



SIX WEEKS TO FITNESS CHALLENGE

November 2, 2010 - December 14, 2010

WILL YOU JOIN?



Body Sculpt of New York, Inc. is a not-for-profit organization founded in 1989 by NYC Fitness Czar, personal trainer, and author, Vincent Ferguson. Their mission is to educate adults and children about obesity and promote healthy alternatives in fitness and nutrition.

Register:

Friday, October 29, 2010 - Monday, November 1, 2010 (11:59, EST)

Registration materials include:

- \$10 registration fee
- “before” photo (sent via e-mail)
- weight and body fat percentage (taken at a participating health club)*

To enter you must be 18 years or older

**list of participating health clubs can be found at www.bodysculpt.org*

THE TOP 3 PARTICIPANTS WHO SHOW THE MOST IMPROVEMENT IN THEIR WEIGHT AND PERCENTAGE OF BODY FAT WIN!!!

Grand Prize:
\$1000

2nd Place: \$500
3rd Place: \$250



You'll receive a free e-book download of "Six Weeks to a Six Pack" when you register

For the complete rules & regulations, and to register, visit:
www.bodysculpt.org

or call (718) 346-5852

Body Sculpt of New York, Inc.

P: (718) 346- 5852

W: www.bodysculpt.org

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