

# Trekking Together



Ready to get on track

and **STAY** on track with your fitness program?

## Start Trekking Together!

Trekking Together is the first fitness program that's not about you,  
but about you supporting someone else.

It's a web-based wellness program with a new fitness challenge every week.

Since you're supporting your friend and s/he's supporting you,  
you both slowly move forward one small step at a time.

Every week we present a new Fitness Focus. The topic will be about Food, Fitness (exercise) or Focus (your attitude – BIG!) Each message is communicated via video, audio, emails and our discussion board.

You and your buddy will receive specific recommendations on how you can support one another during your weeks, taking progressive steps of success.

### **CIS members get a 50% discount!**

The normal price is \$19.95 for two but you can register your pair for only \$9.95/mo.  
(Recurring credit card charge.)

Register at <http://www.TrekkingTogether.com>.

During the registration process you'll have the chance to enter a discount code.

Enter **CIS**, which gives you the half price discount.

Be ready to provide your buddy's name and email so we can send them an invitation on your behalf, asking them to be your TT partner. You both will both choose a unique username and password which gives you access to the site.

Looking forward to Trekking Together!

Judi Ulrey, founder of Trekking Together,  
is a health and wellness communications creator  
using video, audio, and the good old fashioned word.



[www.FitnessConsulting.com](http://www.FitnessConsulting.com)