



breaking fitness news

Do you know you need to exercise, eat right, & take better care of yourself?

get fit...
for the
heart
of it



What does it take to change our habits? How do our thoughts, emotions, and attitudes affect our physiology? Learn how to deal with the emotional and mental blockages that get in the way of making healthy and lasting lifestyle changes for yourself, but also keep you from living your life to the fullest!

Join Lisa Brisse in her upcoming seminar: If We All Know What to Do, Why Don't We Do It?

This workshop will:

- Address the reasons (excuses) for not doing what we know we need to do to take care of ourselves
- Explore the science behind the mind-body connection as well as how attitudes and beliefs affect our physical health
- Give you practical tools & tips to help transform your perspective and make consistent & healthier choices for yourself not just today, but everyday!
- Provide an action plan to establish a wellness program, accountability & balance in your life in general!

saturday, september 12th

presented by: lisa brisse

time: 10am – 12 pm

where: Resource Training & Solutions
4150 2nd Street South St. Cloud, MN

suggested donation: \$15

registration required by

September 10th

please call 310.842.5657

or email

lisa@stateoftheheartfitness.com

to sign up today!



Lisa Brisse
Exercise Physiologist and Founder,
State of the Heart Fitness

Lisa Brisse, exercise physiologist, lifestyle coach, & founder of State of the Heart Fitness in Santa Monica, California, has inspired and empowered a global clientele to shift to a healthier lifestyle. Lisa's talk will bring a renewed sense of hope and empowerment knowing that you can take control of your health and shift to a healthy lifestyle - not just today, but everyday! Lisa has her Bachelor of Science degree in Sports Medicine from Pepperdine University, Malibu and has worked for the world-renowned Pritikin Longevity Center for 7 years before starting her own company in 2001. For more information:

www.stateoftheheartfitness.com