

# Say I Do to a Fitter You!

Reshape your body and join us in our 12 or 6 week wellness training program. If you are a bride, mother-of-the-bride, bridesmaid or anyone who needs to get in great shape quickly for a wedding, our Positive Results Bride Wellness Training Program is perfect for you.

## 12 or 6 week Positive Results Bride Wellness Training Program includes:

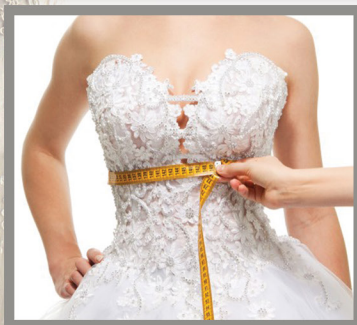
- One-On-One or Group wellness training sessions up to six people. (more people can join upon request)
- On-site or off site training
- Your choice of one, two, or three 1 hour wellness lessons per week that caters to your schedule
- Very affordable pricing structure
- Nutritional Coaching session
- Yoga/Pilates instruction from our experts
- Meditation, stress release session
- Fitness Diagnostic Assessments so you can measure your progress, which includes accomplishment sheets, goal setting sheets, and your motivational journal.
- Customized Strength, Cardiovascular and Flexibility Programs, Core Training, Calisthenics, and stress release to get you the best results on both a physical and mental level.
- Unlimited Wellness Coaching through email and phone to make sure you are reaching your goals

Beginning to advanced fitness enthusiasts are all welcome. Each class is filled with fun and challenging activities designed to help you reach your fitness goals. Your Certified Personal Trainers will provide you with the guidance and knowledge you need that allows you to enjoy your wedding and all that follows.

The wellness training lessons can take place off site or on site (Born Ready Fitness Wellness Center located on the Westport/Norwalk CT line) We cater to all of Connecticut and New York.

**BORN READY**  
**FITNESS**

Pre-Wedding Fitness Coaching provided by Born Ready Fitness, an established, well recognized wellness business throughout Connecticut and New York.



To set up an appointment or to learn more about our Positive Results Bride Wellness Training Program  
phone: (203) 895-8715 • email: [bornreadyfit@gmail.com](mailto:bornreadyfit@gmail.com)  
website: [www.BornReadyFitness.com](http://www.BornReadyFitness.com) • [www.facebook.com/bornreadyfitness](https://www.facebook.com/bornreadyfitness)