

Whatever your fitness path, your new guide is here (and it doesn't have to include a gym)



Meet bodybugg™—at last, intelligent calorie management. Using multiple sensors, the sleek armband continuously monitors your calorie burn. Connect it to your computer and you'll know just where you stand on the path to your fitness goals. The comprehensive and easy-to-use menu planning system will ensure that you're eating just what you need in order to meet your fitness goal. There's no guesswork. No operating on estimations that don't apply specifically to you. Only hard data that you and your fitness professional can use to map your path.

Program A purchase (\$245) includes (shipping \$5.00 extra):

- (a) 6 months of web service to Apex Weight Management (you can continue service through Apex at \$14.95/mo or \$99.95 with a year's contract)
- (b) 2 remote sessions, via telephone; set-up of Armband and set-up of Target/Goal numbers
- (c) Online food logging with custom meal plan
- (d) the armband device (worn on your upper left arm)

Program B purchase (\$345) includes (shipping \$5.00 extra):

- (a) 6 months of web service (as mentioned above)
- (b) 2 hours of 'Fit Pro' Remote Consultations (via telephone, max 15 minutes each)
- (c) Online food logging with custom meal plan
- (d) the armband device and Digital Display (worn on your wrist as a watch)

Ala carte' pricing

bodybugg™ (\$99) web-only service includes:

- (a) 6 months of web service (as mentioned above), including the custom meal plans
- (b) 1 hour of 'Fit Pro' Consultation on day of purchase to assist in set up and basics of site use

Armband Upgrade (\$169), requires purchase of Ala carte' bodybugg™ web-only service:

The armband device

(you can upgrade your web-only service and add the Armband at anytime, the price of the Armband will be based on your Armband purchase date)

Follow Up Sessions (\$70) includes:

Six 15-minute Fit Pro Consultation Sessions (\$15 for 15-minutes, if purchased separately)

Sharron & Scott Grzybowski

Certified Fit Pro Consultants

305.433.0959

Sharron@MoveMoreEatLess.Org

**CALORIE MANAGEMENT,
SIMPLIFIED!**

March 2009 - Prices subject to change without notice.