



**Tiger Coaching and Personal Training** announces exclusive fitness/training/wellness packages to the **First 20 individuals who respond** to this offer. We want to help you reach your fitness, wellness, and health goals with this comprehensive program. Each package will/may include:

- Personal fitness evaluations.
- Personal one-on-one training with Tiger Coaching personal trainers.
- Personal Fitness or Training programs with unlimited updates.
- Unlimited email contact and informational materials.
- Massage Therapy
- Nutritional consultations and diet analysis.
- Personal access to Tiger Fitness center for individual workouts.
- Monthly fitness "Tiger Tips" newsletter emailed to you.
- Tiger Coaching T-shirt, Training log book, and water bottle.

**Pick the Plan that fits your long term goals and SAVE:**

**Tiger Coaching – 6 months Program - \$1500:**

- Three (3) fitness evaluations.
- Twenty (20) One-on-one personal training sessions.
- Personal Fitness or Training program with two (2) updates emailed to you.
- Unlimited email advice, motivation and informational materials.
- Six (6) one hour massages.
- Three (3) Nutritional consultations.
- Personal unlimited access to Tiger Fitness center for individual workouts.
- Monthly fitness "Tiger Tips" newsletter emailed to you.
- Tiger Coaching T-shirt and water bottle.

**Tiger Coaching – One year Program - \$2500:**

- Five (5) fitness evaluations.
- Thirty (36) One-on-one personal training sessions.
- Personal Fitness or Training programs with four (4) updates emailed to you personally.
- Unlimited email advice, motivation, and informational materials.
- Twelve (12) one hour massages.
- Five (5) Nutritional consultations.
- Complete diet analysis and recommended caloric intake and diet program.
- Personal Unlimited access to Tiger Fitness center for individual workouts.
- Monthly fitness "Tiger tips" newsletter emailed to you.
- Tiger Coaching T-shirt, Training log book, and water bottle.

***Tiger Coaching – Three years Program - \$6000:***

- Nine (9) fitness evaluations.
- One hundred (100) One-on-one personal training sessions.
- Personal Fitness or Training programs with unlimited updates emailed to you personally.
- Unlimited email contact and informational materials.
- Thirty (36) one hour massages.
- Twelve (12) Nutritional consultations.
- Complete diet analysis and recommended Caloric diet program with updates every 6 months.
- Personal Unlimited access to Tiger Fitness center for individual workouts.
- Monthly fitness “Tiger Tips” newsletter emailed to you.
- Tiger Coaching T-shirt, Training log book, and water bottle.

Call today, stop by, or mail in your registration membership at the address below. We do accept credit cards and personal checks. Remember that this offer is for the first 50 individuals who sign up for any of the exclusive three programs offered above. Please fill out the enclosed information and set up a free personal one-on-one initial goal setting consultation with Gary Bredehoff of Tiger Coaching & Personal Training.

***Let Tiger Coaching take you to your fitness and health goals.***



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone (W) \_\_\_\_\_ (H) \_\_\_\_\_ (M) \_\_\_\_\_

Male Female / Fitness Level: Beginner Intermediate Experienced

Date of Birth \_\_\_\_\_ Fee \$ \_\_\_\_\_ (enclosed)

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Type: Visa MC Amex / Consultation Meeting \_\_\_\_\_

Fitness Goals: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# **FITNESS CONTRACT**

## **Tiger Coaching and Personal Training**

The purpose of this contract is to serve as a reminder of the commitment to a healthy lifestyle that you have made to yourself. You have made one of the best decisions of your life. **There are 5 things that you must commit to in order to achieve your goals quickly:**

1. A structured exercise program. The Proposed Fitness program designed for you will be a "Minimum" program that you must commit to every week. By following this program we will achieve results. If you want to achieve results more quickly then you must follow the "Ideal" program. Consistency is the key to achieving results so weekly attendance and exercise is critical.
2. Daily postural and core exercises. The program will include exercises that should be completed on a daily basis. These exercises will help to improve your posture and strengthen muscles that are traditionally weak. They will enable you to function better on a day-to-day basis and help to improve your quality of life.
3. You must practice good nutrition. This includes drinking at least 8 glasses of water per day and replenishing fluids that were lost during workout sessions, eating a variety of fruits, vegetables and grain products, limiting the amount of fat and alcohol in your diet, eating consistently throughout the day and not starving yourself. You will be given more specific information during the nutritional consultation and analysis provided to you.
4. You must be sure to get enough sleep. Sleep is recovery. If you do not sleep enough, you will not be prepared for each workout session and you will not function optimally.
5. You must control your stress levels. Identify your stressors. Outline methods that help you to reduce your stress and practice them regularly.

I promise to follow the above prescription to the best of my ability.

Date: \_\_\_\_\_ Signed \_\_\_\_\_

I, \_\_\_\_\_, your Personal Trainer, promise to guide, educate and motivate you toward your goals to the best of my ability.

Date: \_\_\_\_\_ Signed \_\_\_\_\_

**Gary L. Bredehoft, CSCS, CPT ACE**  
**Tiger Coaching & Personal Training**  
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**Lincoln, NE 68502**  
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