



ACE FITNESS

Lose Weight, Gain Strength and Endurance While You Enjoy the Many Health Benefits of a Personalized Exercise Program!

Only \$30.00 per session! (new clients with this flyer)

Benefits of Regular Exercise Include:

- Reduces the risk of dying prematurely.
- Reduces the risk of dying from heart disease.
- Reduces the risk of developing diabetes.
- Reduces the risk of developing high blood pressure.
- Helps reduce blood pressure in people who already have high blood pressure.
- Reduces the risk of developing colon cancer.
- Reduces feelings of depression and anxiety.
- Helps control weight.
- Helps build and maintain healthy bones, muscles, and joints.
- Helps older adults become stronger and better able to move about without falling.
- Promotes psychological well-being.

Certified Personal Fitness Trainer, Si Baker 240-381-0181

Call Today, You have Nothing to Lose but Weight ☺