



**FREE**



**Register now & get a FREE copy of the new powerful book "The Ultimate Guide to Transforming your body & your Life". Choose either the guide for Men or the guide for Women.**

**Visit [StatenIslandSlimDown.com](http://StatenIslandSlimDown.com) to learn about the first Island-wide community initiative to encourage all Staten Islanders to get into better health and physical condition. You will receive:**

- \* Free Nutrition Education
- \* Free Fitness Coaching
- \* Free Expert Weight Loss Advice
- \* Free Healthy Recipes
- \* The Chance to Win \$1000

**[StatenIslandSlimDown.com](http://StatenIslandSlimDown.com)**

**What would you do if you had 10 Weeks to change your life?**

**Could you find the Power within yourself to create an Inspiring Change?**

**We believe that you can and we are here to help you do it!**

**Here's how you can get involved at no cost to you!**

**visit**

**[StatenIslandSlimDown.com](http://StatenIslandSlimDown.com)**

**The Time is Now!**



[StatenIslandSlimDown.com](http://StatenIslandSlimDown.com)

**Now is the time to change your Body and your Life!**

**FREE**

**You will get all the tools you need to make a Total & Complete Physical Transformation!**



# What is the Staten Island Slim Down?

The Staten Island Slim Down is an island-wide initiative for the purpose of encouraging Staten Island residents to embrace a healthy lifestyle for the benefit of:

1. Improved wellness
2. Combatting obesity (child and adult)
3. Reduction of preventable illness
4. Management of stress & stress related conditions
5. Overall better living.
6. Greater personal productivity

The program will continue for 10 weeks, prompting participants to make small changes every week and culminating in an overall habitual change. Participants will be coached and educated for the entire length of the program, and all services will be rendered free of charge and delivered on-line as well as through live events and the news media.

**Chance to win \$1,000  
& Thousands in prizes**



**LOSE INCHES OFF YOUR HIPS**



**SLASH YOUR BODY FAT**



**LOSE YOUR BELLY**

## Join as a Contestant:

Join as a contestant to compete for the \$1000 prize for the most inspiring physical transformation. The process is simple. Visit [StatenIslandSlimDown.com](http://StatenIslandSlimDown.com), enter your information and upload your present before picture. At the end of the 10 week initiative you will upload your after picture, along with a two paragraph summary of how this experience has changed your life. The Staten Island Slim down Advisory Board will determine the winner who will receive \$1000 in cash and thousands in prizes. No Fee to enter.

**This could be YOU!**

## Join as a Participant:

You will be given access to the Staten Island Island resource page which includes:

- |                           |                                |
|---------------------------|--------------------------------|
| Health & Fitness Coaching | Expert Diet & Nutrition Advice |
| Exclusive Events          | Healthy Recipes                |
| Online Exercise Videos    | Cooking Lessons                |
| Secret Fitness Reports    | Discount Coupons from Sponsors |
| Sample Meal Plans         | And Much More                  |

**ALL RESOURCES AND PRIZES ARE PROVIDED FOR PARTICIPATING STATEN ISLAND RESIDENTS BY THE STATEN ISLAND SLIM DOWN AND ITS SPONSORS. IT IS OUR PLEASURE TO MAKE THIS PROGRAM TOTALLY FREE OF CHARGE. THE STATEN ISLAND SLIM DOWN HAS BEEN DESIGNED AND CREATED FOR THE SOLE PURPOSE OF IMPROVING THE STATE OF HEALTH AND WELLNESS OF STATEN ISLANDERS.**

**FOR ALL DETAILS VISIT [STATENISLANDSLIMDOWN.COM](http://STATENISLANDSLIMDOWN.COM)**

Staten Island Slim Down  
Date 4/20/2011  
PAY TO THE ORDER OF Staten Island Slim Down Winner \$ 1,000.00  
One Thousand DOLLARS  
Your Bank: 456 Main St, Anywhere US 10111  
MEMO  
i: 423456789 i: 1001002397 0799

**ARE YOU READY TO LOOK, FEEL  
AND BE THE BEST YOU'VE  
EVER BEEN?**

**[StatenIslandSlimDown.com](http://StatenIslandSlimDown.com)**