

new jeans for your new body

All you have to do is come in and lose your unwanted weight!
Introducing our "12 Week Body Transformation Challenge"!

Win a **\$2,500 GUILT-FREE SHOPPING SPREE** at the



Including:

- Michael Kors® • Lucky Brand Jeans • Kate Spade



OUR 2009 SHOPPING SPREE WINNER LOST 44 1/2 POUNDS IN ONLY 12 WEEKS!

Work out with a small group of 1-4 women with a personal trainer for as little as \$19 per session!



Before



After

"I'm wearing the same size as my wedding day!"

Diane K.
Age 49.
Mother of two
2009 Shopping Spree Winner
Lost 44 1/2 lbs. in Only 12 Weeks!

12 WEEK Body Transformation Challenge

Grand Prize:

\$2,500 SHOPPING SPREE!

ENTRY FORM

Name: _____

Street Address: _____

City: _____ Start Date: _____

Starting Weight: _____ End Weight: _____

Must start your 12 Week Body Transformation before March 31, 2010 (no exceptions!)

Don't miss out, this is your chance!

Call your local Get In Shape For Women for more information.
www.getinshapeforwomen.com

4 Reasons Our Program Works:

Weight Training

Increases Your Muscle Tone And Resting Metabolism

Cardiovascular

Burn Fat and Calories Faster and Get Your Heart in Shape

Nutrition

Learn the Proper Way To Eat, Never Diet Again!

Accountability

We check Weight/Body Fat Every 2 Weeks to Ensure Results!

www.getinshapeforwomen.com