



**Need Help
Losing Weight?**



Our version of *The Biggest Loser*

Lose Big Win Big

\$189

**Less
than
\$25
per
week**

**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 September 25, 2008 through November 21, 2008.**

For more information or to sign up call:

919 . 401 . 8024

Or register online at:

<http://tinyurl.com/losebigwinbig>