

CEO FITNESS CHALLENGE

PUBLIC SERVICE ANNOUNCEMENT

CORPORATE FITNESS CAN WIN YOU A TRIP TO VEGAS & \$10,000 while assisting the American Diabetes Association.

The CEO Fitness Challenge is a TEAM-Building, Weight Loss contest for CEOs, Executives and Managers to lead and motivate their co-workers to improve their fitness.

Beginning in January, Team Captains will meet weekly with Fitness Expert Jim Sayih and learn Nutrition strategies, Effective Fat Burning, Muscle Building Exercises and Motivation. All Teams will receive a weekly newsletter featuring the information from the meetings.

The Team with the best improvement of Fat Loss and Muscle Gain will WIN the trip to Las Vegas and receive \$10,000 to spend as they wish.

Weigh-In Locations include:

Dade	Friday, Jan 4th	6pm
Broward	Saturday, Jan 5th	12pm
Palm Beach	Sunday, Jan 6th	12pm

Registration proceeds benefit the American Diabetes Association.

Deadline is DECEMBER 15

Contest Begins JANUARY 4

For more information, visit:

www.CEOFitnessChallenge.com

or Call 305-297-5328