

# Makeover Your Metabolism

## 6 Weeks to Freedom

### with Trey Eckerman

Right at Home Fitness presents **Makeover Your Metabolism, 6 weeks to Freedom**. In this nutrition and exercise coaching program you will receive weekly diet lessons and workouts you can do anywhere. By combining nutrition and exercise, your body will transform faster than you ever thought possible. You will learn:

- The most overlooked trick to enhance weight loss
- How to eat supportively to ensure you lose body fat and inches without losing tone
- The exercises to keep your tummy tight, your hips and buttocks toned and your energy level high
- Which foods sabotage your weight loss success
- And much more

Trey Eckerman has been in the fitness industry for the past 10 years. He has a degree in the study of Human Movement from Texas A&M University, is an NSCA Certified Personal Trainer and a Nutrition Specialist. His company, Right at Home Fitness, is an onsite training company bringing nutrition and exercise programs to homes and facilities across the Greater Houston Area. Trey will be joined by Melissa Hawthorne, MS, RD, LD. Melissa holds a Bachelor of Science in Nutritional Science from Texas Woman's University. She is a registered, licensed dietitian at The Houstonian Hotel, Club & Spa.

**Wednesdays, January 18 - February 22, 2012**  
**9:00-10:30 a.m.**

9:00-9:45 a.m. = Classroom Component  
 9:45-10:30 a.m. = Exercise Component

# Makeover Your Metabolism — Registration Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

CELL PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

MEMBER OF ST. MARTIN'S? (YES OR NO): \_\_\_\_\_

**Minimum: 5**                      **Maximum: 15**

**FEE:**

St. Martin's Member - \$210

Non-Church Member - \$220

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Please fill out and sign Activity Center release form for this class.

If you would like to pay by credit card, please use the credit card form at the back of this book.

Make checks payable to St. Martin's Activity Center and enroll by returning this form and fee (check or credit card form) to St. Martin's Activity Center, 717 Sage Road, Houston, TX 77056

**Advance registration is HIGHLY RECOMMENDED.**

**Please bring a can of infant formula to help LIFE/Houston.**