



The Health Shoppe & Fox Fitness Knoxville Body Transformation Challenge

Entry dates: January 1 through January 15, 2010

Take this **twelve-week fitness challenge** to transform your body. Simply bring in a full body photo of yourself holding a sign of the current date. This photo should reveal enough information about your current state of physical fitness. Next, fill out the form to enter the challenge.

After twelve weeks, take another full body photo of yourself holding a sign with the current date. Bring in your photo to the Health Shoppe between March 26th and April 9th, and our group of four unbiased judges will award the individuals with the most progress. Winners will be announced by April 20th.

* No steroids or pro-hormones allowed.

Participants must use current photos according to the dates posted above.

Contact Info: Eddie Reymond 865-693-4909 and Becky Fox 865-243-5361 or becky@foxfitness.com

1st Place Prizes include...

*Certain restrictions may apply to prizes. Winners will be notified with gift package.

First Place Male:

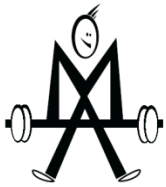
- \$250 Health Shoppe Gift Certificate
- Two Month Passes to Fox Fitness Get Foxy Boot Camp
- Personal training session with Kimberly Roberts
- Pair of shoes from New Balance Knoxville
- One Month Unlimited Yoga Classes and one hour long Private Session with New Moon Yoga in May
- One-hour massage with Carter Sport Therapy
- Free Makeover from Salon Biyoshi
- One-month membership w/ Mark Aycock Fitness Pros
- Half a case of Hippea's Waffle Mix & Free Training/ Nutrition Session w/ Goh-Goh
- Winners Group Healthy Gourmet Meal with RouXbarb
- Five Life Coaching Sessions with Rebecca Cagle
- \$50 Fruits Gift Card
- 30 minute massage with Transformations Therapuetics
- \$25 Gift Certificate to Oasis Day Spa
- One FREE entry and NPC card, PLUS 4 tickets to the Knox Classic Bodybuilding & Figure Competition
- Four passes to Next Level Boot Camp with Devin Driscoll
- One FREE full session (\$75 value) to Tap-N-Burn and T-A-D-A! Studios
- One-hour Integrated Movement Screening/ Biomechanical Analysis with Mick Larrabee of Optimal Performance

First Place Female:

- \$250 Health Shoppe Gift Certificate
- One personal training session with Fox Fitness and Two Month Passes to Get Foxy Boot Camp
- Pair of shoes from New Balance Knoxville
- One Month Unlimited Yoga Classes and one hour long Private Session with New Moon Yoga in May
- One-hour massage with Carter Sport Therapy
- Free Makeover from Salon Biyoshi
- One-month membership w/ Mark Aycock Fitness Pros
- Half a case of Hippea's Waffle Mix & Free Training/ Nutrition Session w/ Goh-Goh
- Winners Group Healthy Gourmet Meal with RouXbarb
- Five Life Coaching Sessions with Rebecca Cagle
- \$50 Fruits Gift Card
- 30 minute massage with Transformations Therapuetics
- \$25 Gift Certificate to Oasis Day Spa
- One FREE entry and NPC card, PLUS 4 tickets to the Knox Classic Bodybuilding & Figure Competition
- One FREE full session (\$75 value) to Tap-N-Burn and T-A-D-A! Studios
- One-hour Integrated Movement Screening/ Biomechanical Analysis with Mick Larrabee of Optimal Performance

Complimentary gift bag to all who complete the challenge process.





Mark Aycock
Fitness Pros



*Empowerment
Life Coaching*

The Health Shoppe & Fox Fitness Knoxville Body Transformation Challenge Entry Form (Please print)

Name: _____

Email: _____

Telephone: _____

Street Address: _____

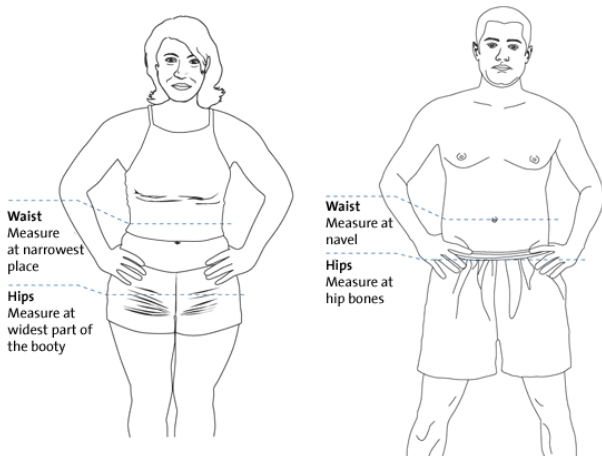
City, State, Zip Code: _____

DOB: _____ Gender: Male _____ Female _____

Please briefly describe your fitness goals:

I hereby state that I have read the rules and will compete respectfully.

Signature _____ Date of entry _____



Date of before picture _____

Beginning weight _____

Measurements: Waist _____ Hips _____

(Optional) Body fat _____



FIT SHAPELY PHYSIQUES
by Kimberly Roberts





Twisted Roots Yoga



The Health Shoppe & Fox Fitness Knoxville Body Transformation Challenge

2nd Place Prizes include...

*Certain restrictions may apply to prizes. Winners will be notified with gift package.

Second Place Male:

- \$125 Health Shoppe Gift Certificate
- Two \$100 Gift Cards to Get Foxy Boot Camp
- Nutrition session with Registered Dietitian, Kayla Matrunick
- Two one-week unlimited yoga passes w/ New Moon Yoga
- Pair of shoes from New Balance Knoxville
- Personal training session with Kimberly Roberts
- One-hour massage with Bryan Carter Sport Therapy
- Three Life Coaching Sessions with Rebecca Cagle
- Two passes to Next Level Boot Camp with Devin Driscoll

Second Place Female:

- \$125 Health Shoppe Gift Certificate
- Two \$100 Gift Cards to Get Foxy Boot Camp
- Nutrition session with Registered Dietitian, Kayla Matrunick
- Two one-week unlimited yoga passes w/ New Moon Yoga
- Pair of shoes from New Balance Knoxville
- Personal training session with Fox Fitness
- One-hour massage with Bryan Carter Sport Therapy
- Three Life Coaching Sessions with Rebecca Cagle

Photo Release Form

Photos and videos may be taken during group activities throughout the 12 weeks of the Knoxville Body Transformation Challenge. I hereby grant permission to Fox Fitness and the Health Shoppe to use my photograph on its World Wide Web site and other printed publications. I also allow Fox Fitness and the Health Shoppe to use any videos of me for all types of media advertising and in any products distributed for sale without further consideration. I also understand that Fox Fitness and the Health Shoppe may choose not to use my photograph or video at this time, but may do so at its own discretion on a later date. I understand that there will be no compensation paid to me at any time. Before and after photos will NOT be used without contacting me prior to their usage and without future consent on my part.

Name

Signature

Date

FOOD2FIT: Sports Nutrition
Kayla Matrunick, Registered Dietitian

January - Schedule of Events for Health Shoppe & Fox Fitness Body Transformation Challenge

Other events may be added...Check website for updates (www.foxfitness.com).

Locations:

Health Shoppe: 8025 Kingston Pike; 865-693-4909

Fox Fitness Studio @ Premier Martial Arts: 8425 Kingston Pike; 865-247-6600

- January 1st-11th :** **Dates to enter the Health Shoppe & Fox Fitness Knoxville Body Transformation Challenge** (Please Pick up/Drop off Applications at the Health Shoppe)
- Friday, January 1st:** **Knoxville Track Club New Year's Day 5K** @ Calhoun's on the River – Race Starts at 9:30 am – Fox Fitness will be there with Entry Forms and Bodyfat Analyzer until end of race & awards More info here: <http://www.ktc.org/Applications2010/NewYears10.pdf>
- Saturday, January 2nd:** 11:30 am – 2:00 pm **Free Body Fat Testing and Free ON Samples** at the Health Shoppe
- Thursday, January 7th:** 6:00 – 8:00 pm **Body Transformation Challenge Kickoff** at the Health Shoppe – Learn more about the challenge, eat some healthy food, and learn some fitness tips to get you started right in 2010. Becky will also be available to help with bodyfat testing, measurements, or photos.
- Saturday, January 9th:** 9:00 am **American Heart Association Family Charity Boot Camp** (\$15/person donation) at Fox Fitness' new Get Foxy Boot Camp location Premier Martial Arts – class starts at 9:00 am sharp so please arrive early if you've never attended a boot camp before! Classes are a basic, low-impact level and children over 10 welcome with a parent.
- 3:00 pm – 5:00 pm **Free Body Fat Testing and Free ON Samples** at the Health Shoppe
- Thursday, January 14th:** 6:00 – 7:00 pm **Health Shoppe/Fox Fitness Bi-Weekly Free Run/Walk & Seminar Starts** – Meet at the Health Shoppe and we will run or walk on the greenway at West Hills Park. All fitness levels welcome! 30 minutes will be devoted to activity and 30 minutes to a health, fitness, or nutrition topic with questions.
- Saturday, January 16th:** 9:00 am **Free Earthfare Grocery Store Tour in Turkey Creek** (Please RSVP to Becky at 243-5361 or becky@foxfitness.com as space is limited to the first 12). Stop the confusion! Learn about healthy eating and what to buy at the store.
- Saturday, January 23rd:** 9:00 am **Free Family Get Foxy Boot Camp** @ Premier Martial Arts – This is a basic level boot camp so all fitness levels welcome. Kids over 10 are welcome with a parent.
- Thursday, January 28th:** 6:00- 7:00 pm **Health Shoppe/Fox Fitness Bi-Weekly Free Run/Walk & Seminar** – Meet at the Health Shoppe and we will run or walk on the greenway at West Hills Park. All fitness levels welcome! We will also spend a few minutes at the beginning on a weekly fitness and nutrition tip.
- January 29th and 30th :** **The Healthy Living Expo** at the Knoxville Convention Center – come visit the Health Shoppe and Fox Fitness. The Fox Fitness Booth will be measuring Body Fat to help track your progress and offering free Fitness advice to keep you on track toward your goals.

For more information on any of the above events please contact:
Becky at becky@foxfitness.com or 865-243-5361.

