



The Final Edge to Metabolic Control™

FEES FOR CORPORATE SERVICES

\$6.60 per class per person*	Muscle Conditioning Class: 5 week course for beginning weight training *Min. 8 people per class, prepaid
\$15.00 per class per person**	Boot Camp Class: 12 week intermediate course that combines strength training and Nutrition Program. **Min. 4 people per class, prepaid
\$10-\$30 per person	Health Fairs: 1-20 people is \$25 per person, 21-49 peoples is \$20 per person, 50+ people is \$15 per person. Includes all tests and individual reports. May be done at a flat rate of \$52 per hour per representative of Tools for Life with a \$5 charge for each printed report
\$52.00 per hour	Forums
\$15 per person	Seminars (includes Progressive Resistance & Flexibility Training, Cardiovascular Training, Gimmickless Nutrition, Making and Breaking Habits, Stress Management, and BackFit™: The Basics of Back Care, Personality Styles Training for Effective Communication and Sales)
\$100	CPR Instruction (up to 15 people)
\$69.00	Fitness Screening, Program design, Training Journal, a copy of The Final Edge to Metabolic Control™ book/video system, one training session
\$10.00 per person***	Follow-up consultations ***Min. 3 people
\$69.00	Complete nutritional profile. Comes with an exchange list, fast food and frozen meal tips, shopping list, eating out tips, educational handouts, and a recipe book
\$1,099 per person	Implementation of a Wellness Program for one year. Provides research data. Cost per person is only for those participants in the hands-on portion
Based on Volume	The Final Edge to Metabolic Control, The Ingredients, The Iron Athlete Training Journal, the Dietary Information Workbook Guide, Supplements, and Clothing