



# CMF 180. A FITNESS PLAN THAT TAKES YOU IN A TOTALLY NEW DIRECTION.

You love the idea of working out with your own personal trainer several times a week, but maybe your budget or schedule can't handle that. CMF 180 offers you an alternative that has personal training's advantages — personalized workouts and one-on-one coaching to keep you accountable.

In CMF 180, you follow a weekly program that includes the three essentials of total fitness: cardio exercise to burn calories, weight training to tone muscle, and guidance to manage your diet. The program is effective because you have a plan to follow and a professional to track your progress, encourage you, and answer your questions.

## **CMF 180 is a four-week program. Here's how it works:**

### **1. Consultation and Assessment**

You meet with your trainer to assess your fitness level, determine your goals, and set up your food tracking plan. This session includes a 30-minute workout so the trainer can evaluate what you need to work on and design an appropriate plan.

### **2. Exercise Plan and Instruction**

Your trainer develops 5-6 workouts for the week — a combination of cardio and weight training. You receive your program via email with photos, descriptions and even videos for each exercise each week.

### **3. Online Food Log and Feedback**

During that week you track what you eat each day in an online food log. Your trainer reviews your log twice a week and emails you feedback.

### **4. Ongoing Communications**

You can call or email your trainer with questions at any time.

Each four-week session includes these steps.

Few people are successful at sustaining an effective healthy lifestyle change on their own. It's not just knowing how to train (which is essential!), it's staying motivated and supported in the effort. If you are ready to take a 180° turn in terms of your fitness, CMF 180 can help.