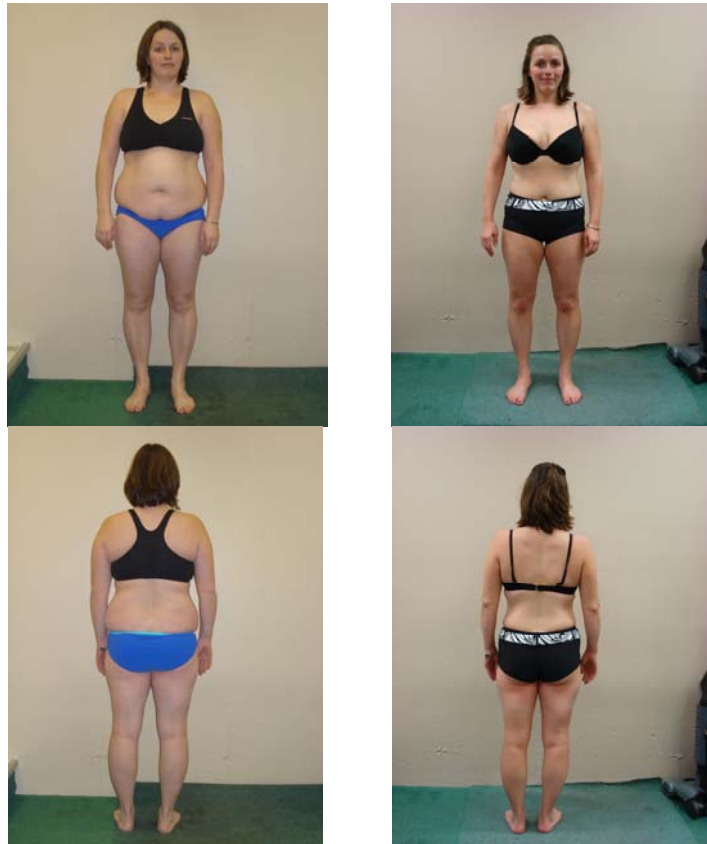


Healthy & Fit

with Lynette

12 Week Body Transformation Challenge



Melissa Bahr
2008 GRAND CHAMPION

The Healthy & Fit 12 Week Body Transformation Challenge is beginning very soon! Are you ready to get the physique you've always wanted? I know you are and I am excited to help you get there!

Anyone can enter my “Transformation Challenge” beginning January 1st, 2009 and the last day to join is March 23rd, 2009. The Transformation Challenge is a contest won by the participant who makes the most dramatic changes to their physique using my 12 Week Training Program. The winner will be based upon before and after pictures, and stats during their 12 weeks. The winner of my 2009 Transformation Challenge will be announced at the Annual Healthy & Fit Spring Party held Thursday June 25th, 2009 and will win a years worth of free classes or the equivalent value in Personal Training.

Knowing what to expect may help you decide whether or not to participate. We will meet initially to get your starting weight, body fat %, measurements, and to set some goals. I will design a nutrition plan for you that will tell you what and how much to eat, when to eat it, and how it should be prepared. I will give you some supplement recommendations that will help ensure you get the greatest results possible during your 12 Week Challenge without falling short on the nutrients your body needs in order to make the changes you are asking it to make. I will give you a starting cardiovascular program and we will make changes to that program each week depending upon the results you have achieved the week prior. As far as strength training, you will either train one-on-one with me, buddy train with one or two other people, take a strength training class, or simply train at the facility of your choice and follow the program I have designed for you each week.

Unlike last year, I will be holding several special training sessions for the challengers as a group. We will do both an interval and circuit workout together to continue to learn new ways to challenge the body and get the most out of every workout. We will also have some special guest speakers to offer advice on special topics like cooking for clean eating, finding the right workout shoe, etc...

To enter this challenge, you will need to fill out a questionnaire about your current fitness and nutrition habits, schedule and time commitments, and specific goals. The fees for this challenge will depend upon the amount of time we will be training together. We will meet weekly and discuss the program that has been designed specifically for you! This is **your** challenge, so you and I together will make an educated decision on what will be the most effective way to reach your goals.

If you are not sure whether this challenge is for you, let me share with you some of the comments and thoughts expressed by last year's participants...

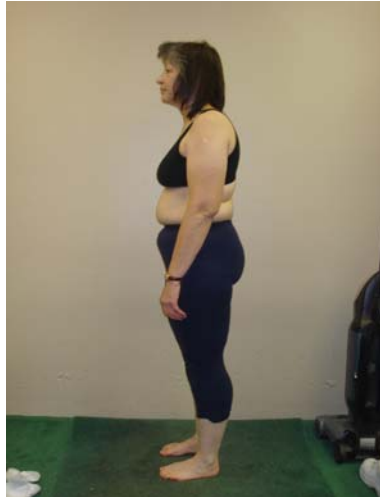


“I was not convinced that I could lose weight and not be hungry. After week two I was a total believer. In retrospect I am very grateful that it went 12 weeks instead of 8 because there was a shift in me during the past month and all of the sudden I get the whole idea of clean eating and what effect it will have on the rest of my life. This has changed my life. I didn't think it was even possible for me to look like this again no matter how hard I worked! I still have to look in the mirror to even believe it.”

*Pennie Christensen
2008 Challenge Finisher

“I learned that I can make changes in my eating and fitness level, (I had almost given up on those changes making a difference), and have it make big differences in the way my body looks, and the way I feel both physically and mentally.”

*Karla Gallatin
2008 Challenge Finisher



“It didn’t take me long to figure out why it was called a challenge! I think the things I took away after going through the program is that you can’t just diet and you can’t just exercise. It needs to be a combination. I have done Weight Watchers before and lost the weight, but it always came back because I didn’t exercise. I am determined to keep my weight off. I still take most of my supplements that I did during the challenge. I am also doing the cardio part of it. I also still try to eat 6 small meals a day”

*Leslie Dickson
2008 Challenge Finisher

“I learned so many things during these 12 weeks that I probably would never have learned, ever. It was hard work but so well worth it. I learned that there is joy in other things and not only in food and I learned not to be pressured into things that I know are not healthy.”

*Kelly Schultz
2008 Challenge Finisher



“Awesome. I learned a great deal about my ability to learn and grow. I got stronger and healthier than I imagined I could. I am more centered and focused.”

*Ann Gowen
2008 Challenge Finisher

“I learned that I can do anything. I think this challenge forced me to accept that doing something as well as you can do it at that time, is better than not doing it at all. You do the best you can with the time and materials that you have and that is O.K. Everything doesn’t have to be perfect ALL the time. Just do your best. My mantra to my kids all the time is “just do your best”. I’m trying to make it my mantra too and it has decreased the stress in my life substantially. Who knew?”

*Becky Dupuis
2008 Challenge Finisher

“I learned that I can and will do things even if I don’t want to, I can stand up to people and their food and drink challenges, and that everything I do or don’t do and put into or not put into my body has a reward or a consequence.”

*Barb Grinde
2008 Challenge Finisher



“Thank you from the bottom of my heart for taking the time and energy to help me improve my life. I am so much closer to meeting my long-term goal because I did this. My confidence has improved 100%.”

*Melissa Bahr
2008 Challenge Grand Champion Winner

We are all busy and life often gets in the way of focusing on taking care of ourselves, but the key to long lasting health is to learn how to take care of your body and mind, regardless of what life throws your way! Take this opportunity to get professional assistance in learning how to get and maintain a strong healthy body in spite of your busy life. You only get one body! You don't get to trade it in for a new one when it gets run down. Go through life looking and feeling exactly the way you want to, meet some cool, like-minded people along the way, and like Melissa, you could win an extremely valuable training package that far exceeds your initial investment. In fact, investing in your health today may prevent you from paying for illness tomorrow!

Eat Clean!
Train Hard!
Stay Strong!
Lynette