



Restrain **I**he Gain

For just \$1 a day keep the weight gain at bay!

Back by popular demand for 2015

“Well, I already blew it with pumpkin pie and too many martinis, and I missed my Spin class for a Cookie Swap. I’ll just wait until January 1st.”

Don’t wait! Keep showing up. You CAN Restrain the Gain.

For \$24 (a dollar a day!), join our motivated group of restrainers! Registered Dietitian, Alison Doak, will facilitate your group and keep you accountable between December 1 and December 24.

We will provide:

- A private Facebook page with guidance from Alison Doak
- Recipes, strategies, and motivational tips
- Weekly weigh-ins with Fitness Unlimited staff
- Weight and exercise trackers that we will review

You will:

- Earn 1000 Fit Reward Points simply by working out 10 times at Fitness Unlimited between December 1 and December 24
- Choose a weekly weigh-in day and show up each week
- Earn 1000 additional Fit Reward Points by maintaining your weight within 3 pounds of your starting weight

Give yourself this gift... You deserve it!

Sign up at the front desk or email Alison Doak with Questions
adoak@fitnessunlimited.com