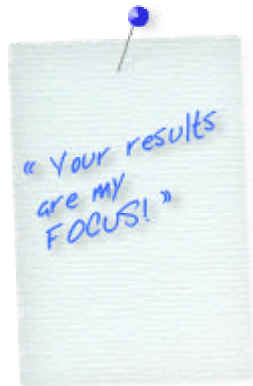


DISCOVERY PACK

AN INTRODUCTION
TO
PRESCRIBED EXERCISE



Desra Barron Personal Trainer can help you achieve your health and fitness goals in many ways, your goals could be:

- Fitness and flexibility
- Weight control
- Body shaping and toning
- Sports performance
- Strength and endurance
- Health and wellbeing
- Stress relief and reduction

To get a taste for what Desra has to offer she has put together a discounted six week Package to get you up and going.

You don't have to sign a membership and you won't be tied into any long term contracts.

The package has been designed to offer you the most flexible way to achieve results and has been split into five fun filled challenging weeks.



- **Phone:** 021 708 642
- **Email:** desra@unwind.co.nz
- **Web:** www.unwind.co.nz

• Week One

This will be your initial consultation to assist in outlining your goals, obtaining your reference metrics and reviewing your diet **plus** prescribing your personalized 6 week fitness programme.

Also includes a ½ hour "Lets get started" workout.

• Week Two

Following on from your initial consultation, Desra will step things up a level with a full on 1hour training session full of fun and Motivation.

• Week Three

Just when you thought it was safe to take a breath and relax it's time for your most explosive ½ hour workout to date!

• Week Four

Time to cap off the last 3 weeks by reinforcing your newly acquired workout knowledge with yet another 1 hour workout.

• Week Five

Using your newly acquired knowledge Desra will leave you alone for a week so you can do your own routine, don't worry support is only a phone call away!

• Week Six

Together we will review your results to-date and top it all off with another ½ hour final blow-out session.

Packages are subject to change without notice at anytime and are limited to one per person and availability.

