



## LIFE STYLE CHANGE NETWORK

Life Style Change Network (LSCN) is a network of certified Personal Trainers with a mission to help others become more active in their own weight management. We do this by offering:

- Health Screening and Thorough Fitness Assessment
- Initial Consultation
- Individualized Exercise Prescription
- Realistic Goal Formation
- Health and Wellness Education
- Motivational Phone Calls, and E-mail Coaching
- A Competent, Caring, and Committed Personal Trainer

LSCN is a total life style change program tailored for each individual. Requirements to be a participant are; (1) be committed to yourself, (2) be consistent in your exercise routine (minimum 3 x a week, 30-45 min.) (3) be true to yourself, and (3) love yourself enough to take the necessary steps to stay healthy.

**MANDATORY** Weight Management & Nutritional classes are offered monthly by Food and Nutrition experts to answer any questions you may have pertaining to your weight and nutrition and to keep you abreast of any updates in this area.

**PLEASE NOTE:** This is a life style change **not** a quick fix solution.

**REMEMBER:** It took more than a minute to put the weight on so know that it will take more than an hour to get it off.

**TEXT:** 1 Corinthians 6: 19-20 (MSG) “Or didn’t you realize that your body is a sacred place, the place of the Holy Spirit? Don’t you see that you can’t live however you please, squandering what God paid such a high price for? The Physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.”

**STAY FIT**  
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