

My Good Life Fitness Studio

24758 Southfield Rd, Southfield MI 48075

(One block south of 10 Mile Rd)

Phone: (248) 423-6663

Service Description:

❖ Assessment & Orientation

- ✓ Weight, Measurements & Goals
- ✓ Equipment Orientation
- ✓ All equipment is provided

❖ Wellness Coaching

- ✓ Nutrition Guidelines
- ✓ Free Wellness Seminars
- ✓ Articles and Recipes
- ✓ Email Fitness Tips

❖ High Quality Nutritional Supplements

- ✓ Weight Loss System
- ✓ Detox & Rejuvenation Program
- ✓ Vitality Packs
- ✓ Order on-line at

www.gnld.net/mygoodlife

❖ Competitive Pricing

❖ Morning & evening appointments available

❖ Workout Sessions

✓ Stretching

- Performed before and after workouts
- Focuses on each muscle group exercised.

✓ Cardio

- Ranges from 10 to 30 minutes
- Treadmills, recumbent bike; elliptical

✓ Resistance

- Exercise larger muscles first then smaller muscles. Weight will determine by what feels challenging but comfortable.
- Usually perform three sets of 10 repetitions
- Trainer will demonstrate and monitor technique.

✓ Abdominals/Core

- Train each of the major regions of abdominals and lower back.
- Exercises will vary in type, repetition and intensity depending on progress



*At **My Good Life Fitness**, we are dedicated to promoting total wellness through exercise and good nutrition.*

Let your Metamorphosis begin here