



Who wants to Eat Chocolate, Drink Alcohol and Be Lean & Healthy?

If you said yes then AR1 Fitness Training & CHIROCENTRE invites you to come along to our Seminar with bestselling author, Andrew Jobling.

Andrew has created this seminar “**Live Lean & Live Strong**” to entertain and inspire you whilst he outlines the steps to creating the body and optimal health you have always wanted – and keep it FOREVER!



This seminar is for anyone who wants to:

- Clear up any misconceptions about health & wellness they may have
- Understand what has stopped you in the past from getting & keeping your results
- Wants to find the secret to creating long term change in your life
- Is looking for simple steps they can use in their day to day life to be lean & healthy!

Seminar Details:

It's being held at the **CHIROCENTRE** 13 Eldale Ave Greensborough on Saturday 15th of November at 10:00am. **Bookings** can be made by contacting Amanda of AR1 Fitness Training on: 0408 618 274 or email: amanda@ar1.com.au. Seating is limited so be quick to secure your spot!

About 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. 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. www.andrewjobling.com.au

