

Q-Life and **Fit-X San Diego** present:

Half Marathon



Walk, Jog, Run
YOU CAN DO IT!



Training Group Forming For:

Sunday, January 23, 2011
Carlsbad Half Marathon

- You do not need to be super-fit to complete, this event is for every BODY
- Corrective exercise focus will help you with injury concerns
- Focus on flexibility and core work will enhance this experience and your fitness level

Contact **Vickie Hubbard**, Master Trainer and past participant of 8 local half and full marathons, at victoria@fitxsandiego.com

Together we will decide your "best course" for action.



Meet your Coach: **Vickie Hubbard**

- Master Level Trainer and Group Fitness Instructor; Fit-X San Diego, 1999
- NASM Certified Personal Trainer
- ACE Certified Group Fitness Trainer, 1999
- Corrective Exercise Specialist; NASM specializing in knees hip, low-back and shoulders
- Continuing Education Provider, ACE 2002
- Yoga specialist, private and semi-private
- Extensive experience working with Vintage and Baby Boomer generations; both men and women
- Avid participant in 8 local marathons
- 25 years of sales, customer service and management experience
- 20 years of Fitness Industry Experience; 10 years as a Life Coach