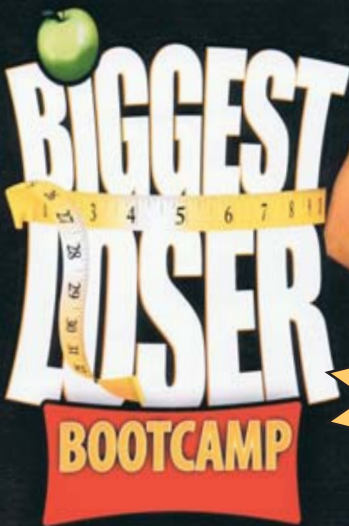


THE LAST 20lbs!



Stay tuned for
this Wednesday
NewsLeader Biggest
Loser Final Weigh-In
Results!
This could have been
You!

The Last 20lbs

Biggest Loser Bootcamp May 10-August 1

We have the recipe for success!

- 12 weeks training/ 4 times a week with a personal trainer
- Daily meal plans for 12 weeks Monthly fitness assessment
- 12 week gym membership included
- Weekly weigh in and monthly bodyfat testing
- Bookcamp booklet and daily journal

No more excuses! Register Today!*
Valley Health and Fitness 250 743 0511



**Valley Health
& Fitness**

Valleyview Centre 250-743-0511

*Please note: a certain degree of fitness is required to participate in this program