



## Increase Football Performance with Fat Loss!

Before your son takes the field in August to train for the football season, here's why he should lose weight beforehand:

- 🏈 He'll fall into the weight category for the level of play that is right for his age, learning the skills with other kids his age, and playing more.
- 🏈 With less body weight, he'll run faster.
- 🏈 He'll be able to change directions more quickly, catching or faking his opponent.
- 🏈 He'll be less prone to injury.

Lean Body Fitness, LLC has the program to shed those pounds, getting him ready for the August football conditioning practices. This Better Football Performance with Fat Loss program, designed specifically for football players aged 8-14, will:

- 🏈 Have fun routines specifically designed for fat loss.
- 🏈 Include basic information on changing eating habits to further enhance fat loss.
- 🏈 Track his progress through regular weight checks.
- 🏈 Encourage parent attendance to learn how to positively apply changes at home with easily adjustable food choices to maximize the fat loss process.

Beginning the week of July 6, 2009, classes will continue for four weeks on Mondays and Wednesdays. Classes are expected to last between 1 and 1 ½ hours. Choose the time slot that fits your schedule, 9:00 am, 10:30 am, 12:00 pm, or 1:30 pm. Classes will be held at Reil Park in Allen Park rain or shine (except in cases of severe weather).

**The cost of the entire program is only \$65!!!**

Find out more by going to [www.LBfitnesscamps.com](http://www.LBfitnesscamps.com)