



Elite Personal Training and Fitness
in coordination with
DP Health and Fitness
Presents and invites you to...



“Live Better”

If you are struggling with...

- Chronic illness or related symptoms
- Chronic joint or musculoskeletal pain
- Weight-loss resistance or unwanted weight gain
- Metabolic slowdown
- Lack of energy – chronic fatigue
- Brain fog or sleep deprivation
- Chronic STRESS

Unlock Your Health: Embrace a New Path to Reversing Symptoms and Restoring Metabolic Balance!

- Proven approach to reverse chronic illness without drug therapies
- Alleviate chronic pain without shots and medications
- Reduce chronic inflammation – the cause of your symptoms
- Overcome Weight Loss resistance and get slim and lean
- Restore your metabolic health
- Regain lost energy and vitality

**This educational opportunity is only \$10.00 per person
and limited to 15 participants**

**BONUS – All participants receive a free copy of my new book
Stop Acting Your Age! Start Living Younger**

Join **Coach Dave Provins**,
Head Trainer at Elite PT and Fitness and Professional Health Coach,
and learn how you can start on the path to better health!

Tuesday, March 10th @ 6:00 PM
Elite PT and Fitness, 43 Constitution Drive, Bedford, NH

Contact Coach Dave: www.fitcoachdave.com or fitcoachdp@gmail.com