

# Milton Success Stories

## To change your body, one must change their mind.

With the holidays behind us, and another year ahead, it prompts us to consider how we can make this year a happier and healthier one. When considering what commitments we will make to ourselves in an effort to improve our life, we must remember to keep them realistic.

Eat properly, exercise more, renew relationships, work less, and gain more time for ourselves. These are all great resolutions....but without a plan to achieve these goals, success is only but one failure away. Fortunately we have the tools required to make changes in our life, it is our own obstacles that we place in front of us, that make change a seemingly impossible task. Taking the first steps, are often the most difficult. But once done, we can confidently proceed to achieve our goals

For many of us, achieving a healthy lifestyle is one we hope to attain. It is a philosophy that embraces healthy eating with moderate exercise: to gain a better self image. This in turn will reduce stress, reduce the risk of heart disease and osteoporosis, increase our energy level, and give us an overall better outlook on life and how we live it.

At Figures we are constantly working at improving our facility to help women reach their goals. We recognize that healthy living not only includes exercise, but proper eating choices. Both are synonymous with achieving a healthy lifestyle. For many of us, exercise is on our mind soon after the holidays. Our circuit training facility for women now includes a variety of classes to help reduce the boredom which often comes with exercise after time passes. But exer-

cise is only a part of the healthy lifestyle equation. The food we eat is a key component to achieving weight loss. Many people are not even aware of the choices they make when it comes to food. We felt it was important to introduce nutritional wellness to our exercise program. Our nutritional wellness program is not about diets, or

weight loss supplements, or losing an abundance of weight. Simply put, it is about making proper eating choices with ongoing one on one support sessions to monitor your progress and provide encouragement. It is done in conjunction with an exercise plan to achieve physical activity, eating healthy, and feeling good about ourselves.

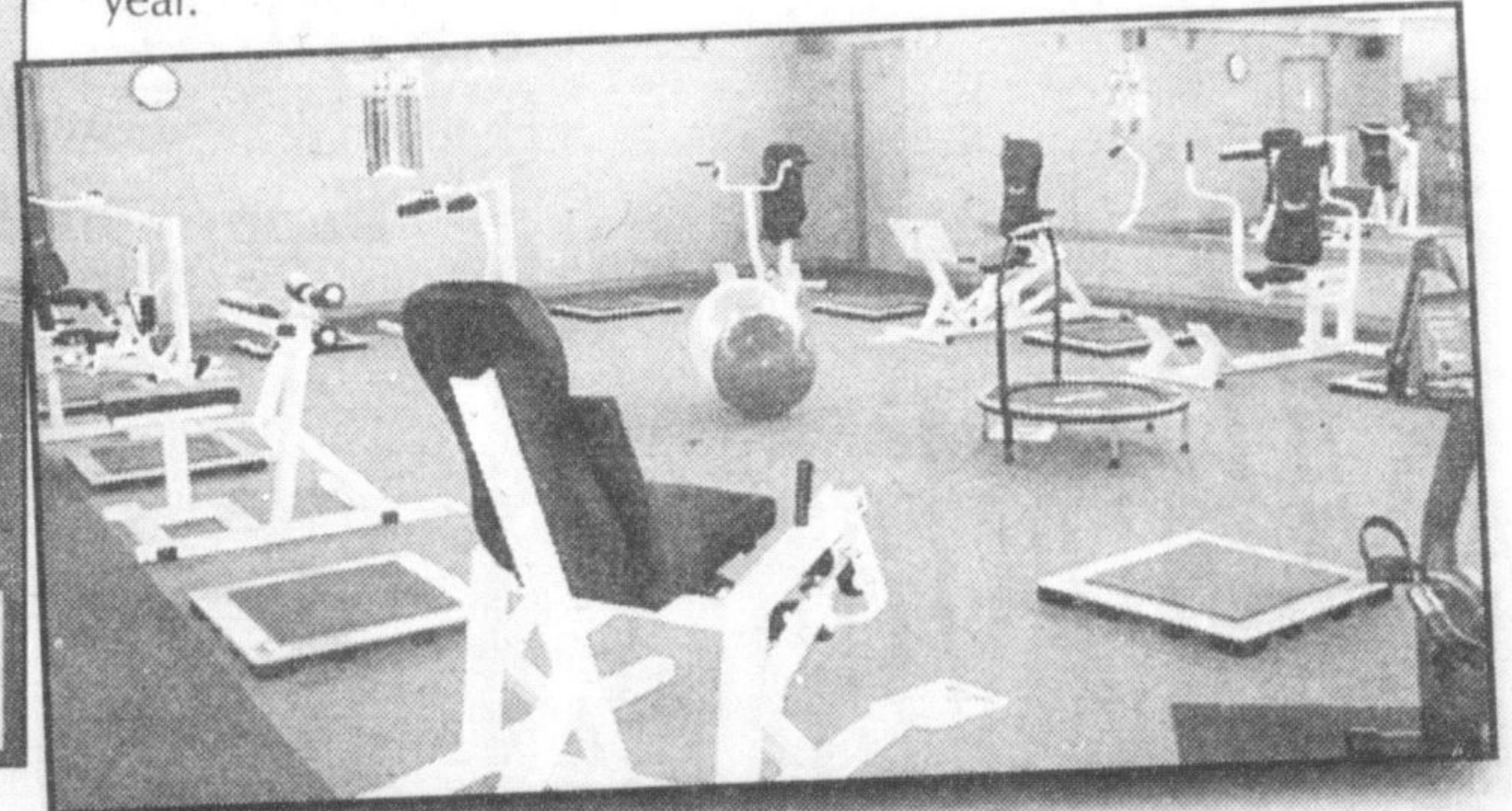
Figures hopes to see you this new year, and invites you to make a change in your life. It is never too late to start! It may be the best thing you've ever done for yourself. Check out what we have to offer to help you this brand new year.



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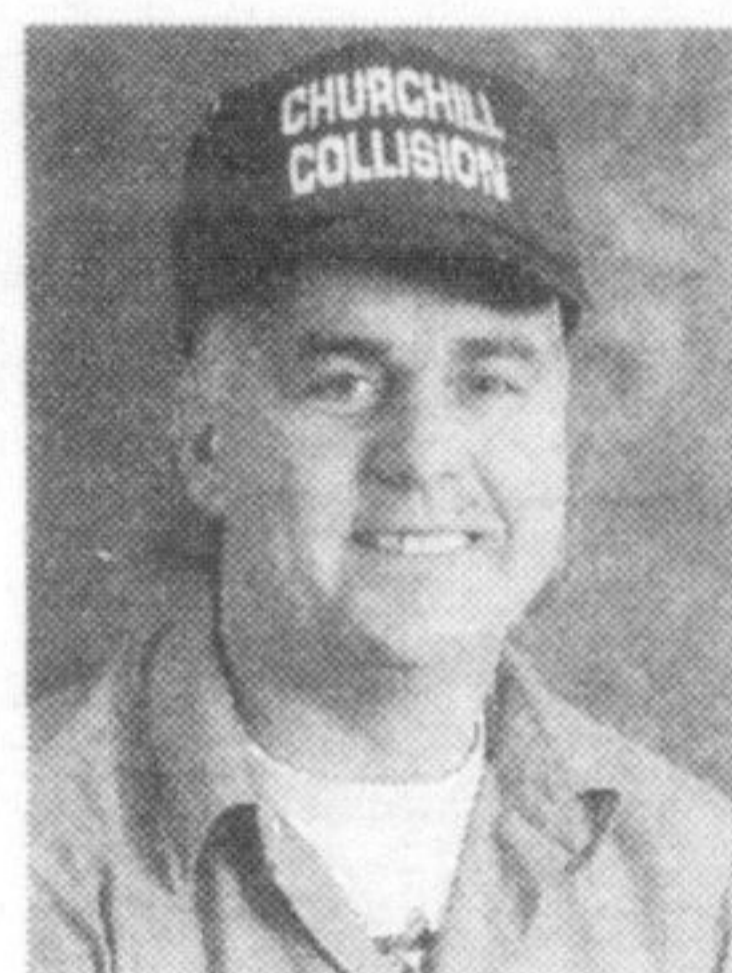


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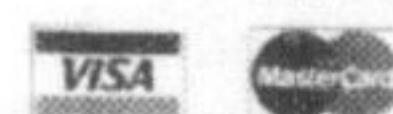


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Ladies! We are going to help you with your New Year's resolution to live a healthy lifestyle

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