



SWEET MOMENTUM FITNESS

Join the Resolution League! Rock Solid Accountability and Friendly Support

Take advantage of the strong support network available through Resolution League so you achieve the fitness goals that matter to YOU! Set yourself up for success, avoid feeling “stuck,” and surround yourself with awesome people who are up to big things.

Getting in your workouts is a big part of fitness success, but lots of stuff can keep you from realizing the results you truly want from the hard work you’re putting in at the gym: less-than-ideal nutrition choices, travel, work, family, social engagements, Netflix... :)

In Resolution League, we tackle these bits in **monthly workshops** where you can expand your knowledge on fitness-related topics, complete your measurements, and get support from an **awesome community of people**. Plus, our private Facebook group keeps you engaged (and accountable) all month long! <https://www.facebook.com/groups/585614638261473/>

To make big changes, we all need a strong support network, and that’s exactly what the Resolution League is designed to provide. It’s completely complimentary, and open to the public. You are welcome to have friends, family, and anyone else join you at the workshops—the more support you have, the better! Our goal is to help you identify and bust through any obstacles that stand between you and the results you want.

Stay tuned for info on our next Resolution League workshop. And in the meantime, introduce yourself on our private Facebook group, and get in on the action.

