



CALLING ALL BEGINNER RUNNERS!

Get off the couch and 5K fit in just 10 weeks

Whether you are a total beginner or simply finding your feet again, this is for you. If you have never been active or have let your activity level slip, let us help you get on track. Beat the couch, once and for all!

Give us just 45 minutes of your time, three times a week, and we will have you 5K ready by Christmas.

We'll give you the motivation, support and professional know-how to get over the finish line!

Our programme is organized, realistic, rewarding and achievable. Best of all, it works. Over 850 people in Bermuda have completed this challenge so far...are you next?

KIDS!

Beat the Couch Kids! 10 free places for 12-17 year olds, alongside a fee paying adult.

BENEFITS INCLUDE:

Three 45 minute training sessions a week (30 sessions total)
Introductory seminar, nutrition seminar, biometric tracking, running skills clinic, weekly emails, race day prep, team shirt, race day entry fee and 10% discount at Sportseller.
Training options every single day so you never miss a session.
Podcast support for when you travel.

KEY DATES:

Sign-up deadline: Wednesday 25th September, 2019

Seminars begin: Thursday 26th September, 2019

Training begins: Monday 30th September, 2019

Race day: Sunday 8th December, 2019

\$397

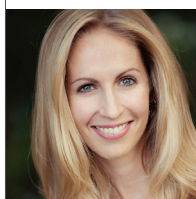
per person for first time participants

\$357

per person for teams of two or more

\$347

BTC grads, Natural Nutrition members, InsideOut Wellness Centre clients



Catherine Burns
BA Hons, Dip ION
Nutritional Therapist



Yves Paul
Group Trainer



Sergio White
Group Trainer



Graham Frith
Group Trainer



For full details and testimonials, visit us online at www.natural.bm/whats-on or call Catherine on 505-4725.

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