

MIND BODY SOUL

Included in the package:

- Grocery Shopping Tour w/ Jaqui
- 60 Minute follow up Nutritional Consultation w/ Jaqui
- Health and Fitness Assessment
- 60 Minute Personal Fitness Training Session
- 60 Minute Massage
- 60 Minute AIS (Active Isolated Stretching) Session
- 1 Month Open Gym
- 4 Group X Workouts
- JGF Mindset, Food, and Fitness Journal

WHOLE HEALTH IS MORE THAN JUST EXERCISE, IT'S A LIFESTYLE THAT IS FUELED BY YOUR MINDSET, FOOD, AND FITNESS.



GET A GLIMPSE OF THE IMPORTANCE OF ALL THREE ASPECTS OF WHOLE HEALTH THROUGH THE **MIND, BODY, & SOUL PACKAGE.**

\$535

Jaqui Griffith, RD-LDN



Just Get Fit is passionate about helping you live your healthiest life.

For more information:

 850.629.4806

or visit www.justgetfit.fitness