

# Press Release

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## What: Thinner Winner Weight Loss Contest – Who will be deemed the "Thinner Winner of 2015"?

Get Fit Personal Training is hosting its second annual weight loss contest beginning in February. This fun and motivating six-week challenge will help people start the new year by shedding some of those un-wanted pounds and get healthier.

"My goals for the contest is not for people to just lose weight and be done, but learn to adopt healthier nutrition and exercise habits that you can use for the rest of the year and hopefully for life! Getting yourself to a healthy weight is important, but more importantly is staying with these habits so you can look and feel good every day and prevent disease and other debilitating problems."

Prizes include cash and other great prizes. Contest begins on Feb. 2<sup>nd</sup>. Register today and let Get Fit Personal Training give you the tools you need to achieve success in the new year.

For more information or to sign up please visit their website [www.getfit-wa.com](http://www.getfit-wa.com) or stop by studio at 24230 NE State Route 3 Belfair. (Westbay Auto bldg., Suite B)

**When:** Monday February 2<sup>nd</sup> (Kickoff at studio)

**Ends:** Saturday March 14<sup>th</sup> (Prizes, high-fives and celebration!)

**Cost: \$140 per person**

- All participants receive the following:
  - Access to all group training classes for six weeks (times/days available on web site)
  - Clean eating recipes to get you eating healthy, nutritious foods.
  - Weekly fitness challenges to keep you accountable and motivated
  - On-going trainer support through Facebook and email.
  - Two one-on-one consultations with a personal trainer to keep you on track.

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