

# Big Long Island Million Pound

challenge

**\$1** Per Pound  
For Your **BODY**  
~~FAT~~

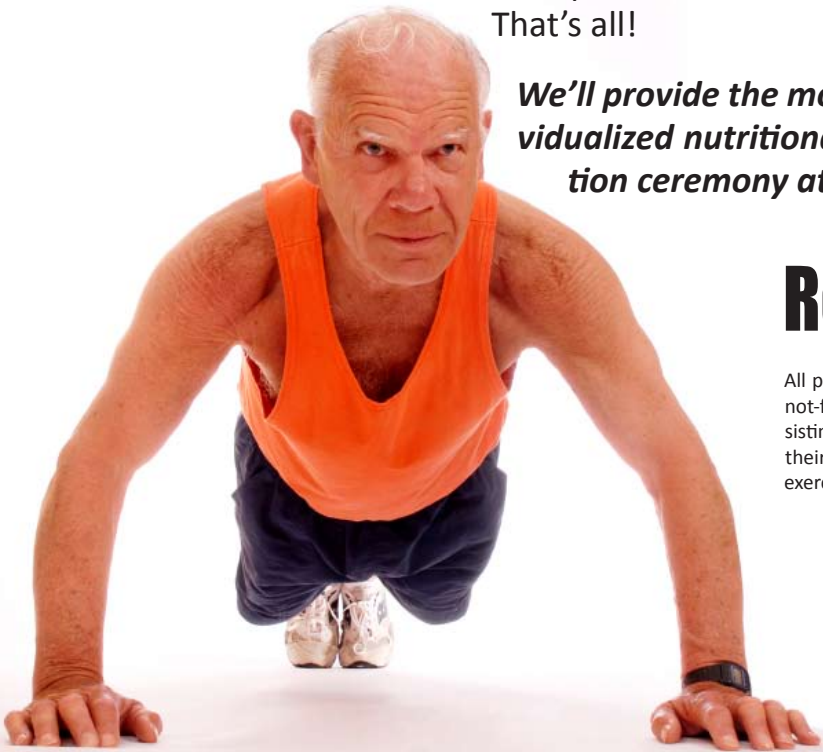
Life Begins  
**05.02.10**  
[www.NavelExpo.com](http://www.NavelExpo.com)

**L**ong Island, like the rest of the country is getting bigger, heavier, or perhaps fatter, to put it bluntly. The fat, with its aesthetic unsightliness creates a fertile environment for chronic health issues like diabetes, cancer, heart disease and just about every other illness under the disease spectrum.

Exercise, is a well known ally in weight loss, but its benefits in strengthening the lives of those trying to recover from cancer, are nothing less than inspiring. Our challenge to Long Island, our challenge to you: reach your desired goal-weight as you help raise money that will provide a free exercise program for those in the battle of their life. Each pound of unhealthy fat you lose, will improve your life, and another human being's chances of winning back theirs. You lose fat, people with cancer re-build strength, everyone is inspired ... we, all of us, win!

Sign up at your local Personal Training Institute (PTI), set your goal weight, take a 'before' picture and invite your friends to sponsor you at \$1 per pound. That's all!

*We'll provide the motivation, information, personal training and individualized nutritional counseling, as well as gifts, prizes and recognition ceremony at the May 2nd Navel Wellness Expo.*



**Ready, Set, GO: 516.596.8974**

All proceeds to benefit Strength for Life, a not-for-profit organization dedicated to assisting people living with cancer, reclaim their lives by providing a safe and effective exercise program FREE OF CHARGE.



Strength For Life

