



Fit For Life owner Vicky Murphy, left, acts as a personal cheerleader and helps clients attain their weight loss and fitness goals. Theresa Pricer celebrates her progress.

Losing weight is easy, fun at Fit For Life

By **BARB RANDALL**

Fit For Life offers the nudge you need: A four-week program weight loss program.

Vicky Murphy, owner of Central Village's Fit For Life, can provide that nudge for those wanting to lose weight this spring.

"It's a 30-day challenge and I'm basically your cheerleader," she said. "The focus of the program is to get people on board with eating healthy. I get people

off gluten, sugar, alcohol and dairy. You eat lean proteins, fruits and veggies for 30 days. The 30 days allows you to reset your system and get your palate used to the idea of eating real food, not processed food."

Murphy's four-week program calls for a weekly weigh-in, done at a 30-minute one-on-

one consultation with Murphy. She explained that by eating real, unprocessed foods people are likely eliminating the foods that cause weight gain. Participants can use the appointment time to workout or discuss food concerns with Murphy.

"It's up to the individual and it's personal," she said. She can

adjust the program to fit the individual each week. "There are no plateaus on this program. If you aren't losing, we just adjust the program – increase cardio, take out an afternoon piece of fruit or tweak the diet in another way, to keep the weight coming off. It's super easy and fun, and everyone is so successful!"

"There are no plateaus on this program. ... It's super easy and fun, and everyone is so successful!"

– Vicky Murphy, Fit For Life owner

Cost of the four-week weight loss program is \$99.

Fit For Life offers a full schedule of fitness classes including yoga, Pilates, Zumba, step aerobics, strength building, cycling and more. The club is open Monday through Friday from 5:30 a.m. to 9 p.m. and Saturday and Sunday from 7:30 a.m. to 5 p.m.

Stop in and learn more about the four-week weight loss program and ask about the free three-day membership or call Fit For Life at 503-655-7702.