

THE 2011 BY: SANDY CANFIELD, LMHC & ROSEMARIE BUD SEAMAN  
**FULL-FILL YOUR LIFE  
RETREAT**

August 27 – Sept. 1, 2011



LOSE UP TO 10 LBS.  
IN JUST 6 DAYS!

Don't miss this unique fitness and weight loss vacation that is all about changing your life – for GOOD!

From the first Full-Fill Your Life Retreat in March:

*"I could not believe that in just six days I was able to lose 10lbs, 31.3% of my body fat and gain 21.3% of muscle."*

*"I have learned so much in six days that I will cherish and spread the word on how this retreat has turned my life around completely. I would definitely recommend this to any person who would like to revitalize their body and mind."*

*"All the great things I can say about the retreat are too overpowering to put into words. I can say that Bud and Sandy are two of the most compassionate people I have met when helping others achieve their weight loss goals."*

Join world-renowned fitness coach and Olympic swimmer Rosemarie Bud Seaman, MS, for an unforgettable, life-changing wellness vacation. The retreat includes personal daily training sessions and a variety of fitness instruction from core training to spinning. Therapy sessions with psychotherapist and national trainer Sandy Canfield, LMHC will help you learn what's eating you that may be causing you to eat more than you need.

Each guest leaves with a customized "Owner's Manual" with workouts and tips to help you maintain your weight loss for a lifetime!

The all-inclusive wellness getaway is \$2,950 and includes deluxe accommodations at the Rosen Shingle Creek Orlando Hotel. Enjoy five healthy chef-prepared meals each day and a deep tissue massage. Also, you have full use of the three acre water park and 3 terrace top pools as well as their spa amenities.

#### EVENT DETAILS

**DATE:**

August 27 – Sept. 1, 2011

**LOCATION:**

Rosen Shingle Creek  
9939 Universal Boulevard  
Orlando, FL 32819

To book one of only ten packages available, call Ultimate Fitness, Inc. at 407-599-9336.

For more information, visit  
[www.buds-ultimate-fitness.com](http://www.buds-ultimate-fitness.com).