

STOP hiding in the shade... Step into the SUN!

**Feel more confident and energetic this summer.
Join us for the “Kick Start Summer” event on 16th May.**

You will learn how to:

- Change your diet to have more energy & lose weight
- Manage stress more effectively & feel happier
- Get in shape for summer with fun & easy exercises
- Deal with challenges that come your way with a revitalised & positive attitude



**Join four inspirational women who's goal it is to help you look and feel great!
The Kick Start Summer event will make sure that you get the most out of
yourself so that you can step into the sun with CONFIDENCE!**

Kick Start Nutrition

Expert nutritionist Clare Jeffries will show you how giving your diet an overhaul can do wonders for your energy levels and mood, how you manage stress and shift excess pounds, not to mention reducing the risk of more serious diseases. Your day will include a 'guilt-free' assessment of your current diet.

www.healthyinfluence.co.uk

Kick Start Exercise

Gold medallist athlete, Kimberly Rothman of Fit Camp, will show you the most efficient, fun and rewarding exercises to do for fast results! You will learn the best

exercises to tone and shape your body in time for summer, to do at home, the gym, leisure centre or outdoors with friends.

www.fit-camp.co.uk

Kick Start Attitude

The award-winning sisters Louise and Emelie Olsson from the Catapult Club will teach you how to get the most out of every day. Your breathing will be re-energised, your posture improved and your attitude revitalised! You will be encouraged to challenge yourself and break through any barriers that may have held you back until now.

www.thecatapultclub.com

Join us and get a plan of action that will get your summer Kick Started!

- Eat healthy, energy boosting & good mood foods
- Do the 6 top “bang for your buck” exercises
- Achieve a flatter stomach and burn calories without even feeling it
- Identify & be inspired to achieve your true passions
- Prioritise your commitments and bring balance back into your life
- Practice powerful, yet simple, relaxation techniques

16th May 2009, 9am – 5pm at Sandown Racecourse

**Call 0208 675 2137
to book your place NOW!**

Email: info@thecatapultclub.com

**This inspirational event costs just £120.
Early bird offer of £99 for bookings made by 30th April.**

Places are limited, so book early to avoid disappointment.