

The Reveal.

An 8-week journey to discover your true self...

Join in the wellness revolution.

Join Amanda and Maryalice on their 8 week journey to discover your true health and live a life you've been waiting for. Warning: this is not a quick-fix diet!

Life isn't about pinched inches and a low-calorie lifestyle. It's about the degree to which YOU make things happen--how you love and live passionately in the pursuit of the things that are important to you. When you are lit up and passionate about who you are, what you do and how you live, *then making great choices about what to eat and how to move happens effortlessly.*

And that's why we're here. So we can help you on this journey to a glowing, head-turning, confident person that lights up a room. It's already in you. So let's get to work!

The program includes, but is not limited to:

- * Three day diet reveal with Amanda
- * Health Food Store Tour with Amanda
- * Group nutrition sessions bi-weekly with Amanda
- * Three small group workouts weekly with Maryalice
- * Weekly webinars covering a variety of topics
- * Facebook group where you can ask questions and share your experience with peers
- * Binder including food menus, grocery shopping lists, and guides to food quality
- * Journaling sheets to track your progress
- * Supplements ordered for you including high-quality probiotics and fish oils

A \$6,000 value for only \$599!

We are truly excited to offer this and look forward to hearing from you. If you have any questions please email the8weekreveal@gmail.com.

*Maryalice Goldsmith has been a certified personal trainer since 2008. Her passion for health & fitness is well over 22 years old and a never ending journey. She believes in addressing the whole person: mind, body, and spiritual soul. This has inspired her to become a certified nutrition coach through The Institute for Hormonal Exercise & Fitness. She helped create **The Reveal** to start a revolution in health & fitness..."rev" up quality food & quality exercise to truly reveal your very best self!*

Contact Maryalice at www.insideoutfitness.net.

InsideOut Fitness.

*Fueled by a passion for healthy living, Amanda became a Clinical Nutritionist and Holistic Health Counselor and founded Amanda Hayes Nutrition & Wellness in 2010, providing holistic nutrition counseling and lifestyle support to her community. Amanda's passion for health is contagious; she co-created **The Reveal** to bring people back to the nature of true health and bring simplicity back to living a fulfilling, healthy lifestyle.*

Contact Amanda at www.amandamahayes.com.

amandamahayes
NUTRITION+WELLNESS

The Reveal...Join the revolution! 8 Weeks of Wonderful Benefits	Total Value
Initial fitness evaluation: This includes cardiovascular, muscular, core strength and body fat % as well as body composition/measurements.	\$100.00
3 day diet reveal: An initial evaluation of your current nutrition.	\$100.00
Grocery store tour: Learn the ins and outs of the proper way to shop. Reading labels and avoiding grocery store traps!	\$450.00
Group Nutrition session bi-weekly with Amanda: Q&A about any issues on specific topics.	\$600.00
3 small group workouts: 4 or less people doing a Metabolic Effect workout to support hormonal harmony within the body. Workouts will also be virtual for those that cannot make a particular night.	\$100.00
Weekly webinars covering a variety of topics including mindset, controlling cravings, how to prepare for weekends and eating out, specific hormonal issues and so on.	\$1600.00
Facebook group where you can ask questions, share your experience with peers and access Maryalice and Amanda for particular questions regarding your program. Maryalice & Amanda will check frequently throughout the first 4 weeks and then periodically the remaining 4 weeks. This is a great way to get personal information to tweak what may not be working for your program. Reading material will be offered and as much information as possible so that you can get the necessary information for long term sustainable success!	\$3000.00
Binder including food menus, recipes, grocery shopping lists, how to eat during the 8 weeks, guides to food quality, tracking and journaling sheets and more!	\$500.00
Supplements ordered for you ahead of time (BCAAs, probiotic, fish oils)* separate fee.	\$100.00 approx

TOTAL VALUE=\$6,550.00

YOUR COST=\$599.00

**You will be responsible for all supplement costs. These vary for many so your cost will be dependent on your needs.*

Payment plans are optional:

Pay in full for the 8 weeks =\$599.00

OR

2 payments of \$299.50

To register please fill out the application and registration form provided below. Email your completed registration to the8weekreveal@gmail.com.

The application process is important so that the right candidates can be matched up for the group, in order to get the most from the program and be as successful as possible. Please return the completed application by Friday December 28th, end of day. Maryalice & Amanda will announce the 10 participants on Monday December 31st. Please email all correspondence to the8weekreveal@gmail.com.

We would love to know more about what "makes you tick" right off the bat. Please answer the following:

1. What is your #1 health and fitness goal for 2013?
2. The Reveal addresses mind, body and soul. How committed are you to your goals of realizing your full potential in these three realms? (1 to 10)
3. What are you most passionate about? What are the things that inspire you, motivate you, or get you fired up!?
4. What are your biggest challenges to achieving your best self? (i.e. procrastination, insecurity, know-how, guidance, accountability, etc.), please describe.
5. Briefly describe a typical day for you.
6. Why do you want to be a part of The Reveal in 2013?

