

Staying the Course

How to NOT sabotage your fitness goals over the holidays !

Presented by Ruben J. Guzman, M.P.H.

Tuesday, November 16, 2010, 6:30 to 8:30 pm

Capital Athletic Club, 1515 8th Street, Sacramento

This is a FREE seminar. However, please RSVP by calling 916-484-7415 or

Email at coachruben@coachruben.com

Do you know yourself well enough to know that your fitness goals and plans could be undermined by the holidays? If so, this seminar is for you.

You have the best of intentions. You're going to the gym, eating better, and really making a conscious effort. Then, somehow, it's as if another person takes over your body and the next thing you know, your plans and goals have gone out the window. How does this happen? But, more importantly, how can you prevent it?

In this seminar, you will learn:

- **How the subconscious mechanism of self-sabotage works**
- **How to create an empowering mindset for success**
- **How to create the strategic actions that will keep you on track**
- **How to create a structure for support and accountability**

You will be empowered to stay on course with your goals regardless of the distractions, and prevent being derailed. This will directly affect your personal effectiveness and professional work. This seminar will change your life!



Award-winning speaker, Ruben J. Guzman, M.P.H.

lives as proof of what he presents. Having personally lost over 50 pounds of fat, he has completely transformed his health and fitness since 1995. Ruben – a Professor of Behavioral Psychology and a health promotion specialist for over 20 years, has conducted programs for various organizations including the California State Capitol, City of Sacramento, Hewlett-Packard, VSP, Intel, Yahoo, UC Davis, Kaiser and Mercy Healthcare, the Los Angeles County Sheriffs, and several departments for the State. He is also an expert speaker for Vistage, the world's largest CEO organization, and travels extensively training executives. He holds a Masters degree in Public Health from UCLA specializing in Behavioral Sciences and Health Promotion, and spent three years at UC Davis Medical School. He has also been a professional swimming coach for over 27 years. Ruben is nationally certified as a personal trainer and nutrition consultant, and has successfully coached and trained many champions in sports, business and health.