



is proud to bring you...

**Inspiring
Communities.**



**Transforming
Lives.**

Why Community Fit Challenge?

We are excited to introduce a nationally recognized wellness program that helps create healthier communities by inspiring changes in diet and exercise! The initiative is led by certified fitness professionals who provide support and motivation!

Why Total Customized Fitness?

Traci Fisher and her team are professionally trained and dedicated to helping everyone get healthy and reach individual goals. As a West Point graduate, fitness professional with multiple national certifications and mom of three, Traci has a unique perspective that has resulted in the creation of her successful fitness company, Total Customized Fitness. Her hand-selected trainers are passionate about helping others...let us help YOU!

What Do You Get?

- 5 group workouts
- 3 One-on-One Appointments with a Team Coach (Nationally Certified Trainer)
- Food Plan and Journal
- Unlimited E-mail and Phone Support
- Optional Discounted Classes and Training
- Weigh-Ins, Body Composition Testing and Measurements
- Finale Party and Awards!

\$149 per person for 6 week program register by 8/20



Get Started: Challenge starts September 10th, 2012. To form a team (or request to join an already established team as an individual), email us at FitChallenge@live.com or call 440-525-1411.