

# How to Increase your Metabolism

## Complimentary Seminar

*The amount of calories your body burns every day will greatly affect your size and weight. Join us and discover how to speed up your metabolism and get the body you've always wanted!*

Location: Legends Café Deck 2 FWD  
Date/Time: WED COZUMEL 9:00AM

Presented by your International Fitness Professional  
Jenna McMillan, M.S., ACSM