

If you do not want to make consistent positive progress, If you are looking for the first reason not to do this and you are not ready to take strategic steps towards a better life then STOP READING THIS NOW!! It will only waste your time.

> Are you tired of hearing yourself whine?

> Is your family tired of hearing you whine?

> Are you tired of being sick and tired?

> Are you ready to have an exact plan of attack that guarantees your fitness success?

> Is now the time to stop “trying” to get in shape and actually achieve the fitness and life you want.?

> Are you ready to find the greatness that lies within you.?

> The time is now. Have you waited long enough to see the results you want and deserve?

**WE NEVER SAID IT WOULD BE EASY-
WE ONLY SAID IT WOULD BE WORTH IT!!**

This is The Be Better kickstart call to action!!!

This is your year. We guarantee that when you come to our kick start program you will see 8-15 pounds of weight loss and a tremendous increase in your energy, vitality and confidence. Read this and take action.

At the end of the 4 weeks, not only will you have gone through a very impressive change, but you'll know how to keep it going!

Note: This is written with a single purpose in mind. To persuade you to give our program a try and to commit to participate with the single purpose of achieving the great life you deserve. We created this for the person who fails to accomplish the positive change they desire year after year. This class is for those who are unsure, indecisive, or uncomfortable about their bodies and are cautiously seeking the best path of improvement. We wrote this for those who continue to fall for programs and products that fail them and are apprehensive about trying yet another. This boot camp is the start to a solution. We want people at the very least to know a single action can change their lives. If you're still with us . . . you've taken the first step. Let us tell you about the program.

We have a virtual arsenal of before and after photos, We have celebrity testimonials. We have quotes from ordinary people raving about how dramatically their lives were altered. Our intention here is not to overwhelm you with testimonials, not to create a page that mimics the ads for the fat burners and other non-solutions, but rather to briefly, without clever marketing ploys or advertising twists, spell out a few of the attributes of this Be better program in the hope that if you haven't yet found the fitness or weight loss result you've desired, or just want a kick start to your fitness journey you'll take the next step and get involved in this program.

Be Best Kick start is a 4-week program with the option of continuing for more classes. The classes will take you through distinctive phases. In each phase you make simple changes in the way you eat and the way you exercise and just before the body decides to stop changing, you shift into a new phase to keep progress ongoing and consistent.

The first four weeks of the Kick start program We've called, **The Four Week Scramble** or what we also call **the fat loss sprint**. Everyone will commit to lose 8-15 pounds (if you need to) or greatly increase the abilities they have in this first 4 weeks. If you chose to continue into a more advanced class you enter the **Fat Liberation Phase**. Resistance training sessions employ yet a new strategy and they're combined with nutritional shifts that allow you to consistently liberate and burn stored fat. By Week 4 and then 8, not only do you see and feel an astounding change, but you completely understand. You know how to keep the improvement continuous. Whether the goal is to look better in a bathing suit or to, just feel great **Be Better kick start ! Empowers you to become the master of your body composition.**

Here are the attributes of people who shouldn't get involved in this program

- >People who are not willing to invest in themselves for anything. We are firm believers that you need to put something on the line or you haven't committed to anything and will quit at the first sign of adversity. No one quits this class when they get started. If you are looking for free and easy, our programs are not for you. We will look to make sure you are committed and put forth the real work to achieve the desired results.
- >Anyone who either always complain about their weight and or their physical fitness, but will never do anything about being overweight or unhealthy. These are the ones who are first to quit or first to be skeptical.
- >Anyone who is not humble enough to admit they need assistance even though they fail to achieve their goals time and time again.
- >Anyone looking for the first reason to either quit or talk themselves out of doing this program at all “ the times aren't convenient” “ I need to wait to get in shape before I try something like this” “ I want to lose weight but I don't want to change the things I like” “ let me ask my spouse if it's okay for me to feel great”

We have very limited time and we want to use it on those who will embrace what we have to offer and see the phenomenal rewards of focused behavior.

These are the characteristics of people we are looking for:

People who will commit to finishing what they start and see a minimum of 8-15 pounds of body fat loss (OR GREAT INCREASES IN THEIR ABILITIES) in the first 4 week phase.

People who are ready to start living strategically.

People who want more so you are ready to do things differently, and are ready to take the action to get it. Change will happen because they will make it happen.

People who are willing to inconvenience themselves to achieve the life they want and deserve

E-mail jzepress@gmail.com to reserve your spot. These classes will include exact strategies for fat loss and proper achievement mindset. Exercises will mostly involve body weight and total body movement skills. We will push you past your usual boundaries getting you to achieve more than you ever thought you could. That's not to say we will push you to the point of injury, only past your normal thresholds. To get what you want you have to do what it takes.

All participants will be expected to show up for all workout and education sessions without fail.

Everyone must meet or contact us first to determine commitment level and go through an initial assessment. All participants must go through us to be accepted into the group.

- We have spaces available and have filled some slots already so if anyone wants to get together before the first class to reserve their space then e-mail **US ASAP**. At this rate We may have the class filled soon so act now if you're ready to go for it!

Begin a journey that will completely change your life! It's as simple as employing subtle changes in the way you eat and exercise. I'll teach you, week by week, to boost metabolism, control the amount of muscle you hold, shape your physique, command endurance, and liberate and burn body fat, regardless of your age, sex, or physical condition. All I will ask for is that you don't quit and you consistently give your best. E-mail jzepress@gmail.com, or call 541-357-4178 and ask to reserve your spot and meet for your orientation