

What is OPTaFIT?

OPTaFIT is an Acronym for:

Optimal **P**hysique **T**actical
Fitness **I**ntegrative **T**raining

OPTaFIT is an exclusive program designed to help area businessmen achieve their desired physique and keep it for a lifetime.

OPTaFIT assembles the best tactics from the disciplines of psychology, neurobiology, sports psychology, military regimen and meditation and uses a team approach to help men achieve an optimal physique.

This program requires total commitment and maximum accountability, and it employs integrative conditioning to improve not only your physique, but also your mental and emotional wellbeing.

Participants learn how to exercise, what to eat, and how to develop and maintain the body, mind, mood and life they have always dreamed of owning—for keeps.

To learn more about this elite program, please read the inside of this brochure and contact us to discuss becoming a member.

Meet Miles Nitz, the OPTaFIT Founder

Miles Nitz, MS, LMFT, is a licensed marriage and family therapist who recently developed OPTaFIT as an affiliate program



of his Fort Wayne practice, Take Charge Counseling and Consulting Services.

Miles admits that until he learned how to take charge of *his* life, he was a life-long binge eater who struggled with being overweight. He finally decided to try using cognitive behavioral strategies to change the way he thinks about food—and it worked!

Through this technique, he lost 70 lbs. and has maintained his healthy goal weight for 15 years. He now helps other individuals learn how to eat right, exercise more, and enjoy an active, healthy lifestyle.



Miles Nitz
MS, LMFT

9417 St. Joe Center Rd., Suite 200
Fort Wayne, IN 46835

Tel: 260.415.5967
Email: mnitz@takechargethoughtcounseling.org
Web: www.takechargethoughtcounseling.org

Introducing OPTaFIT

**An Exclusive Men's Program
for Getting Fit and Staying Fit**

Take Charge of Your Destiny—Today!



Founded by:

Miles Nitz, MS, LMFT

260.415.5967

mnitz@takechargethoughtcounseling.org



Is OPTaFIT for You?

Do you want to achieve the same success in your personal life that you have achieved in business? Do you want to own the most effective, efficient, innovative, tactical strategies to obtain your optimal physique (mind, body, spirit) for the rest of your life?

Not only will OPTaFIT help you obtain and maintain your goal weight and optimal physical conditioning, but it also will help you manage stress and deploy optimism and happiness. While striving for excellence, you also will extinguish mediocrity.

Your success with OPTaFIT will lead to confidence and satisfaction in all aspects of your life and allow you to live with integrity, pride and tranquility.



Join Us at OPTaFIT!

OPTaFIT is an exclusive program designed by a man for men and is built on time-tested principles that produced the most elite warriors in history, from the Samurai to today's modern SEALs of the U.S. Navy. We teach our participants how to attack their "weight issue" with the precision and accuracy of a SEAL sniper. Learning these specialized techniques is crucial to winning the war on obesity, lethargy, stress, depression, addictions and the sedentary lifestyle, allowing our participants to optimize all aspects of their lives and become in essence an urban warrior.



OPTaFIT is a closed group of men with similar characteristics who must qualify for participation through pre-strength testing and passing a physical examination. The program is designed for businessmen between the ages of 40 and 60 who have a body mass index (BMI) of between 30 and 40. Teams of men will be assembled who are within: 10 BMI points of each other, 10 years of age of each other, and 10 pre-strength testing (PST) points of each other.

How OPTaFIT Works

The OPTaFIT program requires team members to maintain a strict regimen of physical activity that includes daily running, riding or swimming, strength training two or three times per week, along with consistent eating and sleeping routines.

Results are measured through the use of a FitBit device and daily tracking. In the spirit of comradery, participants are accountable to their team members. Everyone is sworn to secrecy and all members work together to encourage and ensure each other's success with the program. Failure is not an option and no one is left behind!



Through self-discipline and the OPTaFIT program, you will achieve the hardest body your physique can support and you will wake up every single day energized and excited.

Contact us today to take your first step in the OPTaFIT journey—the journey that will change your life for a lifetime!

Call: 260.415.5967 or
Email: mnitz@takechargethoughtcounseling.org