

Transformation Challenge #1 Changed Lives. Challenge #2 Promises More of the Same.

Participants in Anytime Fitness' first Transformation Challenge completed the initial step in their transformation journey in April, and this week Anytime Fitness owners and staff fulfilled their promise to continue their work by donating \$1,728 worth of Challenge entry fees. After interviewing various charitable causes, Anytime Fitness selected the UC Davis Children's Hospital, Fit Kid Program. The program, similar to Anytime's Challenge, is a 10-12 week program that targets kids who are at risk for developing obesity related illnesses like diabetes.

"Our intent is to hit this from both ends", says Jim Hall, Anytime Fitness co-owner. He continues, "In our Challenge program at Anytime Fitness, we're comprehensively educating adults on the proper ways to eat and exercise. Similar to what we're doing with adults, the UC Davis Children's Hospital, Fit Kid Program is affecting children and parents of children with similar risk factors."

As you view the "before" and "after" photos from Challenge #1, the physical impact is undeniable. What is less apparent, but far more impacting are intangible benefits that all Challenge participants are realizing. From improving general health and fitness, to avoiding serious illnesses, family members and friends are also being positively affected by these changes.

Transformation Challenge #2 begins on June 3. Limited slots are still available, but enrollment expires on June 2, 2:00pm. For more details, visit www.anytimedixon.com.

"We're building off the success of Challenge #1 and we can't wait to see the great things that happen in Challenge #2", says Brandy Hall / co-owner.



From L-R: Alex Adams, Jim Hall, Alan Anderson / UC Davis Medical Center, Brandy Hall