

# Transformation Challenge 2010

## *Transformation Challenge 2010*

*Applications Available NOW at [eqclubs.com](http://eqclubs.com)!*

### **WHAT IS THE TRANSFORMATION CHALLENGE?**

Are you ready to take control of your health and fitness and transform your life? Equilibrium Fitness for Women and Weight Watchers has teamed up to bring you the second annual Transformation Challenge, a cutting-edge 12-week lifestyle makeover program. Three lucky ladies could win thousands of dollars in training, memberships, medical screenings, weight-management, and nutrition consulting! Each participant chosen will have the opportunity to work with some of the area's top trainers, exercise physiologists and health & medical professionals within a comprehensive program designed to transform lives.

All inspired females, 18 years and older, are invited to apply. Applications are carefully reviewed and a small group of these women will be chosen to complete the Transformation Challenge. The Transformation will span 3 months and have weekly blog coverage, featuring the progress challenges faced by the lucky few chosen participants. Those not chosen for sponsored spots will receive details on how to join the Transformation Challenge during the selection process.

### **12-Week Program Highlights Include:**

- Complimentary Semi-Private and/or Group Training
- Metabolic Evaluation to determine caloric needs
- Nutritional Evaluation, dietary plan and consultation
- Complimentary membership to Equilibrium Fitness for Women
- Pre/Post medical screening by local physician
- Pre/Post blood panel