

HEALTH STARTS WITH FITNESS MOTIVATION LECTURE SERIES

Better Life Whole Foods
1500 Allen Street
Springfield, MA
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Free Lecture Series with Francesca Lewis Kotomski. She is a degreed, certified, and experienced fitness professional.

Wednesday, December 3rd at 6:30p.m.

Learn How to Uncover Your Pre Pregnancy Body

You can definitely uncover your pre pregnancy body with a few simple changes in your life. Learn what changes need to be made and how to do them in this seminar.

- How to Make Exercise Part of Your Life
- Which Exercises Really Target the “Pouch”
- And the Exercises to Slim You Down
- How to Enjoy Your Food Through “Undieting”
- How to Enjoy the Holidays

Wednesday, December 10th at 6:30 p.m.

Health Starts with Fitness Motivation

This is a short talk detailing the importance of why we exercise, highlighting the benefits that exercise and healthy lifestyle will give us. This will give us the basis of all exercise programs and our motivation to lead us to the gym. You will receive tips to get started anytime and anywhere, now that you are motivated.

We can continue with how to get and stay fit in another talk, if desired.

Wednesday, January 7th and January 14th at 6:30p.m.

Intuitive Eating or Undieting

Diets don't work – If they did, everyone would be skinny!

Part 1 and Part 2 (follow up)

This lecture will be focusing on Intuitive Eating or Un-Dieting, developed as a response to emotional overeating, is an innovative approach to weight loss through eating healthfully and mindfully. This presentation will focus on educating you on the physical, mental, and emotional issues around weight management and give you back your power after all the deprivation diets you

have been on. We eat for various reasons, but not necessarily for satiety. By eating intuitively, people can achieve weight loss, health, and enjoy food. In part 2, we will follow up further Intuitive Eating implementation suggestions and with Q & A. You will receive support that you need to continue to enjoy Un-Dieting and a healthy lifestyle.

Wednesday, February 4th and February 11th at 6:30p.m.

Motivate to Stay Fit

Part 1 and Part 2 (follow up)

How to Get Fit and Stay motivated for a Lifetime

The purpose of my talk today is to share information that will help get you motivated and stay motivated, thus getting you results. I am going to show you six components that will help you easily make fitness a part of your life. Whether you have never exercised or if you are like most people you start and stop but never keep consistent with a program.

In part 2, we will follow-up, give additional tips and Q & A to be sure you are on the right path to get results. You will receive the support you need to remain motivated to reach your results.

Francesca is a fitness motivator, fitness trainer, fitness coach. She is degreed, with an MS in Exercise and Biomechanics, and Certified personal trainer, aerobics instructor, spin instructor, and Master Fitness by Phone Coach. She has been voted the number 1 fitness trainer in the Springfield area by the Valley Advocates reader poll of 2002. She motivates people to attain their health, a higher level of fitness, and do it the right way as opposed to fad diets and exercise programs that don't last. She tries to make a lasting impression, so that the person will continue to maintain or increase their fitness level after they have worked with her.

She will empower the busy professionals to attain their health and fitness goals in less time imagined. These people range from desiring weight loss, improved athleticism (marathon, weight lifting...), decrease in blood pressure and sugars, and healthy lifestyle habits. Successful people are the busy professionals who are really ready for a change in their health and lifestyle. With one phone call per week, she will give all the fitness motivation that you need to achieve your goals very efficiently and effectively. An outstanding example was a man who lost 6 pounds in 3 weeks through a revamped exercise routine, not through ripped fuel,

his next resort before he found Francesca. Another example is a professional woman who wanted a healthy lifestyle habit, not only did she achieve that but also became even more motivated and did her first marathon after they were done working together. Fitness by phone is a system, and through this system, she can guarantee that you will be more motivated in 3 months or your money back. It works! She is a personal home trainer in the East Longmeadow, Longmeadow area, and Gold's Gym.