

# PATRIOT FIT

Patriot Fit is a personalized life changing program. We maximize your results by incorporating all facets of fitness including cardio, strength, flexibility, diet and most importantly your frame of mind. This program is unlike any other! Patriot Fit helps make you accountable by tracking and monitoring you're eating and workouts. Patriot Fit is designed to make you the absolute best you!

Here's the skinny..... You and our staff come up with the best game plan for you. No matter if your goals are to lose weight, gain muscle or just improve what you have, we help you achieve it. You will receive a 1 on 1 consult before you even start. You also get to compete! That's right competition breeds excellence!!!! Compete against others and if you're not ready for that than compete against your biggest critic....yourself!!!

At Patriot Sports & Fitness we realize that everyone is an individual. We are not all the same. Some are taller, smaller, have a higher metabolism, higher self esteem, disability and even a genetic gift. Thus, we embrace these and make the best of it. Some gyms change bodies temporarily but at Patriot we change lives, minds and bodies permanently!!!

Make a change for the better TODAY and choose PATRIOT FIT!

\*\*\*Contact Patriot Sports & Fitness Today at 630-279-7206\*\*\*

Located at 915 S. Riverside Dr. Unit 4, Elmhurst IL 60126

Visit us at [www.patriotsportsandfitness.com](http://www.patriotsportsandfitness.com)