

# Pretty Woman



## Fitness & Weight Loss Centre

---

### Training Options

#### Personal Training and Nutritional Consultations

What you will learn:

- How to balance your diet with meal portions, timing and understanding your metabolism
- How to lose "fat"
- Education about health and fitness
- How to stay motivated when reaching plateaus

Different people have different goals:

- To lose weight
- Training for sports
- Rehabilitation
- Improve fitness level
- Career related such as police, fire and military training

Personal consultations by appointment.

*Pretty Woman*

425 West Street North  
Orillia, Ontario L3V 7R2  
705-329-7719