



Live Lean and Live Strong

With Andrew Jobling

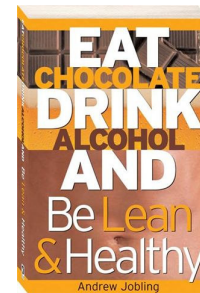


Andrew Jobling (B.Ed. – Phys. Ed.) played football for the St Kilda Football Club – But don't hold that against him!

He has over 20 years experience in education, fitness, health and nutrition.

As a personal trainer he yelled at lots of people for many years before he discovered the secret to helping them achieve long term success with their health, mind and body.

Andrew is the author of the bestselling 'Eat Chocolate, Drink Alcohol and be Lean & Healthy' and a renowned speaker and spends his time sharing the secrets that have changed countless lives



Andrew will:

Entertain and inspire you as he outlines the basic steps to creating the body and optimal health you have always wanted - FOREVER

Details:

- Saturday October 11th at 9:30 am at the Heidelberg Golf Club
- For just \$15 you will be educated, inspired & empowered.

Call Amanda on 0408 618 274 or email her at amanda@ar1.com.au.

HURRY BOOK NOW to avoid disappointment as seats are limited

"What a fantastic seminar.

It is good to see that small changes can make a dramatic impact over the course of a year. I was so inspired I walked a couple of blocks out of my way on the way back to work just so I could start my new life straight away.

Thanks Andrew and keep Dancin' !!!"

Phil Holmes, VPS CIN

LIVE LEAN & LIVE STRONG

Program Outline

- Clearing up the misconceptions
- Understanding the things that have stopped us in the past
- Discover the secrets to creating long term change
- The 'Pathway to Wellness'
- Being lean and healthy is simpler than you think
- Six simple steps
- Dance until it rains!
- Without your health, what have you?
- Make this the last and most successful attempt at developing the body and health you desire
- How to make it last forever

To find out what all this means you will have to be there on
Saturday the 11th of October, 2008!

(Heidelberg Golf Club – 8 Main Rd, Lower Plenty)



Don't wait for it to happen - MAKE IT HAPPEN!

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