



Beginning January 1st 2020, Gottselig Elite Fitness, Nutrition & Sport is looking for 20 people who want to get in the best shape of their lives, for the rest of their lives.

We will help you get in better shape than you ever thought possible with our easy to use online nutrition coaching platform.

What you can expect:

- Lose weight, gain energy & confidence, feel younger
- Significantly improve your overall health while reducing your risk of chronic disease
- Science-proven coaching method backed by Precision Nutrition using strategies to help you get (and keep) the body you want. We use a sustainable practice-based approach to build healthy habits into your life, one day at a time.
- Easy to use online platform that keeps you accountable. Everyday you'll receive a lesson and a habit to practice. You'll receive regular feedback and customized support from our Certified Nutrition Coach.
- One complimentary Personal Training session with our ACSM Certified Personal trainer. A \$90 Value!

Do something today that your future self will thank you for!

For more information and to **secure your spot** for the new year, please email us at gottseligelite@gmail.com or sign-up by going to www.gottseligelite.com/register

*Sign up by December 15 and receive **5% off** with promo code: SAVE5*

**Limited to the first 10*

Cost: \$179/month (minimum 3-month commitment)

**12 Month Commitment recommended*

We look forward to hearing from you.

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www.gottseligelite.com

