

Lorraine Bossé-Smith

FINALLY GET FIT!

Tired of feeling sick and tired? Now is the time to stop losing weight and release it once and for all! Today is the beginning of a new way of looking at your health.

Lorraine is the creator of an exclusive program where four fitness individuality traits (F.I.T.) are identified and specific workouts and fitness routines customized based upon one's unique style. Learn why what you have been doing isn't working and how to finally get FIT!

"I don't believe in a one-size-fits-all approach to anything, including health, fitness, and wellness."

Lorraine Bossé-Smith

THREE TAKE AWAY BENEFITS



Participants will:

- Discover your F.I.T. and what it means.
- Get jazzed about exercise again and learn how to make it FIT you!
- Be encouraged to love yourself, how you were made, and inspired to improve the quality of your life...starting today!



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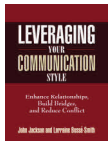
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AUTHOR OF

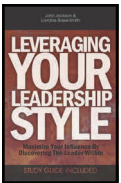
Leveraging Your Communication Style

Open the doorway to better communication with this informative book on the different communication styles. Learn how to avoid conflict, build stronger relationships and create better teams.



Leveraging Your Leadership Style

Discover your unique leadership style and how to motivate and inspire others based upon their unique leadership style. Includes a study guide!

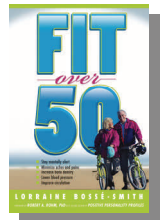


Check out more of Lorraine's books and fitness DVD's at:

www.lorrainebosse-smith.com

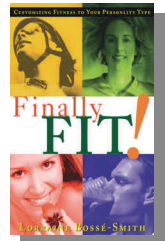
Fit Over 50

Make your next chapter of life your BEST by understanding the aging process and how you can maximize control over 70%! In order to have a healthy tomorrow, start by getting fit today with this encouraging and helpful book.



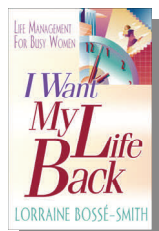
Finally FIT!

This is not a one-size fits all approach to fitness. Readers will discover their unique FIT (fitness individuality trait) and develop a customized program specifically for them. Set up for success, for the first time, readers will become Finally FIT!



I Want My Life Back!

Achieve balance in a fast-paced world; Reduce your overall stress levels; Put enjoyment back in your life and enjoy greater physical, mental, spiritual well-being.





Follow Lorraine:

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[http://www.youtube.com/
user/TheTotalYou1](http://www.youtube.com/user/TheTotalYou1)

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@Lorrainebosse
#FITLeader

Lorraine has spoken to small and large groups alike. Some of her satisfied clients include:

- Camp Pendleton Marine Base—CA
- McCrometer, Inc.—CA
- Alliance Med—AZ
- Telgian Corp—AZ
- OK Music Teacher's Assoc. Conference
- Discover Financial Services—AZ
- Hach Company—CO
- ATD CA & CO
- Women in Financial Services Conference—IL
- Meeting Professionals International—NC
- SHRM AZ, CA, CO, TX

To join this list, please call Lorraine today! Ask how you can obtain a discount on her speaking fees.

Books available at bulk discount for resale.

ADDITIONAL INFO

- Author of Eight Published Books
- Certified Professional Behavioral Analyst
- Certified Professional Motivators Analyst
- Professional Member of the National Speaker's Association
- AFAA Certified Fitness Professional
- Certified Advanced Personal Trainer
- Graduate of Coaching Inc.
- AS Degree & BS Degree

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