

30 MINUTES FOR 30 DAYS

Start NOW, be ready to play this summer!



30
Days

are YOU
looking for
your next
challenge?

GET FIT while you...



- ✓ Receive daily emails with fitness, wellness & nutrition tips.
- ✓ Log your daily workouts in an online journal that tracks your results
- ✓ Have access to FUN group events that support *sustainable* change
- ✓ Have the option to do **30 Days of Yoga** with the chance to win **1 Month Unlimited at Bodyvine Yoga Studio**
- ✓ Have exclusive access to great packages of services like personal training, physiotherapy and private yoga training.
- ✓ Find out about nutrition counseling and life coaching with FREE introductory consultations.
- ✓ Amazing value at only \$30 (two can join for \$50) GRAND PRIZE is a **CRUISER BIKE**

Be inspired, motivated, informed & have FUN
while establishing a HEALTHY HABIT of daily
exercise

Don't wait! You must sign up at ReachPhysio.com by March 31st

Brought to you by these local wellness businesses...



reach
PHYSIO SOLUTIONS



get on with it
aettina clear and movina forward

wearegroups.com
because we don't exist in isolation...

A Healthier Me.

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