

Brian Sekula Fitness Center announces a new Seminar:

# Now What!

**You've decided it's time to exercise...**

After years of struggling with tight clothes, a bloated body, mood swings and an unrelenting lack of energy, you've finally decided it's time for change.

**GREAT...*NOW WHAT!***

**Do you go back to the same old, same old?**

Tips in the fitness magazines...

**Maybe a fitness center is the answer.**

Treadmills, machines, free weights, classes...

Those are great, but...

**Without a plan you will get nowhere!**

And that is where **NOW WHAT!** comes in. You will learn:

- The importance of a plan and how to develop one
- Why the same old, same old is going to get you the same old, same old
- Why the **right program** will reveal the half-truths in magazines,
- Why the **right plan** is the answer to your goals and desires, and
- Why the **right fitness center** is a GREAT choice

If you are tired of the starting and stopping, not getting the **RESULTS** you want and are **READY to SUCCEED LIKE NEVER BEFORE**, then

**Register for one of the few remaining seats**, call 281-933-8822, or visit our registration page: [www.briansekula.com/seminars/nowwhat.htm](http://www.briansekula.com/seminars/nowwhat.htm).

**Wednesday, October 10, 2007, 6 – 7 pm**  
in the Classroom at Brian Sekula Fitness Center

**Only 7  
seats left!**

or

**Saturday, October 13, 2007, 9 – 10 am**  
in the Classroom at Brian Sekula Fitness Center

**Only 4  
seats left!**

**All attendees get the following:**

- A coupon for a FREE \$75, 1-on-1 fitness consultation with Dr. Sekula
- FREE Brian Sekula Fitness Center t-shirt, and
- Up to a 15% discount on special offers the night of the seminar.