

SIX WEEKS TO FITNESS CHALLENGE

November 2, 2010 - December 14, 2010

WILL YOU JOIN?



<u>Register:</u> Friday, October 29, 2010 - Monday, November 1, 2010 (11:59, EST)

Registration materials include:

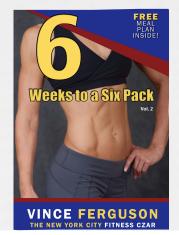
- •\$10 registration fee
- "before" photo (sent via e-mail)
- weight and body fat percentage (taken at a participating health club)*

To enter you must be 18 years or older

*list of participating health clubs can be found at <u>www.bodysculpt.org</u>

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 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

children about obesity and promote healthy alternatives in fitness and nutrition.

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: <u>www.bodysculpt.org</u> or call (718) 346-5852

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P: (718) 346- 5852

W: www.bodysculpt.org

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