

Look and feel your best



The best way to lose weight and keep it off is by hiring expert professionals who can design a personalized exercise and nutrition program just for your body, goals and lifestyle.

Group classes are usually too easy or too hard with little individual attention. Unsupervised lifting without proper guidance can easily get you injured. The hustle and bustle of a crowded gym makes it hard to train efficiently. Dieting without resistance training causes muscle loss, which in turn leads to a rebound in bodyfat gain.

IQFit is Mid-Michigan's most *Affordable Personal Training and Nutritional Consulting*. Our Personalized expertise will result in permanent weight loss, tone, strength, and healthier body. Our Clientele has ballooned 5 times over in the last two years and we now have two locations because our programs are both affordable and effective.

Personal Training at IQFit includes the following at NO EXTRA COST:

- FREE initial consultation
- Personalized nutrition consulting designed around your lifestyle
- 35 pages of healthy recipes, meal examples and supplement guideline
- 25-point assessment for measurements, range of motion testing, and bodyfat
- Bi-weekly checks to ensure progression
- Personalized cardio program that burns 10 times more bodyfat than typical.
- Additional resistance training programs to complement your current training
- Training can be designed for your home, gym, or 1 on 1 at our private studios
- **LOWEST PRICES** - 50% to 75% cheaper than typical fees
- Session times from 6AM to 9PM and Saturdays
- We specialize in bodyfat reduction, athletic development and nutrition
- Massage therapy is also available at affordable rates
- **FREE** sessions for referrals



Get Lean Get Healthy



State of Michigan Employees:

Locations:
Powerhouse Gym on Hagadorn
IQFit studio on Michigan Ave.

Contact us for a **free consult!**

517. 719. 0897
IQF@IQFIT.COM
IQFIT.COM

New clients only please:

- \$25 off 1st month
- 2 free sessions for 12 week program
- FREE evaluation
- Waive \$50 orientation fee



WEIGHT LOSS. NUTRITION. PERFORMANCE.

Expires 12/31/2010