



The Fitness Experience of a Lifetime!

Beginning January 7, 2008, 7 lucky participants will be challenged by 7 professional personal trainers, 7 days a week, to meet 7 common goals and to benefit 7 local charities.

Body Styles by Mel would like to offer a new lifestyle opportunity, free of charge, to 7 individuals ready and willing to make this change that will add years to their lives!

Through The Journey, 7 local charities will also benefit as businesses sponsor each participant's weight loss by donating money to the charities that each participant will represent. The Journey will last 12 weeks and take the participants to a new lifestyle of healthy nutrition, improved body composition and daily exercise.

The seven charities selected to receive donations include:

Harford Habitat for Humanity, Inc
www.harfordhabitat.org

Boys and Girls Clubs of Harford County
www.bgcharford.org

Humane Society of Harford County
www.harfordshelter.org

The Arc Northern Chesapeake Region
www.arcncr.org

Anna's House Bel Air, MD

SARC, Sexual Assault/ Spouse Abuse Resource Center, Inc.
www.sarc-maryland.org

The Salvation Army Havre de Grace, MD

The Journey will allow participants to

- **J**umpstart your metabolism, new habits and a new lifestyle
- **O**vercome obstacles that led to poor lifestyle habits & choices
- **U**se proper training to increase muscular strength and endurance
- **R**educe body fat and alter body composition
- **N**ourish your body, mind and soul utilizing wellness professionals
- **E**xercise 7 days a week, 2 times a day
- **Y**ou will add years to your life!



Participants will receive a free full physical examination by Dr. Robert Knight of Plumtree Health Center prior to the beginning of The Journey and all training sessions, nutritional seminars, and other activities provided by Body Styles by Mel and Dr. Knight will be provided free of charge. All prizes offered by other businesses providing sponsorship are also offered free of charge. Participants will be selected from applications that will be accepted from October 7, 2007 to December 7, 2007. Applications may be downloaded from our website, www.bodystylesbymel.com or picked up at our training center located at 135 Industry Lane in the Forest Hill Airpark. You must be 18 years of age to apply and committed to 12 weeks of training and lifestyle changes that will go beyond the 12 week training period.