

GIVE US ONE WEEK, WE'LL GIVE YOU BACK YOUR LIFE! LAST CHANCE TO SIGN UP!



Introducing: PhillyFIT's PREMIER WINTER-WELLNESS RETREAT!

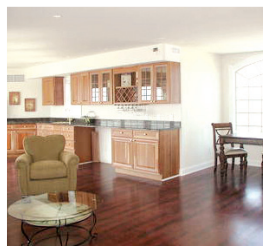
Come delight your mind, body & soul for a week like you've never experienced!
The PhillyFit staff is proud to introduce a unique approach to acquiring your individual and personal fitness level. This custom designed path is guaranteed to work and continue to work for **you**, long after this inspiring week toward wellness!

16 lucky participants will enjoy one week of:

- Personal training in an elite gym
- Low-fat cooking classes
- Explore your mental & emotional fitness
- Wealth of workshops encompassing:
- Supplement utilization
- Nutritional counseling
- Expert medical advice
- Skin/hair care • Massages & facials
- Holistic alternatives galore

All inclusive \$2,000 per person. No extra hidden costs. All Inclusive.

In order to comply with safety regulations, the following requirements are essential: All registrants must present written verification of :
****Recent Criminal Background Check ****Recent Physical Examination by their Primary Care Physician



A fun day of the Tryad TEAM CHALLENGE, retreat participants will complete exciting team challenges that require team work & will test your mind & body!
Musician Matt Roach and Entertainment by psychic Elizabeth Joyce

WHERE: In Aesthetic Avalon, NJ. Set in a gorgeous, upscale beach-front estate!

WHEN: Saturday, January 27, 2007 through Saturday, February 3, 2007

WHO: For singles, couples, any/everyone!

Each day is packed with life-long lessons on learning & creating a healthy lifestyle that is uniquely tailored to **YOU!**

Each modality **you** choose will be custom designed for **you** by exemplary trained, certified and appropriately credentialed professionals.

The daily routine will include rising early, practicing, learning and dabbling in the wealth of information displayed. In addition to sitting by the fire for lectures, ample time will be made available for some great camaraderie and/or time for self-reflection. We pledge that you will bring home a whole new perspective on your life filled with your confident ability to achieve your goals.

We anticipate a huge response, so call today for details and pricing for this all-inclusive, life-changing retreat!!!
www.phillyfit.com • 215-396-0268

*Give Us Your Trust
& Leave the Rest to Us!*
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SCHEDULED WORKSHOPS TO INCLUDE INTERESTING TOPICS SUCH AS:

Cooper Bone and Joint Physicians present information on dieting, exercise and stress. They will also lecture on "How to Boost Your Current Workout Regimen to Maximize Results!"

Dr. Rob Danoff, CN8 Medical Advisor talks about, "The Proper Use of Supplements to Meet YOUR Needs."

Good to Go Delivery's chef will educate us on portion control of our foods and teach us how to cook healthy meals for the family.

Susie Beiler, CHHC, AADP hosts a fun 'Chocolate Workshop' and also discusses "How to Read Food Labels."

Dermatologists Marlene Mash and

Maria Capaldo, demonstrate how to properly care for your skin, will conduct skin cancer screenings and provide education on prevention of the disease.

Nita Keesler from Back in Balance Massage and Wellness assists us with learning how to properly stretch, and holds a 'Posture and Flexibility Workshop.'

Carmen Greger, owner of Karma Culture will host our 'Soul Journey Beach Walks' using meditation and life enhancement through yoga.

Laurie Elder, Reiki Master from The Reiki School and Clinic, shows us the healing touch from this Japanese art of wellness and natural healing.

Daily massage from experts like Charles Peoples, Mary Nearpass, John Kerr, Marilyn Mechell of Massage for Health, and Luther Lockard of Corporate Massage Therapy.

Shirley Scranta of the International School of Shiatsu will host a 'Shiatsu Bodywork Workshop.'

Marlene Hudson offers reflexology services and education.

Kristine Labhart, Certified Trainer, instructs us through a boxing course.

Cindy Hunter of Image on the Go, brings her traveling spa services to pamper and educate.

Joanna Chodorowska of Nutrition in Motion teaches us about proper nutrition and hosts a workshop on "How to Start Training for a Marathon or Aggressive Workout Program."

Stacey Long, Certified Tae Bo Instructor kicks our butts with a special Tae Bo workout.

Heather Hoehn, Owner of Flip Fitness heads up the personal training team who will assist in the daily gym workouts.

Dr. Lenny Roberts speaks on 'Life Without Limits...living an active healthy life to 100 and beyond'.