



*Always a Party Never a Work Out!*

**GOAL!** our newest program, is an exciting way to stay motivated and create a supportive peer-network as you work towards achieving and maintaining a healthy lifestyle via **GOAL!**

There are many benefits in joining **GOAL!:**

- Online Community: Health education, daily interactions, peer and mentor support.
- Health Journal: Capture your daily meals and journal program successes at absolutely no cost.
- Accountability: Meet with **GOAL!** Coordinators to discuss and track your progress.
- Modify your life: Engage in positive choices supported by peers.
- Celebrate!!!!

At Solão you're not just a client, you are our friends and family! Ask a **GOAL!** Specialist about joining and enroll today!

*Have fun. Feel good.  
Be yourself.  
Be inspired. Be ignited.  
Be your best self.*



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## *It's a destination! It's an achievement. What's your GOAL?*

*A new program created especially for our members to help you achieve and celebrate your goals!*

Introducing **GOAL!** a fun and exciting way for Solão staff and clients to motivate, encourage and inspire each other.

**GOAL!** is a great way to share the health and fun by providing information and tips that help you reach your goal and stay on track.

You tell us your goals and the Solão staff and members will motivate you with support and encouragement, offer tips on how to achieve your goals, join with you in achieving them and celebrate when you reach them!

A new **GOAL!** session is held every six weeks giving you a choice of continuing your current goals or working toward achieving new ones.

### **Features:**

- Weekly discussions, monthly social events and fun contests.
- You can be grouped with participating staff members who share the same goals, be “buddied” with a participating member or remain anonymous.



- At the end of each 6-week session, members can share their transformation and get featured in our monthly FitPlus newsletter.

\*Included in all Daytime, Basic and Premium Memberships

### **GOAL!** Online Community

We have chosen FatSecret.com for our GOAL! online community program because we have found it to be the most user-friendly.

With FatSecret.com, you can access our online community via the internet or your mobile phone.

Once you have signed up for the GOAL! program, we will send you an email inviting you to join our online community.

To join our online community, simply visit [www.fatsecet.com](http://www.fatsecet.com) and create a profile. To create your profile, fill in your name, screen name you wish to use, height, weight, age, goal weight and activity level, then click save.

\*You can change the privacy levels in your account.

*Through our online community, you'll receive motivation, accountability to keep you on track and fitness and nutrition tips to help you reach your goals!*