physical activity through cooperation, encouragement, goal-setting and incentives. We offer a pedometer, and charts to track your goals and progress. Included in the program are nutritional adjustments, optional "happiness" assignments, accountability support and lots of recipes, tips and information to improve your health and wellness. 100% of the participants in our pilot program reported benefits!!

So put on those walking shoes. Join your friends in your own neighborhood. Take local hikes suggested by Lifelong Fitness Alliance and Bonnie Murphy! Increase your physical activity without "exercising!" Programs beginning September 8th will be provided through *bfit and well*. Bonnie Murphy, Alaska's fitness ambassador, will be providing weekly motivational "boot Camps", informative mini-lectures, and accountability forums.

You will get, in addition to the above:

- ❖ A pedometer to measure your daily steps
- ❖ A journal for recording your steps
- ❖ Tracking tools
- ❖ A support system to help you succeed
- ❖ Educational and encouraging weekly tips on nutrition and wellness
- ❖ Fun, fitness, camaraderie, better health and a sense of achievement
- ❖ Membership in Lifelong Fitness Alliance

We ask you:

- ❖ For a commitment to Lifelong Fitness!
- ❖ To celebrate your good health with us

We suggest a weekly donation of \$25, which includes Lifelong Fitness Alliance membership and all the benefits that come with that! However, in the spirit of inclusiveness, we will not refuse anyone who would like to participate and is committed to being healthy and well!

907-229-7652

www.lifelongfitnessalliance.org www.bfitandwell.com
info@lifelongfitnessalliance.org bonnie@bfitandwell.com