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The Custom Bodies “*Just Say No To Dieting*” Program is intended for healthy adults age 18 and over. Always consult your physician before beginning any fitness or nutrition program.

THE  
CUSTOM BODIES  
“*JUST SAY NO TO DIETING*”  
PROGRAM

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6 COMPONENTS TO LIFELONG WEIGHT-  
MANAGEMENT

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**MAXIMUM RESULTS - MINIMUM EFFORT**

1. Proper Caloric Intake - eat smart not less
2. Cardiovascular Training Individualized For Your Fitness Level & Goals - Burn more fat in less time
3. Proper Nutrient Supplementation - give your body what it needs to thrive, not just survive
4. Biomechanically Effective Resistance Training - Sculpt & shape your body while turning it into an efficient fat burning machine.
5. Behavior Modification - a healthy body starts with healthy habits
6. Constant Support & Motivation - to *never* let you lose sight of your goals.

# CUSTOM BODIES

Shaping Your Body;  
Shaping Your Destiny



THE  
“*JUST SAY NO TO DIETING*”  
Program

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**Exercise  
&  
Weight Management  
Logbook**



