



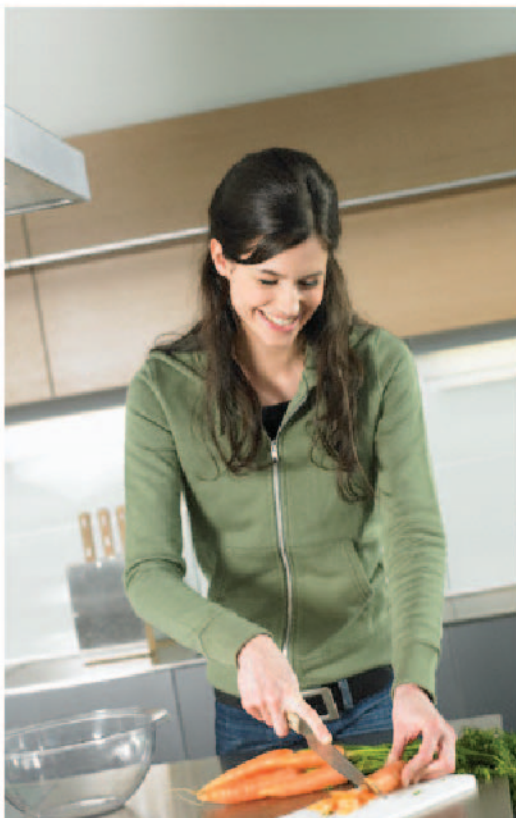
habits

make a good one now

"The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you'll use your talent to produce outstanding results!"
Anthony Robins

Newsletter

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Summer is only a blink of an eye away! The opportunity to build a lean, strong and fit body does not come along just once a year. It comes along every day of your life. So, ask yourself: Am I going to seize that opportunity today, or will I postpone it till tomorrow...? Do not let this moment slip away. Start now!

Our "Get Back in Shape Program" with HABITS' professionals is a cutting-edge plan that is not only designed to get you fit, but also to leave you energized, rather than being fatigued. Think of it as a "fitness surge" that will allow you to achieve better results and to Get Back in Shape before the summer.

The "Get Back in Shape Program" includes various packages that best serve your body, mind and soul.

A combined Nutrition and Fitness Plan, along with a muscles relaxing program of Massage and Physiotherapy, will definitely bring out the best in you!!

SERVICES



• NUTRITION CORNER

LOSE WEIGHT BY REARRANGING YOUR KITCHEN!!

Where is the most important place for weight loss? If you answered: "the gym", then you are halfway there. In fact, it all starts at your kitchen! This is where healthy choices really begin. If you get the kitchen right, you set your health on the right track. So, if you're trying to get in shape, improve your cooking style and change some routines, HABITS' Dietitian can show you how your kitchen is your best friend!!

"HABITS" presents to you the "Kitchen Make-Over". This unique and personalized service will be undertaken by HABITS' Dietitian, where you and/or a member of your family or household, will examine with the dietitian the foods you have in your fridge and pantry and get recommendations for what might be suitable substitutes, where applicable. As for sweets, fats and carbohydrates that are essential in our everyday life, you will learn how to make the right choices in the appropriate quantities.

Following the Kitchen Makeover, you can sign up for the "Supermarket Tour". It is a delightful tour at the supermarket, during which HABITS' Dietitian will walk you through the aisles to give you advice on how to make the right food choices for your kitchen.

Moreover, you may choose to have lessons about Healthy Methods of Food Preparation and Smart Substitutions for Healthy Food, or a variety of specialized and unique Lessons, to improve your cooking techniques for healthier yet delicious meals.

DID YOU KNOW?

- Postural and work habits are a major cause of back and neck pain. CAUTION!
- The real secret is finding a diet which allows you to enjoy your meals, consume a wide-variety of healthful nutrients, and feel good – all while not overeating. That approach can be different for everyone, and it is far more important than the actual composition of your diet.
- Fitness is not about how long you workout or exercise... It's about how efficient your workouts are.

• FITNESS CORNER

What is the difference between Fat and Fit?

It is the "A" & the "I".

- The "A" is what you Ate while sitting and doing nothing about it.

- The "I" is what HABITS can do for you with an Intense workout and an Integrated Fitness and Nutrition Plan.

So get off your feet and go for it!

No matter how experienced you are, the Nutrition and Fitness Plan offers a practical approach to help you make permanent lifestyle changes to achieve your wellness goals on a long term basis. This program is specially tailored to each individual with close monitoring, coaching and guidance for better results.

Our professionals are ready to serve you best at the comfort of your Gym or home, to demonstrate that going to the Gym is rather an escape into a stress relief, healthy and positive lifestyle experience.

Habits make a good one now!!



RESIDENTS' FEEDBACK



Whether you're looking for a healthier lifestyle, a stress relief escape, or simply a rejuvenating experience, give yourself few hours a week to experience it all as some of our clients' following feedback demonstrates:

"I'm really happy with the services and the high level of professionalism HABITS is providing me and my wife!"

"The masseuse is very professional. I could feel the difference in my back pain and the stress relief from when I started".

"I had a very nice and motivating experience with the Kitchen Makeover! I know better now how to substitute some products that best suit my family and our lifestyle. I loved the Supermarket Tour, it is a genius idea that I'd love to do again".

"I am really happy; the physiotherapist is very thoughtful and performs the most suitable routine that my body needs as well as explaining to me the benefits of each exercise".

PROMOTIONS/PACKAGES



Get up to 10% Discount on the following packages:

• Long Stay Package: \$ 1494

- Free Assessment (Physiotherapy, Nutrition and Fitness)
- 1 Nutrition Consultation
- 1 Follow Up
- 15 Fitness Sessions
- 6 Massage Sessions

• Short Stay Package: \$ 671

- 1 Nutrition Consultation
- 1 Follow up
- 6 Fitness Sessions
- 2 Massage

BOOK NOW FOR YOUR FREE ASSESSMENT

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