



## **Jump Start YOUR Year!**

Trying something **new that works** – the **Life Fitness Program!**

Introducing the **Life Fitness Program** - this program will work with you **one on one** to look at your whole life and assess your Physical, Career, Family, Spiritual, Social, Mental and Financial fitness. Create an action plan for change for where YOU want to be in the next 3 to 6 months.

**Great introductory price of \$195** - Call to learn more about the program.

Consider giving the **Life Fitness Program** to someone to **Jump Start Their Life.**

Call Gordon @ 508.228.0659 or email [info@gordonmcgregor.com](mailto:info@gordonmcgregor.com)