

How much do you want to enjoy a Happier Healthier and Fitter You?

Ultimate Lifestyle Training

Complete Lifestyle Training with lasting results just for YOU!

☺Over 20 years of fun lifestyle training experience; guaranteed results☺

Your Ultimate Lifestyle Program includes

- ♥ A complete lifestyle health & fitness assessment
- ♥ A total Lifestyle Transformation Program specific to you, your circumstances and conditions
 - ♥ Exercising and doing activities You enjoy the most ☺
 - ♥ A kinetic head to toe stretch routine; warming up ligaments safely without pain!
 - ♥ Diaphragm breathing; a very powerful detox tool and helps you focus your mind ☺
- ♥ An introduction to amazing and beautiful art of Brazilian Capoeira; get fit and have fun!
- ♥ A whole body static partner stretch routine; for muscle and tendon conditioning
 - ♥ A dare for you; the inversion challenge...see the world from a different view!!
 - ♥ Progressive muscle relaxation routine & meditation

Soon you will enjoy the many benefits of a happier healthier radiant physical body...

Your mind and spirit will follow; a Happier Healthier and Fitter you ☺

You can continue all of these exercises when you return home anytime and anywhere in or outside, alone, with a partner or at a health club; we find what works best for you!

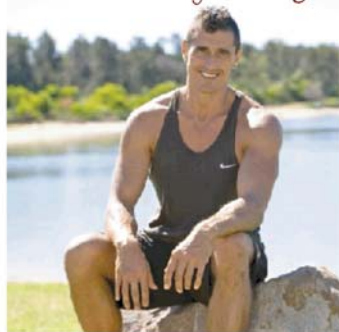
"I've already lost over 20kgs of body fat. Despite the early mornings, it's easy to stay motivated when your friends and family keep telling you how great you look."

Muna Zarka, 34
Accountant



Check out the incredible and lasting results you too can achieve!

www.ultimatelifestyletraining.com



RONNIE VEE B(Eng) PG(Dip)

Do it Now!

"So far I've dropped over 56 kgs of fat, have gained heaps of strength and tone, and now have far more energy than ever before."

Ramesh Sathiah, 33
Music Producer



For 1 on 1 Ultimate Lifestyle Training sessions including a personal take home program specifically for you, your condition and set of circumstances where you live

Contact Ronnie Vee M: 08 747 47 747

☺Make one small improvement everyday☺