

What does it cost you?

**\$.50 a day, \$15 a month,
a \$1,000 value for just
\$45 total!**

Participants Guide

'SCALE DOWN' CLASSES:

What can they do for me? Lots!

Especially if you:

- Are overweight.
- Are new to the gym and/or exercise.
- Have been exercising and/or dieting for quite sometime with little to no results.
- Have begun a basic exercise plan, but don't know where to go from there.
- Need to lose weight for better health.
- Need guidance in regards to exercise instruction.
- Need guidance in regards to weight management.
- Will benefit from exercising and learning within
- A group setting with people sharing similar goals.
- Need a structured plan.
- Need Motivation.

Program Benefits Include:

- 12 weeks gym membership
- Weigh-in Program
- Scale Down personal training session
- Body analysis
- Detailed Nutrition Plan
- Scale Down t-shirt

Scale Down Corporate Crunch

Enhance Your Employee's Productivity!

Energize your company by energizing your employees using the following steps:

Implementation of employee energizing strategies and achieving your goals through:

- More energetic and thus more productive employees
- More motivated employees with increased self-esteem and well-being
- Improved employee relationships and teamwork built upon positives
- Increased employee "ownership" of company goals
- Less absenteeism
- Less employee turnover
- Reduced health care costs
- A low cost benefit for employees

SPECIAL GUEST JULIE HADDEN



REGISTRATION FORM

Name: _____

Company Affiliation _____

Street Address: _____

City: _____

State: _____

Postal/Zip Code: _____

E-Mail: _____

Phone Number: _____

T-shirt Size: XS S M L

XL XXL XXXL

3 ways to pay

- Online: www.bodyb1.com/ScaleDown
- At any of the Body Be 1 locations
- or mail to:
Scale Down
3100 Gentian Blvd
Suite 2B
Columbus, GA 31907
- Checks made payable to:
Body Be 1

3 Locations:

Body Be 1 Personal
Training Studio
2536 Weems Rd
Columbus, GA
706-507-2633

Body Be 1
Fitness Center
1409 280 Bypass
Phenix City, AL
334-297-3057

Body Be 1
Fitness Zone
&
Smith Station
Strickers Boxing Gym
16583 Hwy 280
Smith Station, AL
334-480-9770

Check Off List 2011

- Participants Package
- Weigh in card
- Weigh in~input weight
- Set up Scale Down Trainer
- Get ready to change your LIFE!
- Your Scale Down Trainer will be available to set your appointment at any time on or after the kickoff.



KICK OFF

Saturday,
January 7th , 2012
Roy E Martin Recreation Center

2:00pm
1100 Airport Road
Phenix City, AL 36867

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- or mail to:
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Suite 2B
Columbus, GA 31907
- Checks made payable to: Body Be 1



The commitment you are making is one of the most important decisions you will ever make for your health and well being!

We look forward to helping you work toward your goal.

To make the
Tri-Community Area the
healthiest city in America
Our goal is to lose 15,000
pounds as a community
- ACCEPT THE CHALLENGE!

