

Partial List of On-Line Classes and Workshops:

Motivation

- Realistic Goal Setting
- Get Ready for Your Workout!
- Calculate Your Weight Loss Plan
- Help Me Stay Focused!!!

Fitness

- How To Start a Weight Training Program
- Exercise Precautions: Hypertension
- Design Your Outdoor Fitness Program

Nutrition

- Common Sense Nutrition
- Fit Foods (for children)
- Nutrient Content in Food
- Poo-Trition: What Your Poo is Telling You

Registration is Easy!

Visit our website, choose a class and submit
your information! That's it!

Register today! Class space is limited.

www.nogymnoexcuses.com

Classes Start at only \$14.95*/participant

The Fitness "How To" Professionals™

THE NO GYM, NO EXCUSES® COMPANY
50 BRIAR HOLLOW LANE, SUITE 300 EAST
HOUSTON, TEXAS 77027
WWW.NOGYMNOEXCUSES.COM



On-Line Wellness Educational
Classes and Workshops
The Fitness "How To" Professionals™



www.nogymnoexcuses.com

- Effective On-Line Wellness Education.
- Same Educational Activities at All Your Locations.
- 30 Minute Classes/60 Minute Workshops.
- Easily Accessible to Family Members of Employees
- Use ANY Computer** – ANYWHERE!
- No Downloading Software!!!
- Starting at \$14.95*/class
- Employees Pay or Corporation Pays!

"Her approach . . . is unique and successful." – Dr. Darren G., Colleague.

The No Gym, No Excuses™ Company (NGNE) teaches people how to start fitness programs and stay motivated on the internet. We do this with our unique, creative series of wellness educational classes: Realistic Goalsetting, Common Sense Nutrition, Starting a Fitness Program with Hypertension, Calculate Your Weight Loss and more 30 minute classes and 60 minute workshops.

NGNE: The Fitness "How To" Professionals™

The NGNE Team helps individuals learn how to start fitness programs smart and maintain higher levels of motivation in private, group settings on-line. NGNE focuses on education and motivation. These key factors will increase chances of weight loss success. Guaranteed!

CONNECT WITH OTHER PARTICIPANTS ACROSS THE COUNTRY!

Our classes (30 minutes average) and workshops (60-90 minutes average) are specially written to be user interactive! All your employees will need is a computer with internet access, an open telephone line and time! They will attend on-line classes with other participants from around the country, get answers to their questions while listening to others share their fitness stories. NGNE brings all your employees together for private, group wellness education!

"I am shocked how much it contributes to motivation!" – Jeanne S., Client



C. Nina Ross, Master Personal Trainer
NGNE's President
Principal NGNE On-Line Instructor

HELP YOUR EMPLOYEES START THEIR WELLNESS INITIATIVE SMART. . .

Why does the average fitness program fail? In part because most are not started properly. Increase your employee's chances of success by providing them with a fun, convenient wellness educational source on-line! We show your employees the smart way to start wellness programs to help your company stay motivated!

The best part about NGNE: we seamlessly merge into your current wellness initiative!



. . . IN THE PRIVACY OF THEIR OFFICE, AT HOME, ANYWHERE ON THE GLOBE!

Our on-line educational classes are conveniently scheduled and only contain useful information for fast learning and minimal use of employee's time.

If you have locations in other parts of the world, we can easily add classes to accommodate different time zones.

Employees pay for each class they take OR your company can sponsor classes as budgets allow. NGNE is a win-win for everyone!

"I was impressed with Nina from the start." – Ken B., Client

Taking A Class Is Easy:

- Registered participants receive an e-mail invitation that includes a class link and other important information.
- 10 minutes before class, click on the class link in your invitation.
- Enter your user name and password.
- You're in our classroom!! (No Downloading Software.)
- Call our private phone number and enter your PIN to join the audio portion of the class.
- The NGNE Instructor logs in and begins the discussion.

HAVE FUN!!!



The Fitness "How To" Professionals™

www.nogymnoexcuses.com • questions@nogymnoexcuses.com • 281.249.5858 • 713.552.1048/fax

(*prices subject to change without notice. **internet connection and open telephone line required. Visit website for complete details.)