

Energizing Your Body

**There are two things we'd all like to add to our lives:
more time and more energy!**

We can't change the clock, but we can show you how to maximize your energy level so you're better equipped to handle the demands of everyday living.

Join us for this informative session and learn:

- How your body uses different types of energy
- How exercise keeps your body energized
- The role your thoughts and food play in conserving or utilizing energy
- The ratio of rest and energy expenditure



**Presented by
Terry Mamalis, BS, ACE Certified Personal Trainer
and BodyBasics Fitness Coach**

Saturday, March 21, 2009

1-2 pm

Cost: \$25

Space is limited. Reserve your spot today!

BodyBasics

The Pulse of Health & Fitness

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