

TRANSFORM YOUR RESOLUTION INTO REALITY!

TAKE THE 72 DAY TRANSFORMATION CHALLENGE!

Start your 2012 TRANSFORMATION with the perfect plan!

Our 72 Day Alkaline Challenge is the most comprehensive, sustainable **Weight Loss and Health Improvement Program** ever put together! This TOTAL WELLNESS Program includes:



- ✓ Personalized Alkaline Healthy Eating Plan
- ✓ Metabolic Resistance Exercise Plan
- ✓ Weekly Coaching & Accountability Sessions
- ✓ 72 Day Energized & Alkaline Water Supply
- ✓ Weekly Energize, Alkalize & Detoxify Wellness Therapy
- ✓ 72 Day Contest with Prizes and Other Incentives



START YOUR TRANSFORMATION TODAY!

“This is not only the most complete and effective Weight/Fat Loss Program I have ever seen but a Total Optimal Wellness Program that offers life changing Health benefits as well!”

Contest Details:

- Open to Anyone! (Under 18 years of age requires parental approval)
- Contest runs for 12 Weeks from the day you sign up in January!
- Winner to be determined by the greatest transformation! (Combined % of your weight & fat loss!)
- Prizes to be awarded at the end of the contest!

Sign Up Options:

Basic: Includes Contest Entry, Initial Consultation & Body Composition Test, 7.2 Alkaline Eating Plan, Personalized Exercise Plan and Contest T-Shirt! **COST: \$49**

Basic Plus: All of the above with 12 Week T-Zone Membership Privileges: **COST: \$149**

Comprehensive: All of the Above Items **PLUS Weekly Personal Training & Accountability Session**, Weekly supply of Energized/Alkaline AM-Water & Daily Journal! **COST: \$299**

Call (360) 571-0411 to Register!