

As seen in the Delaware News Journal <http://www.delawareonline.com/story/news/health/2015/06/28/game-squats-turn-tv-time-workout/29444951/>

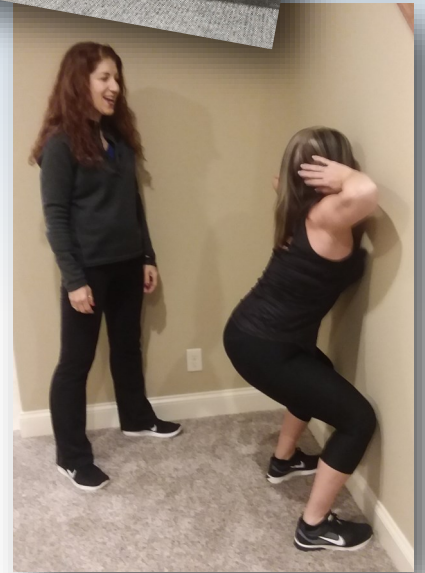


Functional fitness for ANY body!

We all know moving often is important but what do you really know about moving well?

This FUN, informative workshop is designed for everyone from the exercise novice to the full-blown gym rat. Learn what 5 simple, yet essential movement patterns must be included in any high-quality workout. Then learn how EASY it can be to get and stay fit with little or no equipment, no matter where you are.

Jessica Lewis is one of the area's top educators in Functional Fitness...let her show you how to first move well, then move often (because moving often doesn't matter if you don't or simply can't move well!)



WHEN: Saturday, July 15th, 12:30-2:30PM

WHERE: Hockessin Chiropractic Centre
724 Yorklyn Road (The Stone Mill complex)
Suite 150
Hockessin, DE 19707

COST: \$55



**BUT HURRY...IN-PERSON SEATING LIMITED TO 20!
CALL 302-593-5005 BY JULY 8TH TO REGISTER**



Jessica Lewis, CPT, CNC is the region's only Master Personal Trainer who's also a Certified Nutritional Counselor and an Accredited T'ai Chi Chih Instructor. To learn more about all aspects of her unique Lifestyle Coaching private practice *Sculpt YOUR LIFE*® click www.SculptUrLife.com or follow her on [Facebook](#), [LinkedIn](#), [Instagram](#), [Twitter](#) or [YouTube](#)