

**TRAINING  
NUTRITION  
SUPPORT**

**evolve**

**weight in balance**

**In six weeks with Evolve, you will lose weight. But you'll also be empowered with knowledge and healthy habits to keep your body in balance.**

## Lose weight and transform your body in six weeks, with the Evolve program.

EVOLVE is SPORTSBARNs body and lifestyle transformation program. Using the proven approach of training, nutrition and support, EVOLVE brings weight into balance and bodies into a healthier state of being.

Not a diet. Not deprivation. But six-week's of wholesome, sustaining food. Physical training that builds muscle, elevates metabolism and enables weight loss. Coaching that motivates and educates.

EVOLVE is about bodies in transition — whether it's to lose weight, make training gains or just adopting a better approach to food. No matter what your starting point, EVOLVE and SPORTSBARN can help you make a transformation toward a positive healthstyle.

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### Twice a week you'll meet with your trainer to improve strength and boost metabolism.

Your six weeks are a detailed plan of real action that you and your trainer create together. A plan for not just losing weight but a lifestyle change that enables you to maintain your transformation.

Our team of personal trainers have a history of success in helping clients reach their weight loss goals and stay fit. Their combined experience in all areas of fitness qualify them to support and lead you through the process.



### A meal plan designed by nutritionists and customized by you.

The Biometrics® online meal programs are designed to help you lose excess weight the healthy way by following a meal plan created by registered dietitians, nutritionists and consulting chefs. You choose your own meals to design a menu specific to you!

Once you've established your online account, your meal plan will generate recipes and a shopping list to take the guesswork out of grocery shopping. Biometrics® also provides the nutritional breakdowns, substitution options, vegetarian plans, and tips for dining out.

Because Biometrics® is whole food you prepare, your entire family can enjoy the same meals so there is nothing extra to purchase or prepare.



### Coaching that motivates and educates.

Your transformation begins with an assessment and goal-setting session. Not just measurements but an honest discussion about objectives, your exercise plan and dealing with real-life constraints. You'll also be designing your first week's meal plan based on your goals and caloric requirements.

Each week, you and your trainer will track your progress as well as review your challenges and triumphs. You'll also discover techniques and strategies for handling obstacles like staying on track while travelling and attending special events.

Every month you'll also participate in nutritional workshops lead by our registered dietitian. These informative sessions provide additional tools integral to your long term success.



## **Already working with a SPORTSBARN personal trainer?**

Terrific! Simply let them know you're ready to get real and get lean.

**Need to connect with a trainer?** Simply contact the program coordinator below and they'll help you find a match.

**Not a SPORTSBARN member?** No worries. A membership for the duration of your program is included with your Evolve fee. Contact the program coordinator below to get started.

## **EVOLVE program coordinator:**

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SPORTSBARN

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