

# *“Do you truly believe that getting and staying in shape is all about your body?”*

## *Dear Friend,*

Are you battling frustration and silently screaming from failed weight loss attempts, poor health, and lack of will power? You are not alone. Statistics show “dieting has a 95% failure rate and just by switching from a bad lifestyle to a healthier one, one can expect to add as much as 14 years to their life.” Join me and 25 other busy women, where you will be supported in taking life-changing action. The results will change the way you take action to lose your weight, get stronger and improve your health.



Hi I am **Amy Lundberg** the founder of the popular fitness training and coaching firm, **Aim For It – Fitness Coaching LLC**. I specialize in guiding clients to set aside the barriers, baggage, and limiting beliefs that are keeping them from reaching their goals. Being a mother of three small children and a wife to a loving and supportive husband, I have taken my own challenges and experiences as well as my education to help busy women balance family, business, and their personal health successfully.

Over the years, what I discovered was that teaching women how to exercise in order to help themselves become well again was the easy part. Teaching women to motivate themselves to exercise beyond the initial stages of accomplishing a goal was quite challenging.

Most women don't look at the whole picture when it comes to losing weight and getting in shape. For ultimate health you must balance obligations, desires, job, family and self-care. I'll share with you the three major components in making it a living reality, giving you a balanced, healthy, joyful lifestyle.

In less than three months you will transform your body from low energy lack luster to fit, firm and fabulous. With only 25 women allowed in the class I will keep you on target to **reach your goals**, and have you waking up **filled with joy and energy** each day knowing you are on your way to lasting success. If you are tired of loosing weight “for awhile” and are ready for lifetime results today is the day to make that decision.

## *In 10 hours I will reveal:*

The number one reason you are not reaching your fitness or weight loss goals.

How to eliminate stress

**The secrets of hormonal balance**

The number one energy drain and time waster

How to **change “fat” habits into “lean” habits**

How to stop dieting once and for all!

A new definition of fitness

The number one **sabotaging thought that destroys all progress**

Ways to ignite spirit and increase joy



**Tired of Fitness Programs that don't work?**

# More Energy, More Time...

*I knew I needed to get back into a fitness routine but I was not making it happen on my own. I knew what needed to be done and how to do it, yet it was not happening. I was on auto-pilot. I had created a schedule that had no time for me. The **Personal Self Care sessions were essential for me.***

*I highly recommend Self Care Before Sit-Ups Series for others who are overwhelmed by their schedule, commitments and work activities. I am not perfect but I do get exercise in 3-5 times a week. I have dropped three dress/clothes sizes and continue to work at it. I am able to give myself permission to take time for me and not inflict guilt upon myself. I have also incorporated exercise time with my daughter at least once a week.*

- Wendy Kadner



***Amy is the first person in my entire 57 years of dieting who has helped me in a completely different way.** I now am 40 pounds lighter BUT that's not the important thing. My healthy eating and exercise habits are just that now, habits, not something I "have" to do for a short period of time and then "I can go back to what I like to eat." I am much more social, taking new risks and challenging myself in so many different ways and enjoying my outlook on everything. Amy helped me see the things that I "knew" but never felt. I am so much happier with myself and my life.*

- Dr. Terrie Wurzbacher

*This was my last ditch effort at losing weight. What I've learned is to look at my whole life, not just the diet. **I've learned I'm important,** I'm more than what the scale says, and I've learned to take care of myself and in the process have lost 40 pounds. Amy's program is a lifestyle, so much more than a diet. I truly believe that I can have a better, healthier, and even a longer life. Amy has taught me that I am important, that I can take time for me, and I can feel good about me no matter what the scale says.*

- LoAnn Thompson



*Amy helped me focus on activity and my attitude while teaching me to be more aware of the reasons behind the self-sabotage... on ALL different levels --- from fitness, to business and personal life self-sabotage. **I'm losing weight and getting healthier** every day - Sue Tomte*

*I realized it was time to take some of my life back. Some serious surgeries had led me into quite a sedentary lifestyle. By the end of several weeks, my pants were baggy. Amy helped me to improve my self, my abilities, and my attitudes - Corrine Skarie*

*By taking time for myself and dealing with my core issues and anxiety, I was able to stop my overeating. I learned to honor my body---both physically and emotionally---and to nurture myself in these areas. With Amy I was able to do all of this in a very fun and positive manner.- Kathy Schlick*

Self Care Before Sit Ups 10-Week Intensive has the answers, if you have the commitment. This holistic approach to building a **Strong Foundation required for your fitness and lifestyle program** to be successful is available TODAY. Classes are scheduled on Fridays September 28th- December 7th at 12:00-12:45pm CST. Miss a class? Don't worry! Classes are recorded and can be listened to at your convenience.

So since you've read this far, I want you to know that your seat at Self Care Before Sit Ups Intensive Course isn't going to cost you \$2,300. Or \$1,000. It won't even cost you \$500.

**In fact, your price is just \$495!**

*Payment options available*



That is not all. If you register on or before September 25th, you can receive

- **My audio class "How To Hit Your Body Shaping Goals With Absolute Certainty"**
- **Report "7 Keys To Maximizing Your Motivation To A Fit And Toned Body"**
- **Report "5 Secrets To Intuitive Eating The Media Isn't Telling You About"**

## Your Satisfaction is GUARANTEED!

Many coaches put restrictions on their satisfaction guarantees, such as offering refunds only after the first couple of weeks, refunding only part of your tuition, and requiring you to turn in all participant materials.

Not me.

I am so committed to delivering knock-your-socks-off strategies, easy tools, and a non-diet approach that I offer a restriction-free, total-satisfaction guarantee.

***That seems fair, doesn't it?***

**Reserve Your Spot Now to Claim Your Bonus Gifts**

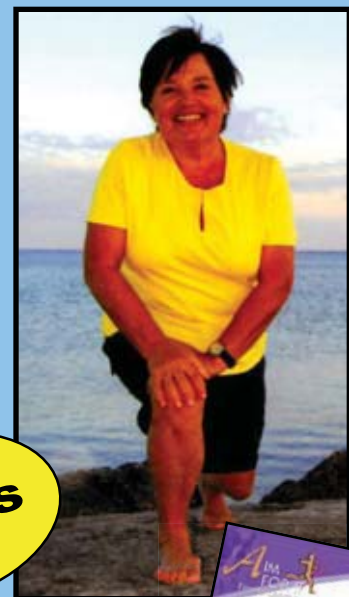
Call 218-846-1525 or go to

[http://www.aimforfitness.com/registration\\_method.htm](http://www.aimforfitness.com/registration_method.htm)

I look forward to meeting you in September!

To your success,

**Amy Lundberg**



**FREE  
BONUS  
Gift!**

**FREE**  
Teleclass  
September 13<sup>th</sup>

**FREE** Teleclass being offered September 13<sup>th</sup> at 8:00 pm

**"How To Feel Sexy In Your  
Black Dress Even If You NEVER Have!"**

Any woman that has ever looked in the mirror and sighed will not want to miss this chance to learn how to feel completely relaxed, content and luxurious in the THAT black dress.

To learn more got to [www.aimforfitness.com/dress.htm](http://www.aimforfitness.com/dress.htm)

