

Are you and your Family Your Number 1 Priority?

Did you know Penrith Valley is the **3rd fattest** region in Sydney*

1 in 4 children are overweight or obese and most likely
to stay that way for life

As a member of the community I would like to say, we
should get off the unhealthy and depressed list and put on the
healthy and motivated list!

Ask yourself these simple questions, be **HONEST !!!**

Yes No

- Are your children overweight?
- Is your health and well being important to you?
- Do you suffer diabetes?
- Do you suffer high cholesterol?
- Do you suffer high blood pressure?
- Do you carry extra 10kg of weight?
- Do you smoke?

Yes No

- Do you drink alcohol?
- Do you eat junk food?
- Do you suffer with depression?
- Do you suffer anxiety?
- Do you suffer self esteem issues?
- Do you suffer sleeping disorders?

According to your number 1 priority your **FAMILY and YOURSELF**
if you answered "yes" to 3 of the above questions,
then you would be a **HYPOCRITE.**

If you really do care, get off your butt and do something about it!

Make a commitment Call Mario 47 324 485 or 0424 174 157.

I can show you how to improve you and your families' health and well being
13 years personal training, 11 years competitive bodybuilding,
training with disabilities both physical and mental, kids qualified,
exercise rehabilitation qualified, trainer of both men and women of all ages
from 10 years to 72 years from at home mums to CEO's,
competitive athletes and to the retired.

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* According to NSW Health and Recent Trends