



GROCERY SHOP WITH BUC



Make 2008 your year to finally put a stop to the up and downs of dieting and learn exactly what it takes to get the body you always dream about. Nutrition is the missing link in the weight loss battle and with all the conflicting information and misleading marketing tactics by food manufactures many individuals are not making significant or lasting results.

BUC's grocery tours will open your eyes to all the hidden obstacles that may be contributing to your lack of permanent weight loss or the inability to truly achieve a tight, toned physique. Women do have the ability to have amazing figures at any stage of life including after having children and well into our 40's and beyond. 40 doesn't mean you have to live in an unfit, unhealthy body. Embrace the possibility of having unlimited energy, feeling amazing in your perfect pair of jeans and looking and feeling better than you did in your 20's. Yes ladies you can have it all!

BUC will teach you strategies to cut through the deception on food packaging labels, identify hidden sugars and how to decipher the good, bad and UGLY. We will discuss the ins and outs of low fat, low carb and exactly what a faster metabolism is and what it means to you. We will work together so that you leave the tour armed with fresh ideas to inspire healthy meals and snacks. I guarantee you will leave having had your own "AH HA" moment!

BUC clients don't diet. They learn how to fuel their bodies by making educated choices so they can look and feel great.

Check for yourself and register today at www.bucfitness.com

Next Date: April 19, 2008 at 8 am

Cost is \$35 per person

Act now to reserve your spot @ shop@bucfitness.com

I look forward to cruising the aisles with you!

Yours in health and fitness,
Lisa Carpenter

LISA CARPENTER

BCRPA Certified Personal Trainer
Registered Sports Nutrition Advisor
WNSO Professional Fitness Athlete



#170-5640 Hollybridge Way
Richmond BC V7C 4N3

#2129-11871 Horseshoe Way
Richmond BC V7A 5H5

604 618 4595
lisa@bucfitness.com
www.bucfitness.com