

# They Did It!

(Could YOU be next?)



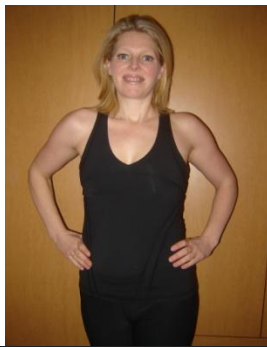
**The 10-Week Best Shape of Your Life Challenge!** (Beginner to intermediate)

**The 12-Week Advanced Best Shape of Your Life Challenge!** (Advanced)

Former Challenger ladies in full bloom! They signed up, did the work and stayed true to their clean eating and weight training over the next year...and look at them now! It IS possible! (Both are working moms too!)



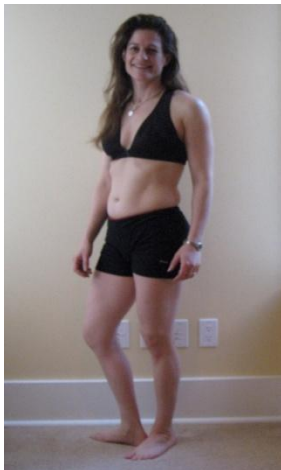
Chelsea C: 2 years ago - 168 lbs  
and over 35% bodyfat



9 months ago at 28%



Today - 14% bodyfat



Leanne L - 2 years ago  
at 138 lbs and 26%



9 months ago at 130 lbs  
and 20% bodyfat



Today - 121 lbs and  
13% bodyfat.

**Next Challenge starts January 9<sup>th</sup>, 2012. Challenges run twice a year!**

**Deadline for registration: January 4<sup>th</sup>! Only 20 seats!**

**Join us Today, and let's Get Started!**

Sign up at [www.mccoymfitness.ca](http://www.mccoymfitness.ca)