



## FitHeads® Fit Kit – Product Sheet

The Fitheads® System is very different from anything you've ever tried before.

We don't just focus on what you need to do physically to lose weight. We focus on what you need to do mentally to lose weight and to keep it off.

You'll have professionals from across the spectrum of health and fitness sciences on your team. They'll make it simple, easy and fun to get fit and stay fit. The science behind the FitHeads System is so powerful that we guarantee success.

### Your FitHeads Fit Kit includes:

- A 10-day DVD program that builds your physical and mental conditioning in a series of small steps
- A companion CD that will significantly enhance the effectiveness of the new knowledge you absorb each day
- A professional step counter that tracks your daily steps, ensuring that you're on pace with your personalized plan to get fit and stay fit
- A planning booklet and a motivational refrigerator magnet



### Motivational Support

The FitHeads System includes motivational support that is personalized to your needs and preferences. Your free 6-month subscription is like having a personal weight loss coach whispering in your ear every day.

### Tremendous Value

Compared to a gym membership or diet program that costs hundreds of dollars a year – or home fitness equipment that can cost a thousand or more – this may be one of the best values you see in a long time.

Price \$89.98

**Internet Special \$69.98**

### Includes:

- FREE** Professional Step Counter (\$20 value)
- FREE** 6-month FitHeads Community Membership
- FREE** Shipping