

## “First Step” A Free Community Fitness Help for People That Are “Stuck”

This six-week class is designed to help people that are dealing with the challenge of unemployment, depression or anything that’s keeping them down. The goal is to “take the first step” in getting out of the house, getting into nature, connecting with others and improving the necessary mental and physical stamina needed to manage and overcome your current challenge.



### Fitness Focus is to Improve

- Aerobic Health
- Flexibility/torso stability
- Muscular Endurance



### About the Instructor

Cris Dobrosielski is a certified Strength and Conditioning Specialist, Personal Trainer and Massage Technician and the owner of Monumental Results Inc. Cris has been helping people, at every ability level improve their athleticism, fitness and health since 1988.



A former Physical Education Instructor at Cuyamaca Community College and a Faculty Staff Wellness Instructor at UCSD, Cris is a master teacher who understands the value of proximal steps in achieving big goals. As someone who himself has successfully managed depression and overcome great adversity from an early age in life, Cris is both teacher and student.

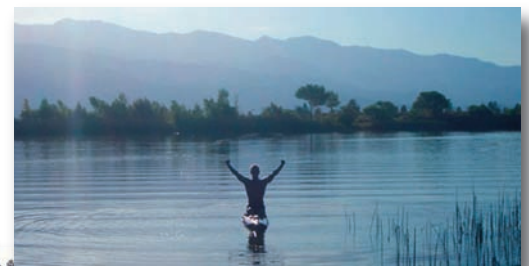
### Why

The inspiration for the class has come out of Cris’ awareness of the blatant need for such a program, his own recent challenges and work he is doing on a book series aimed at helping people develop realistic strategies for balanced lifelong fitness.

### When/Where

- Day: Tuesdays
- Time: 8:30 AM- 9:30 AM
- Dates: 11/22, 11/29, 12/6, 12/13, 12/20
- Tecolote Shores parking lot, on East Mission Bay Drive, just south of the Hilton Hotel.

For more information visit [MonumentalResults.com](http://MonumentalResults.com) and E-mail Cris or visit the Monumental Results Facebook page video - <http://www.signonsandiego.com/video/playlist/lifestyle-san-diego-alive/>



*“Small consistent change, over significant period of time, leads to Monumental Results”*