



8-week
program!

Rev It UP! Fitness



Coming
January
2012

A new way of living...A better way of feeling!

Rev It Up!

Rev It Up! is an 8-week program taught by a registered dietitian that helps you understand why your body works the way it does and how to help it work more efficiently. It is not another fad diet or pre-packaged food plan. Rev it Up! is a practical, interactive instruction class designed to help you achieve a more efficient metabolism and a healthy, balanced life. It's the guidance you have been looking for to help you create a plan that is right for you.
Right for your body and right for your lifestyle.

WHEN?

*Wednesdays
January 11, 2012 – February 29, 2012
5:30pm – 7:00pm*

WHERE?

*Nashoba Valley Medical Center
Conference Room #2*

COST?

*\$100 for new participants
\$50 for alumni (must bring own manual)*

Includes a 275 page instruction book

Don't just DIET. Change your life! You owe it to yourself and your body.

**To register, contact the Outpatient Dietitian at 978-784-9451
and provide your name and phone number.**