

**Are you ready to get in the game?
Now's the perfect time.**

**Lifestyle Fitness of Livermore
Announces**

BE THE BIGGEST LOSER CONTEST

Starting January 29, 2007 to March 3, 2007

Last day to enter is January 27, 2007

IN 4 EASY STEPS:

1. Contribute \$100 to the pot to enter the contest
2. Set your weight loss goal
3. Meet your goal in the allotted time
4. Win the pot

It's as simple as that. Plus you won't be alone. Lifestyle Fitness has state-of-the-art facilities and certified trainers to help you every step of the way.

Lifestyle Fitness is a nutritional, cardiovascular and personal training facility geared toward helping people reach their fitness and weight loss goals.

Call Lifestyle Fitness at **925-699-7063** to find out more. Or email Don at don@donslifestyle.com



Think Healthy. Think Lifestyle.

For before and after pictures of last year's contest winner, go online to www.donslifestyle.com