



## What Would You Do With Some Extra Cash and a Firmer Body in just 21 Days?

*Buy a new outfit? Give to your favorite charity?*

During June, we'll be continuing our "Drop a Dress Size" transformation challenge & here's what you do:

1. Put \$20 in the pot and discuss your monthly goals with Liz.
2. Work out 5x/week and eat right from May 31 - June 18, 2011. Of course, the "Rapid Fat-Loss Nutrition" plan will *accelerate* your progress! Ask Liz for specific nutrition help here.
3. Make Fitcamp and at-home workouts part of your strategy. Not a part of Fitcamp? Ask about our special for this June only. And start making appointments for your own workouts *now!!*
4. Watch the inches melt off your body and the muscles get sleeker!

All participants will weigh in & measure the week of May 31, 2011. We'll reassess on June 18. If you're doing consistent activity each week, we'll put your ticket into the pool & draw for the winner 50% of the pot! We'll draw the winner and enjoy a post-workout smoothies on June 18. *What's to lose?? Sign up today!*

