

# THE PSYCHOLOGY OF CHANGE - READY FOR THE CHALLENGE?

Change is hard and staying motivated along the way is even more challenging. Julian Varela, co-owner of Equilibrium Fitness completed a M.S. degree in Exercise Science & Health promotion in 2005 and is now completing a second Masters degree in Clinical Psychology & Marriage Family Therapy. Integrating concepts from exercise science, positive health psychology, motivation and wellness education, Julian is launching a new program that will take a small group of clients ready for change through a 10 week process to teach you the skills needed to change and improve your health for good. This program will combine a weekly group discussion to focus on components of behavior change along with a weekly small group workout emphasizing effective functional exercise techniques and programming education.

## *Program Highlights:*

- *Weekly Group Discussion*
  - *Health Behavior, Psychology of Fitness, Motivation, Overcoming Obstacles, Time Management*
- *Education*
  - *Components of Effective Exercise Programming*
  - *Sports Nutrition Basics for Weight Loss*
- *Weekly Workouts*
  - *Proper Progression*
  - *Total Body Functional Exercises*
  - *Weekly Assigned Workouts*
  - *Fun & Supportive!*

Cost: \$35/Session

Time: M/W - 5:15 PM and Friday, 6:30AM.

Other times TBD. Only 5 spots available!



Questions? Email [julian@eqclubs.com](mailto:julian@eqclubs.com).