



Let me help you do what I know best!

Rachel's Fusion is what you need for those New Years Resolutions.

From *cooking* to nutrition coaching to **personal training** and *lifestyle changes*, Rachel's Fusion will help you put your best foot forward in 2011!!!!...

Inquire by contacting Rachel Cantore

630-300-8289

rachelfusion@gmail.com

Check out www.rachelfusion.com



**Also inquire about ordering *fit Oats* big bites granola, oatbars, and powerballs. The perfect healthy addition to your diet and lifestyle.