

Are You Ready To Feel AMAZING?



Tammy Parkinson

A Personalized Plan to Your Body and lifestyle to Help you Lose Weight and Gain the Energy you Need to be Healthy

Start Today and Create the Body and Life you Want!

Working with Tammy and Simple Solutions to Revitalize Your Body I have lost 12 pounds in 90 days. I'm stronger, more energetic, and I've learned how to exercise and eat for life. I would strongly recommend this program to anyone who wants to reclaim the body of their dreams."

Kim Fulcher
America's Reinvention Coach™

*Tammy,
I really wanted to thank you so much for the influence that you have made nutritionally in my life. Either through your direct introduction or through your influence, I think that 90% of the foods in my current diet were introduced by you (the other 10% are fruits or the yummy treats that find by myself). It is amazing to think of the changes that can take place in just over a year*

I can't even imagine what I would look like / feel like without having incorporated all of these foods into my diet through my interaction / influence from you. As you already know, you have made a big difference in my life, and I wanted to let you know that I really appreciate it.

Yuriko
Real Estate Sales
Coldwell Banker

- Have You Had the Same New Year's Weight Loss Resolution, Year After Year?
 - Have You Lost and Regained the Same Pounds Over and Over Again?
 - Are You Tired of Diets Designed For the Masses Instead of Your Busy Life?
 - Are You Ready to Trade Your Excuses in For the Energetic Body You Deserve?
- Do You Want to Reach a Weight and Fitness Level That Makes You Feel Strong, Sexy and Fit?

Then You Are Ready to Revitalize Your Body!

Finally a program, combining the wisdom of fitness, nutrition, and lifestyle experts, is available to help you turn your body – and your life – around in as little as 30 days!

- Stop the yo-yo diet cycle of weight loss and weight gain.
- Reach an ideal weight you can maintain for life – while eating real food from real grocery stores!
- Establish a clear plan to guide your nutrition.
- Make exercise work for you; building muscle and strength, while losing fat!
- Identify and overcome the emotional triggers and every day choices that cause you to overeat.
- Experience a renewed sense of energy!
- Make-over your physical body, and love the way you look and feel.
- Get started with the program option that works for you.

BODY FIRM

Programs Available Nationally

Address: 51 University Avenue #D Los Gatos, CA 95030 - Phone 408-395-3519 / 408-896-2639 - www.mybodyfirm.com

30 Day program - Create a Solid Foundation

Tammy will assess your diet and provide real alternatives in order to fit YOUR lifestyle and your needs. There is no "perfect" plan which fits everyone and because of this, you will receive an 30 day individualized program in which your diet, exercise, habits, routine and choices in your day to day life will be addressed and altered in order to help you achieve your goal easily and for life...one day at a time!

Personalized Nutrition Plan

- o Individual Consultations
- o 30 Day Nutrition Plan Designed to Fit Your Life broken down weekly
- o Shopping Lists to Support Your Plan
- o Restaurant Dining Strategies – Yes, You Can Make Healthy Choices at Fast Food Restaurants!
- o On The Run Eating Tactics– Healthy Foods To Support Your Busy Life

Personalized Fitness Plan

- o Individual Consultation
- o 30 Day Training Plan Specific To Your Preferences and Environment
- o Exercises That Work At Home, In Office, or On The Road
- o Stretches That Work At Your Desk
- o Family Fitness Strategies
- o Weekly Coaching Sessions
- o Daily email and texting (as much as you need for support)
- o Shopping trip to either Whole Foods, TJ's or similar in lieu of a one on one session if desired (add \$50 for trip)

Coaching Programs

- o Daily communication with Tammy via email, phone or text
- o Weekly schedule appointments (2 in person, 2 over the phone for 30 minutes)
- o 1 grocery shopping tour at your favorite (local) store
- o Dietary assessment weekly to show exact caloric intake, nutrients deficiency (if any), sodium levels, macronutrient intake, saturated fat and cholesterol and fiber intake, just to name a few

Program Tuition: \$595 with a \$50 credit for Body Firm clients

Contact Tammy For Details tammy@mybodyfirm.com.

Additional Nutrition Programs:

- o Email accountability nutrition programs (daily communication and weekly goal assessment)
- o Group accountability nutrition programs (Great for the corporate atmosphere and team building)
- o Shopping Lists to Support Your Plan
- o Phone only nutrition programs (four 30 minute weekly coaching calls with daily email support)
- o Phone and one on one nutrition programs (Two one on one meetings and two 30 minute phone coaching calls with daily email support)

For additional information and pricing, please contact Tammy at 408 896 2639 or tammy@mybodyfirm.com

When you are ready to take it to the next level at ANYTHING in life, it all starts with your self image and how you feel before you start. Your self image and how you feel every day is based on what you do to get fired up so you can take from the day and not just get through it. So, if you are ready to take it to the next level you need a partner. Body Firm has been that partner for me. As one of the Founders and the COO of Intero Real Estate Services, I have to be on my "A" game everyday and the team at Body Firm helps me do that. From my Personal Training on Monday mornings, to Yoga on Tuesday mornings, to Boot Camps on Wednesday and Friday mornings, and my Wellness and Nutrition coach, Tammy Parkinson, they have all of the bases covered. They have helped me not just take it to the next level, but they are helping me reach even higher!!!

Making the simple complicated is commonplace; making the complicated simple, awesomely simple...that is creative!!!!

Tom Tognoli
Chief Operating Officer, Founder
Intero Real Estate

