



2329 Pacific Ave.  
Forest Grove, Oregon  
503-357-1701

[www.fghealthandfitness.com](http://www.fghealthandfitness.com)

### Club Hours:

Monday-Friday: 5:00 am - 10:00 pm  
Saturday & Sunday: 7:00 am - 5:00 pm  
503.357.1701

### Clinic Hours:

Monday-Friday: 9:00 am - 5:30 pm  
Saturday: By appointment only.  
503.357.1706

New program modification effective: 12/22/09



## Personalized Weight Loss Program



*Forest Grove Health and Fitness has teamed up with a Certified Nutrition Specialist to customize the right nutrition and exercise plan that will get results!*

*We can help you change your life!*

## Personalized Weight Loss Plan

Let's face it, unless you put the right fuel into your body, you are not going to get the results you want. Skipping meals is not the answer! Your nutrition is an important piece of the puzzle to reach your fitness goals.

What is the right fuel for you? Forest Grove Health and Fitness has teamed up with a Certified Nutrition Specialist / Certified Personal Trainer to assist you in figuring out exactly what your body needs for you to get the results you want.

This is not a cookie cutter one-size-fits-all approach to nutrition. We customize your nutrition program based on your needs as an individual by taking into account your

**Gender, Age, Height, Weight,  
Basic Metabolic Rate (BMR),  
Resting Metabolic Rate (RMR),  
Body Composition, Daily Schedule,  
Food Preferences, etc.**

After completing your Initial Assessment, our Certified Personal Trainer will provide you with a complete program summary along with a success packet that you will build on as you progress in the program.

## Here are some of the features of the software:

- Easy pull-down menus allow you to select your favorite foods.
- Quick view of macronutrient (protein, fat & carbohydrate) grams and percentages.
- At-a-glance shake substitutions for easy & convenient snacks.
- Automatically graphs your weight, body fat percent, lean mass and fat mass changes.
- Calculates calories burned during exercise based on your body weight.
- Accounts for calories burned in a variety of sports and exercises.
- Supplement schedule showing you exactly what to take, when, and how much.
- Free use of the software for the duration of your weight loss program.

## Here are some features of the program:

- A Full Individual Assessment

Including a complete analysis and graph of body composition, body fat, weight, hydration status, BMR and daily caloric intake analysis.

- Your complete computerized program is available to help prepare meals with easy pull-down menus to select your favorite foods.
- Personal Training sessions to tailor your exercise program.
  - Support and weekly follow-up assessments to measure success from our Certified Nutrition Specialist.
- Daily Meal and Training Journal.

Look to



for successful, proven results!

***WE CAN HELP CHANGE YOUR LIFE!***

## 8 week

### Personalized Weight Loss Plan

**1—Nutrition Plan**

**1—Success Packet**

**8—Comprehensive Weight Loss Sessions**

(Support consists of weigh-ins, program modifications and Personal Training).

- Current Member Price: \$299.00
- New Member Price: \$399.00

(Both programs include 8 weeks of full access to the facility, featuring group fitness classes, cardio equipment, strength training equipment, Sauna and Spa.

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