



**Need Help
Losing Weight?**



Our version of *The Biggest Loser*

Lose Big Win Big 2

\$249

**An
investment
in your
health has
guaranteed
returns**

**Space is limited
so sign up today!**

Empower Personal Training and Green Tango unite to bring you this eight-week weight loss challenge to help you successfully lose those extra pounds! Complete with a fitness assessment, calorie counting book, food and exercise journal, pedometer, weekly weigh-ins, weekly group workouts, educational nutrition classes, weekly e-tips, support, motivation and more. Join us to see how much you gain by losing (excess weight)!

***Lose Big Win Big* will run January 8th, 2009 through March 5, 2009.**

For more information or to sign up call:

919 . 401 . 8024

Or register online at:

<http://tinyurl.com/losebigwinbig2>