



**Confidence is something  
you create within yourself by  
believing in who you are.**

The FITGirl  
will discover:  
Confidence  
Motivation  
Empowerment  
Resiliency  
Trust  
Fitness and  
Nutrition  
Supportive  
and Positive  
Relationships

**FIT** *Girl* INC.  
[www.fitgirlinc.com](http://www.fitgirlinc.com)