



# North Huron Fitness & New U Fitness



Present ...

## "28 Day" TakeDown Challenge™

Sign up no later than April 4!

**\$179**  
NHWCC Members



**\$209**  
Non-Members

The fastest way to lose weight, drop dress/pants sizes, transform your body & look and feel better than you have in years...in just 28 days!

### How The TakeDown Challenge™ Works

- First weigh-in and measurements—**Mon/Tues/Wed—April 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>**
- Officially begins on **Friday, April 9<sup>th</sup> - orientation @ 6:00pm**
- Weekly weigh-ins will take place **Fridays - 7am-7pm; Final—May 6**
- Final Result Party—**Wednesday, May 11— 5:30pm**

### Who the Challenge Is For:

- Eager women & men from 18-80 (& teens aged 15-17 with parental permission) who want to lose weight quickly, safely & permanently, by following a proven 28-Day exercise & nutrition program, under supervision & with the support of experienced and certified Food Coaches.

### What You Get:

- TakeDown Challenge™ Orientation
- Weekly Nutrition plans—with recipes, grocery lists & incredible menus
- Accountability, Guidance & Coaching
- Weekly Weigh-ins and Food/Exercise Journal Reviews
- Discounted rate for fitness membership
- Your body back in just **28 days!**

### What You Can WIN:

- Top Prize:** 2 Month Package—2 month membership & 4 PT Sessions
- 2nd & 3rd Place:** 1 month membership (based on highest % weight loss)
- Weekly Winners:** FREE training session
- The biggest prize?** The body transformation results you will achieve!

### What You Can Expect:

Expect to be challenged, inspired, motivated, supported, coached, educated, to set & achieve goals, make new, supportive friends, gain a new found level of confidence in your body...expect to CHANGE both physically and emotionally. Expect to be better. To be more. Because it will happen!



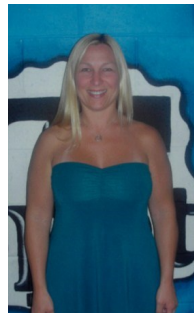
*"I will never go back to my old ways!"*

-Michele Ezzo lost 20lbs  
TakeDown Challenge™ Winner  
Spring 2011



*"Thank you ... for your expert guidance & knowledge of nutrition & fitness!"*

-Mike O'Neill, lost over 20 lbs & gained 5 lbs muscle with the  
TakeDown Challenge™ & Push Fitness Bootcamps!



*"They made it so easy by providing meal plans, recipes & grocery lists!"*

-Shelley Stockton, lost 27 lbs and 4 dress sizes with the  
TakeDown Challenge™!



*"I love that you can eat foods you love as part of your normal meals."*

-Claude Hayek lost 27 lbs with the  
TakeDown Challenge™!

**519.357.1208x 25**

**msscott@northhuron.ca or @ NH Recreation Dept**