



Andrea says all changes happen one step at a time. Taking the first step is the most important.



Walking burns approximately 100 calories every mile.



Dave reminds us to train smarter and wear your Polar heart rate monitor to make every workout count.

Leslie says when it comes to your weight, don't let a number on the scale define you. You're so much more than that.

WINTER BLUES?

It's time for...



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Tune in to



Hosted by fitness expert

Andrea Metcalf

A new hit series on CLTV, debuting February 9 and airing: Saturdays, 11 a.m. and Sundays, 8 a.m.

Featured in Chicago Wellness Magazine

it's what i eat and what i do i'm lovin' it

Turn it and Learn it! nutrition information on reverse

Co-host Dave Mellish is AHA Lifestyle Change Award Winner, fitness trainer and former collegiate football player (who lost 150+ pounds!)

Co-host and Body Image Specialist Leslie Goldman is nationally renown author of The Locker Room Diaries, speaker and journalist.



Andrea Metcalf is part of the NBC5 Fitness Team in Chicago, Today show contributor, health journalist for Chicago Wellness and national educator.

FIT TODAY TV

- will feature:
- LIFESTYLE INSPIRATION** (with before/after makeovers)
- FOOD SWAP** (nutritional segments)
- WHAT'S UP DOC** (preventative care tips)
- FIT 4 U** (training and exercise)
- HEALTH ADVANTAGE** (food, fitness equipment clothing, supplements & more)

- Plus:
- NOTHING BUT NUTRITION** (Q&A)
- FIT OR FICTION** (health myths)
- IN A MINUTE HEALTH TIPS** (timely tips)

FIT TODAY TV WILL INSPIRE, ENCOURAGE, CHANGE AND INFORM!

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Joanne Rusch, FIT TODAY TV contributor, says use positive thoughts to inspire change.