



*Jolene Puffer*

# The Telephone Fitness Trainer

- Do you need accountability and affordability?
- Need to know how to get started?
- Will you do the work if you know what to do?
- Need a trainer that is cost effective?

Then try the **Telephone Fitness Trainer** and change your life today. If you need someone to care whether you lose weight and succeed at your fitness goals than try the **Telephone Fitness Trainer**. Tailor made for your home or gym with eating plans and guidelines you can have the success you need.

**Get a FREE Call Today!**

Go to [www.realfitnessforlife.com](http://www.realfitnessforlife.com)

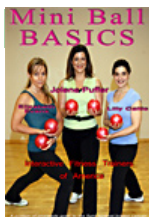
for more information

or call **828-216-8134**



## Real Fitness for Life

- One time program assessment training
- Specializing in family fitness plans
- DVD workouts
- Accountability training



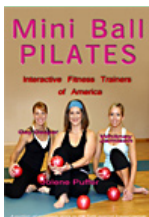
### MINI BALL BASICS (DVD)

Join Jolene Puffer for a workout using small soft workout balls that provide surprising results. Released 2009  
\$20.00



### MINI BALL BASICS ON THE FITBALL (DVD)

Join Jolene Puffer, Greg Sims, and Gay Gasper for a workout combine the mini ball and a large fitness ball for a workout with incredible results. Released 2009  
\$20.00



### MINI BALL PILATES (DVD)

Join Jolene Puffer, Gay Gasper, and Whitney Jameson for a Pilates workout using the mini ball. Released 2009  
\$20.00

See us at  
[thetelephonefitnesstrainer.com](http://thetelephonefitnesstrainer.com)  
Or call us at 828-216-8134