



NEW THIS YEAR!

“I lost it at the club” TRAINERS’ CHOICE AWARD:

The Personal Training staff is looking for testimonials from you describing how the “I lost it at the Club” program has had a positive impact in your life. We are interested in participants who have had extraordinary results. These results may be physical such as decreases in overall weight, blood pressure, cholesterol, or increases in strength, endurance, and energy levels. We also recognize the benefit that increased physical activity has on person’s mental and emotional well-being, which might include the positive influence on family and friends as well as the ability to better cope with the stresses of daily life.

Describe to us in 200 words or less how the last eight weeks has influenced your life and the lives of those around you. Please share your story.

Please complete by March 8th. This Trainers Choice Award winner will be announced at the post party on March 15th at Café East. (Located at East Hills)

You may submit your testimonial to ilostattheclub@yahoo.com

FOR ADDITIONAL INFORMATION VISIT OUR WEBSITE AT WWW.MICHIGANATHLETICCLUB.COM