

ANCHOR FITNESS

PRESENTS IT'S...

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WINNER
RECEIVES A
\$6K MAKEOVER!
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**BIGGEST
LOSER
CHALLENGE**



YOUR ONLY
REGRET WILL BE
NOT STARTING
SOONER!

BETTER RESULTS THAN THE ACTUAL PROGRAM

262.631.0353

2 locations: South Milwaukee & Racine - 262-631-0353 - www.goanchorfitness.com - anchorfitness2@yahoo.com

Lose up to 45 lbs and 15% body fat in 8 weeks!
Session Starts 7/12/10 until 9/4/10

Early Bird Special -- \$225 Today

You save \$250 if you sign up today -- \$50 deposit secures your spot
Sign up today and get complimentary bootcamp from now until 7/12

Biggest Loser Program -

This is an 8 week competition of weight loss!

You will be part of a team and experience a specialized work-out regiment that with adequate frequency gives you a higher probability of success. Each team will have their own Team Captain who will educate you on individual fitness, nutritional regiments, and will hold you **ACCOUNTABLE!!!** Teams will face a difficult and demanding weekly competition.

The Weigh- In-

Everyone weighs in!!! A weekly weigh in is mandatory and standings are tracked.

The Diets -

There will be an Eat Less Diet. The goal is to burn more calories than you take in. Low carb, high fiber, and portion control is key

There will also be an Eat More Diet. The goal is to deal with hunger before it happens. Therefore four to six planned meals a day that are high volume, low calorie, and low carb are important.

Change Your Mind, Change Your Body, Change Your Life

The only regret you're going to have is not starting sooner - Results Guaranteed!