

WEBINAR WORKSHEETS

How to get from couch to active.



Consult your physician
before starting any exercise
or fitness plan.



COUCH to ACTIVE

ARE YOU READY?

Before viewing the webinar, take a moment to think about exercising and it's role in your life.

Do you
exercise as
much as you
need?

Do you want
to enjoy
exercising?

What would
happen if you
made this
change?

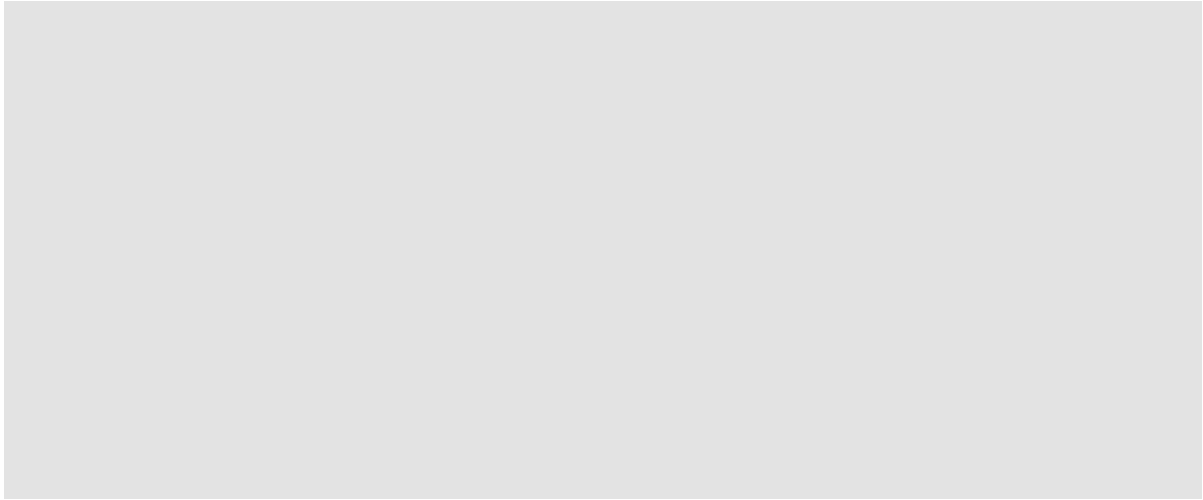
How
important is
this to you
and those you
love?

LET'S GET STARTED!

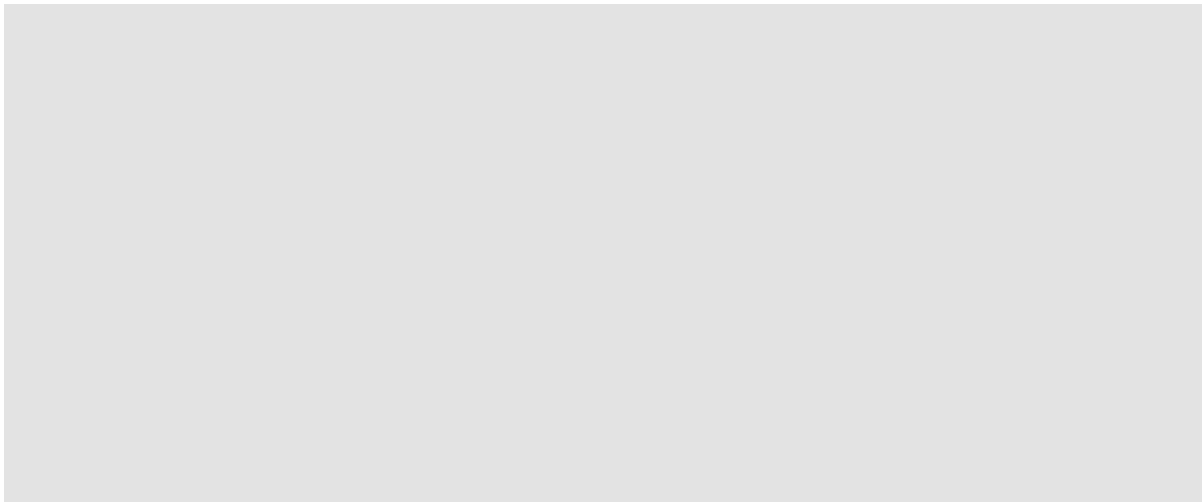


COUCH to ACTIVE

The Problem.



What's Normal?



LET'S GET STARTED!



COUCH to ACTIVE

How I get you there.

- 1.
- 2.
- 3.

Why you're not there already.

- 1.
- 2.
- 3.

LET'S GET STARTED!



COUCH to ACTIVE

The path to success.

1.

2.

3.

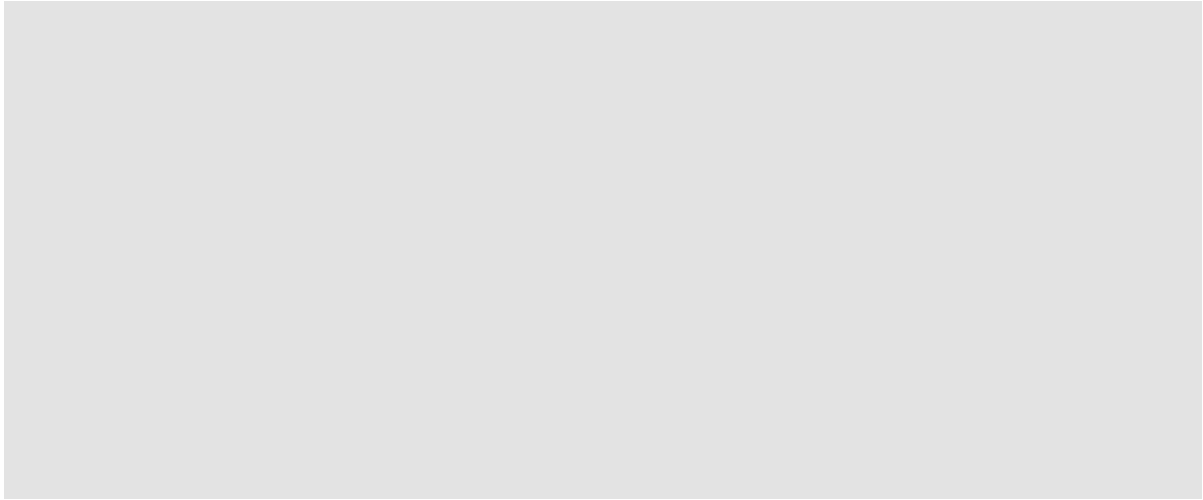
4.

LET'S GET STARTED!

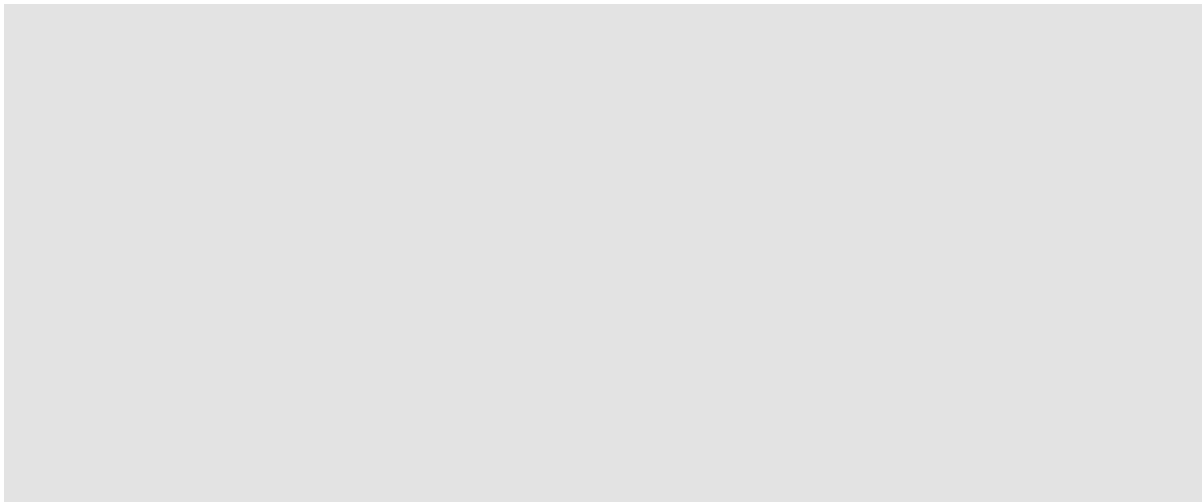


COUCH to ACTIVE

Your circle.



The OLD ideas of fitness motivation.



LET'S GET STARTED!

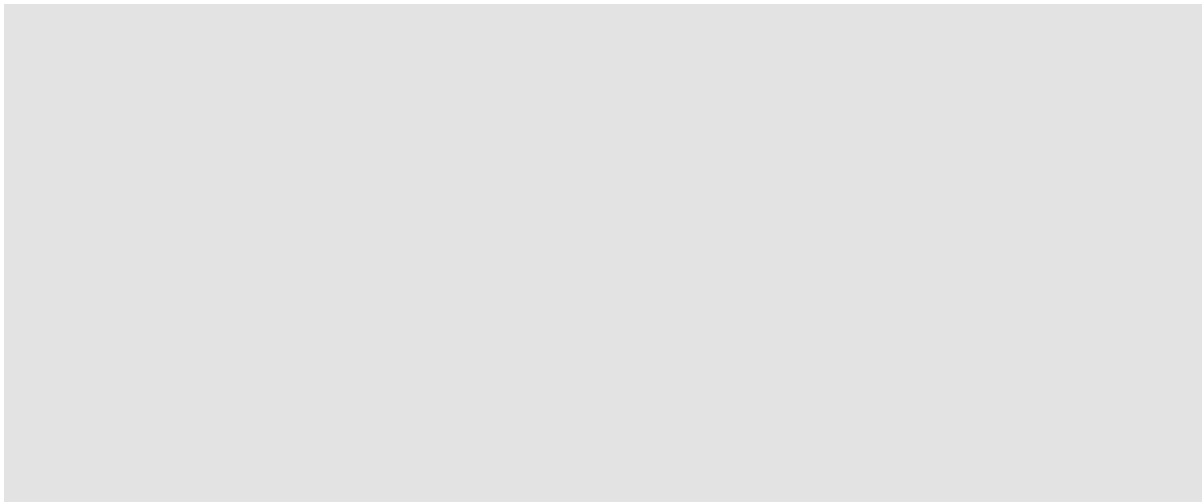


COUCH to ACTIVE

What is wrong?



Don't sabotage this.



LET'S GET STARTED!



COUCH to ACTIVE

Is this you?



The focus.

*How does this
help me create
a life I love?*

LET'S GET STARTED!



COUCH to ACTIVE

Your experience.

- 1.
- 2.
- 3.

Your choice.

LET'S GET STARTED!



COUCH to ACTIVE

The mission:

*I help people go from
couch to active, so they
can focus on living a life
they love!*

Book your call now:

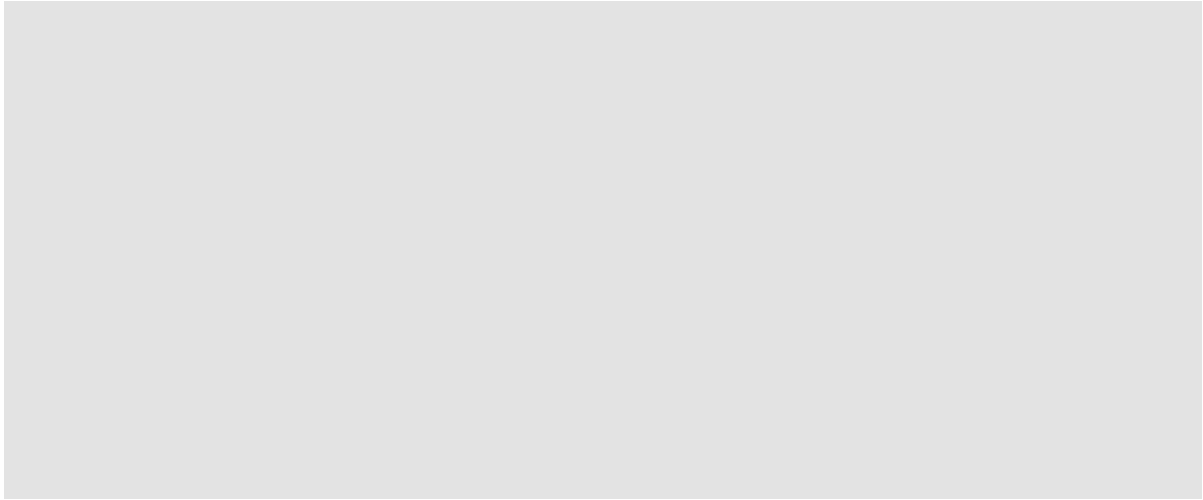
www.couchtoactive.com/discover

LET'S GET STARTED!

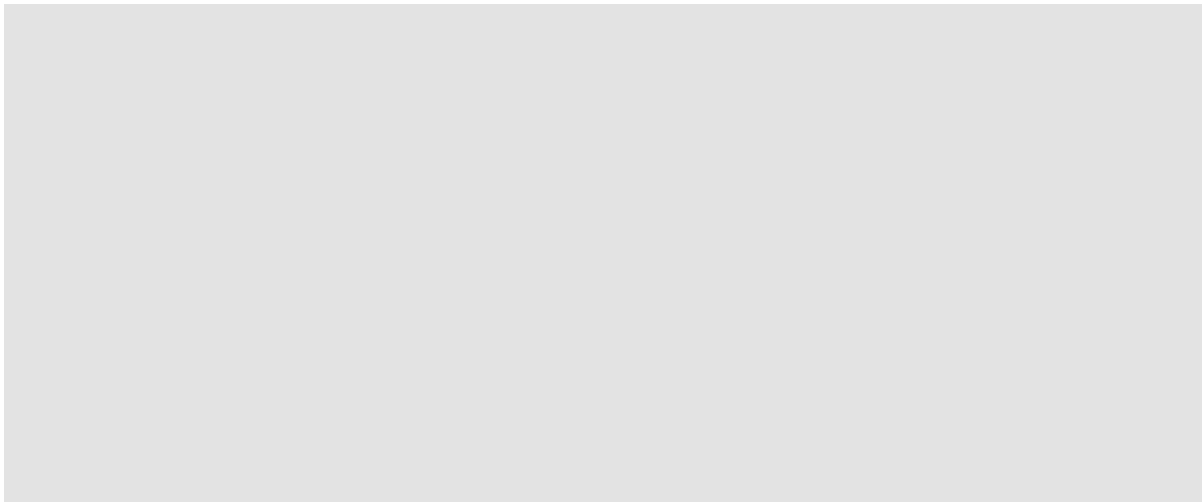


COUCH to ACTIVE

What you'll gain from the call.



Why does Lyn do this?



LET'S GET STARTED!



COUCH to ACTIVE

Will you be booking a call today?

Yes?

No?



In 8-weeks,
where will you be?

LET'S GET STARTED!



COUCH TO ACTIVE

LET'S GET STARTED!

Schedule a call with Lyn at:

www.couchtoactive.com/discover

