

# FRAMEWORKS FITNESS SPRING

## 12 WEEK FAT LOSS CHALLENGE

Make this the **FINAL time** to lose weight, get fit and feel great! Stop talking about it and Start doing it!

The '**NEW YOU**' Prize Package will inspire you to stay on **TRACK!** The person with the best results will be rewarded with a fabulous '**MAKE OVER**' prize package!

- Complete Make over
- Professional photo shoot
- Spa treatments
- Nutritional supplements
- Fitness gear
- Free Month of Boot camp

THE NEXT CHALLENGE BEGINS APRIL 4<sup>th</sup>. Commit to the next three months and **FINALLY** make that permanent lifestyle change.

12 WEEKS (24 work out sessions),

BEFORE AND AFTER PHOTOS

2 WORK OUT SESSIONS A WEEK

WEEKLY WEIGH IN

WEEKLY NUTRITION AND MOTIVATION SESSION

MONTHLY BODY FAT TEST AND BODY MEASUREMENTS

AN INTERACTIVE WEBSITE IS SET UP TO TRACK PARTICIPANTS RESULTS, GET DAILY INFORMATION, HEALTH TIPS, RECIPES, MOTIVATION AND SUPPORT TO HELP YOU REACH YOUR GOAL!!!

\$375

A PERMANENT HEALTHY LIFESTYLE! (PRICELESS)

Frameworksfitness.com

519-220-9378



**SPACES ARE LIMITED**

**Register Now!!!**

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**If you are interested your registration forms and payment must be in no later than MARCH 21, 2011**

For more info and to register  
**Frameworksfitness.com**

519-220-9378