



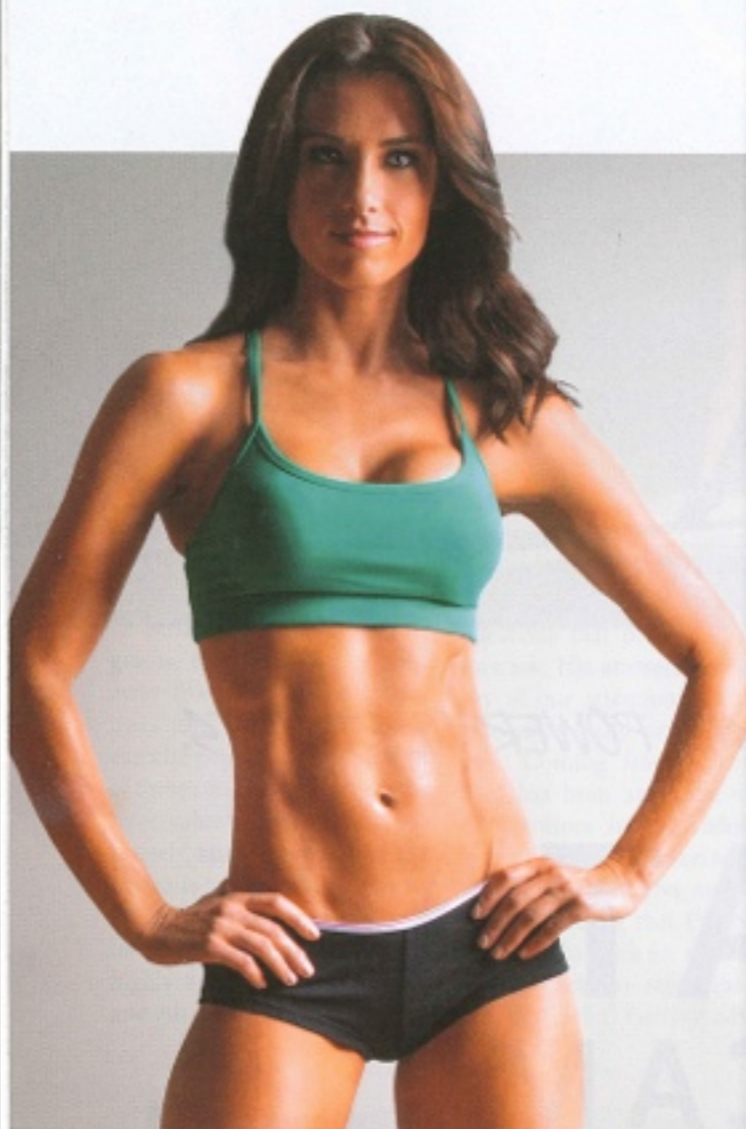
Teaching Pilates With POP

**Cassey Ho**

**KICKBOXING**  
in quadrants

Earn CEUs:  
Pilates-Based  
Postural  
Assessment

Healthy ALTERNATIVES to Sugar  
and ARTIFICIAL SWEETENERS



## ARE YOU READY FOR AUTUMN?

Led by celebrity trainer Autumn Calabrese, 21 Day Fix™, from Beachbody®, offers 30-minute, boot camp-style workouts paired with a portion-control storage system. Consumers simply fill each color-coded container with food, eliminating the need to count calories. The program provides a user-friendly regimen for body transformation, resulting in up to 15 pounds of weight loss in only 21 days.

Calabrese affords clients the same exercise regimen and portion-control methodology from 21 Day Fix that she used to maintain a bikini modeling physique during early motherhood. A study published by the *Journal of Health Psychology* characterized portion control as extremely effective, yet almost always a "mind over matter" equation where consumers are prone to fail. With 21 Day Fix, Beachbody has taken the "mind" out of the matter through the use of its nutrition portion-control containers, making weight loss easier to maintain than ever before.

"I quickly learned the best diet and exercise methods in the world are meaningless if they can't work efficiently within the daily demands of life. That's what inspired me to create 21 Day Fix," says Calabrese. "After successfully using this approach in my own life, and then with my clients, it made perfect sense to offer it to millions of consumers out there searching for a better way to stay fit and lean with all of life's distractions."

Developed with all levels of fitness in mind, each of the seven 30-minute workouts is different and perfectly designed to keep the body active and injury free.



For information on Beachbody, LLC and how to order 21 Day Fix, and its other products, visit [www.beachbody.com](http://www.beachbody.com).