

## Fitness Truth #1...

The last place you'll lose weight is the one place that bothers you the most. For example, if you are trying to lose that extra 5 pounds around your belly, you'll first lose two bra sizes and the extra "oomph" that makes your butt look good in a bathing suit.



## Solution:

Working out is the best way to ensure your body stays in-tact while you drop those extra pounds.

Try one of our **Fitness Bootcamps** for a full body workout and the tools you need to drop those extra pounds. Or...schedule an appointment at our private training center for a **Custom-Designed Fitness Prescription!**



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