

DESTINATION: A BETTER YOU

Fitness Cruise to Alaska 2014

Sail away with four American Council on Exercise consultants, exercise physiologists and Master Trainers. The team consists of:
Jonathan Ross - ACE Personal Training Consultant
Elizabeth Kovar M.A. - ACE Master Trainer
Dr. Michael Mantell PhD. - ACE Behavioral Health Consultant
Jessica Matthews - ACE Exercise Physiologist

These four individuals have come together to motivate people to start exercise and health behaviors for the last time. With various quick gimmicks and diet meal plans, our clients stand in a state of confusion and often have low self-efficacy because of failed past attempts. With diverse backgrounds and experiences, the speakers have come together to educate participants on various topics from how to unleash your willpower to how to get a crush on exercise.

This cruise will immerse participants with daily movement and health discovery programs as well as the luxuries of a cruise ship all set within with the peaceful and serene Alaskan landscape. On and off the ship, people will explore a better you, from learning more about themselves to playing in nature.

The more intimate, week-long setting provides guests the opportunity to interact with the speakers outside the scheduled programs in ways normally unavailable and will likely hear an "off-the-record" story from one of the speakers for more inspiration. Guests will have the opportunity to attend additional events such as

a field trip to the buffet line, and opportunities to interact with the natural beauty of Alaska.

Being healthy is not hard and it does not need to be this way. Get ready guests, to start a new life chapter, a life that you have been dreaming of, filled with health, fitness and happiness. The destination is Alaska, and the starting point to your new life journey.

The cruise departs from Seattle, Washington and sets sail June 29-July 6, 2014. For further information please visit www.ABetterYouCruise.com. **OSF**



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