

get **really** connected...

...with your goals

...with your inner strength

...with achieving a more fulfilling life

ENERGY • MOTIVATION • POSITIVE CHANGE • SELF-LOVE • SUCCESS



Lisa Artuso
NWS, PTS

GET TO KNOW LISA, your wellness specialist...

Lisa's first venture into the professional fitness field was with Nike, where she helped to launch their sportswear and footwear lines to retailers across Canada.

With a life-long passion for fitness, Lisa then further educated herself in mind-body wellness since she experienced, first-hand, the positive changes that it had made in her life.

Lisa became a certified Nutrition and Wellness Coach and is a certified personal trainer. At age 36, she shares her experiences and insights through one-to-one wellness consultations and group seminars.

Lisa's infectious brand of positive energy helps motivate those new to fitness, those needing to confront stubborn weight issues, those suffering from low self-esteem and helps break-down any roadblocks that hold them back from achieving their own personal, mind and body wellness goals.

*Are you a new member who is overwhelmed and wants to feel more comfortable at the gym?
Or are you an existing member who is frustrated with your weight and need help to reach your goals?*

“Anyone can achieve anything they put their heart into.” Lisa

Book an appointment for your wellness assessment at the front desk or call 905.850.2226 ext. 232

real FITNESS FOR
women
vaughan's largest women's fitness club
www.realfitnessforwomen.ca

a wellness specialist can **really** help you...

- find out the issues that stop you from losing weight and gaining strength
- deal with stress using optimism and visualization
- understand your body composition and how it can be changed
- understand how food affects your daily performance
- understand how personal training can help you achieve results three times faster
- deal with current health issues and how to exercise without injury
- realize what stops you from living a happy and fulfilling lifestyle



*“When I first met Lisa, I cried in frustration...I wasn’t losing any weight! Lisa and I talked about my goals, my body composition and personal obstacles..then she helped me visualize a positive outcome. We discussed steps to achieve my goals that included working with a personal trainer and a dietitian. In three weeks I’ve already lost weight and inches and I have more energy than I’ve had in years!
Thank you Lisa!”* Lori B., member

Keep your goals on track! Book your complimentary wellness assessment at the front desk or call 905.850.2226 ext. 232
(Reminder: you are entitled to quarterly wellness assessments.)

real FITNESS FOR
women
vaughan’s largest women’s fitness club
www.realfitnessforwomen.ca