



DEXTERITY FITNESS: NUTRITION CHALLENGE



DexFit 6 Week Online Nutrition Challenge

***60 Minute Consultation + 6 Week Online Follow-Up Program**

You know good nutrition is the foundation of a healthy body, but it can be confusing, challenging, and difficult to stay committed. Get the facts and motivation with this 6 Week Online Challenge to achieve:

- Improved body composition
- Increased energy
- Stronger immune system

How is the DexFit Nutrition Challenge Different?

- Individualized plan that fits your lifestyle
- Realistic tips and cooking at your level of comfort/experience
- Breakdown of your current food
- No calorie counting or food journals
- Record keeping that's quick and easy
- Daily emails to stay accountable
- Optional suggested readings and informative handouts
- *Long lasting results!*



“The best part is that I have been able to stick to it for months! It’s a plan for life that I can actually follow. Thanks to Charlene’s nutrition advice I have lost over 20lbs and reduced my body fat percentage by 10%!” – CALLANDREA

How Does It Work?

60 Minute One-on-One Nutrition Session

- In person* or by phone** with certified personal trainer, Charlene Carroll
- Record just one day of what you feel is “good” eating to review
- No judgement
- Work together to review the DexFit 10 Guidelines to Healthy Living
- Determine realistic goals you feel you can do for life, 80% of the time



- Following the consultation receive a copy of your individualized guidelines
- Each day simply give yourself a check mark for each achieved goal!
- Each week you will send me your “report card” for judgement-free review to stay accountable
- Only 129.99 CDN + tax and includes an Online Program

Optional Follow-up 6-Week Online Program

- Receive daily emails with additional educational and motivational material around a myriad of nutrition topics
- Email correspondence to ensure the best adherence and success!

Testimonials:

“This has all been so helpful for me in re-framing how to keep my nutrition on track. Knowing what ought to be done is one thing but replacing old habits with new is another.”

“The amount of work and the research that went into the program was outstanding. It felt personalized and relevant.”

“The DexFit Report Card helps a lot for sure!”

“It’s a struggle but I am starting to get better at sugars as I now have less cravings and hidden sugars are more obvious triggers.”

“I am focusing less on my scales and more on awareness and better habits. Interesting as I become more successful at changing



habits I am more kind to myself and developing improved self - awareness. Likely my body is reacting to better care at all levels."

"This program is realistic and supportive, with no judgement."

"I am beginning to pre-pack healthy snacks and use more portion control!"

"Customizable goals, easy to fit into a busy lifestyle, realistic."

"The thing I really like are the tips - like if there is sugar in the first 3 ingredients or if I cannot pronounce it, it should only happen in moderation. I use that all the time now!"

"I am really aware this time around that, for me, this is a process that won't happen overnight but some things are going really well, like water intake and good fats, reading labels, in other words I am thinking before I buy."

"... even with all of the stress from last week, I only bought chocolate ONCE (as opposed to everyday). In my mind, that's a pretty huge victory!"

How Do I Start?:

Visit DexterityFitness.com and we'll set up a time to schedule our consultation in person or by phone and start your 6 Week DexFit Nutrition Challenge!

**Toronto*: Forest Hill or Rosedale areas / **Long distance phone charges may apply*