



10-Week Fit Challenge

Are YOU Ready To Get Real With Yourself?



START 1/8/2016
180
41-36-41
2/26/2016
166.8
39 1/4-35 1/4-38 1/2

Kaiser Medical Management

For those of you that don't know, I am not only the owner and CEO of Kaiser Medical Management, but I'm a professional IFBB Pro athlete in Physique. I practice what I preach and preach what I practice. With that being said, with my upcoming March 4, 2016 Arnold Classic competition coming up, I decided in December to invite a select group of people into a private page on Facebook to give them the opportunity to live the life of an athlete. I hand held them through the whole process on what it really takes to do what I do. It included workout tips, meal planning, meal preparation tips, pro secrets, video demos and more! Although I started out with 60 individuals, I knew I would not end up with even half at the end because it takes complete dedication, life style change, and mindset to accomplish such goals. The end results were a tough 16 individuals that have made a tremendous body and mind change for the better.

The positive feedback received from those that have completed the program is overwhelming because not only did they learn a lot about my lifestyle, but they learned a lot about themselves in the process. It also became a support group with a no judge zone and nothing but pure encouragement to reach their desired goals.

Since talking about this program, it has raised a lot of interest. KMM decided to open the program up to others.

There will be two more 10-week Fit Challenge Programs for 2016 that will align with two of my upcoming IFBB Pro Competitions. I will personally go through the same process as those are the program. I will be able to provide 24/7 support, expert advice, encouragement, and mentoring along your journey. You can expect to learn how to cook healthier, eat healthier, eat more and still lose weight. You will see a body transformation in inches and a mental attitude change to strength.

Unlike many weight loss programs that tend to miss a missing link such as giving you workout tips without diet planning or visa versa, my 10-week Fit Challenge provides:

- Workout tips
- Meal planning
- Meal preparation
- Support Group
- 24/7 Access To Me
- Accountability
- Rewards for a job well done on a weekly basis
- And more!

For \$20 a week for 10-weeks you will receive thousands of dollars worth of a professional athletes experience which will last a lifetime!

Visit KMM's website— www.kaisermedicalmanagement.com and click on the 10-Week Fit Challenge logo to get more details and register for one or both of the upcoming Fit Challenge Programs. First one will start April 8, 2016. All registrations must be submitted no later than one week prior.

Are you ready to get real with yourself?

Find Out More About KMM:

www.kaisermedicalmanagement.com
1-800-764-0418



**10-Week
Fit Challenge
Sign Up!**

