



**HOLISTIC BODY SCULPTING
3- MONTH TRAINING
MEN ONLY !!!
Instructed by Brother Max
Certified Personal Trainer
FOR AGES 25 +**

NEED MEDICAL CLEARANCE FROM YOUR
PHYSICIAN FOR ADMITTANCE INTO THIS
PROGRAM

JUNE - AUGUST 2010

Cost \$500

6p - 9p

Exact start date: TO BE DETERMINED

GOALS

- Reduce body fat
- Improve body image
- Build a lean muscular body
- Develop healthy eating habits
- Increase strength, speed & endurance

PROGRAM DESCRIPTION:

- Course expectations
- Healthy eating lifestyle
- Setting realistic fitness goals
- Strength training and conditioning

INTRODUCTION TO NUTRITION:

- Eating for energy
- Detoxing for fat loss
- Understanding nutritional labels
- Meal planning & personalized food journals
- Learn the importance of vitamins, minerals & herbs
- Understanding the role of protein, carbohydrates & fats

FITNESS ASSESSMENTS:

- Weigh in
- Body fat calculation
- Bi-weekly progress report
- Before and after photo-op

WORK-OUT PROGRAM:

- Strength training
- Resistance Training
- Strength & Flexibility
- Power breathing cardio

SAKU HEALING CENTER

8 REVERE PLACE

BROOKLYN, NY 11213-1536

Take "C" train to Kingston Throop

Take Long Island Railroad to Nostrand Avenue

Directions by bus: www.hopstop.com

Directions by Car: www.mapquest.com

All major credit/debit/ATM & PayPal accepted online at: www.africanholistic.weebly.com

Click "Schedule of Classes"

Or contact Sista Shai (Shy-ee)

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