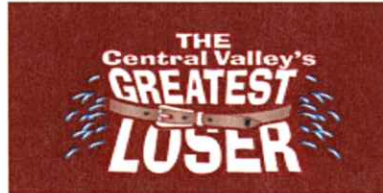




## PRESENTS



### Our Mission

**Get A Better Body Fitness Group is concerned with more than exercise; it is instilling dedication and persistence in an individual through fun and education. We are here to help you improve overall fitness, self-image, self-esteem, and your quality of life.**

### How the Program Works

**The Central Valley's Greatest Loser contest is designed to assist contestants in improving their overall weight-loss, fitness, self-image, self-esteem, and quality of life. To that end, contestants will be organized into teams under the supervision of a certified personal trainer. Each team will meet with their trainer as needed for one hour at a time.**

**At the end of the 12 weeks the winner (or "Loser") is determined by the percentage of weight lost – not by poundage. Our Biggest Loser last year was awarded with an elliptical machine worth approximately \$3000 donated by one of our sponsors Bring It Home Fitness. We also ask each contestant donate \$1 for every pound lost to Break The Barriers and to The American Red Cross. Over the past two years our contestants lost a combined weight of over 2,000 pounds.**

**Our goal is to raise obesity awareness in our community and have fun while shedding pounds. We rely on donations and sponsorships to make this program happen.**

**We hope that we can count on your support.**

**Thank you,  
Get A Better Body Fitness**

**[www.cvgreatestloser.com](http://www.cvgreatestloser.com)  
[gabbfitness@yahoo.com](mailto:gabbfitness@yahoo.com)**



PRESENTS



### ARE YOU CONCERNED ABOUT OBESITY?

The obesity rate is growing rapidly in the central valley and it is creating health concerns in our community. Get a Better Body Fitness is a company that is concerned with this issue and we are trying to find other's that are as well.

Every year the number of obese rises and so do the health risks associated with this condition. In an effort to help our community we have arranged an annual event entitled THE CENTRAL VALLEY'S GREATEST LOSER. Last year our group lost a combined total of 500 lbs. Our overall "biggest loser" lost 14% of her total body weight. This 12 week program is designed to offer a fun and friendly environment while educating contestants on how to change their eating and exercising habits.

We are in need of support and that is why we are writing to you. We ask that you please look over the sponsorship opportunities that are being offered and let us know how you would like to contribute. Even if the contribution is less than what is listed we would appreciate any support that you can offer and if at all possible we would be delighted if you could place our flyer in an area where it can be seen by others.

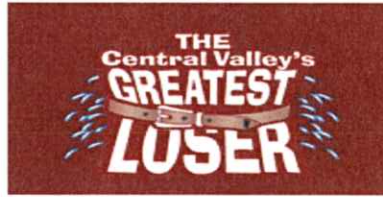
You can visit our website at [www.cvgreatestloser.com](http://www.cvgreatestloser.com) and if you have any questions or comments you can contact Angela Nash at (559) 930-2312.

Thank you for supporting a healthier community.

Please return your sponsorship acceptance form to Angela via email: [gabbfitness@yahoo.com](mailto:gabbfitness@yahoo.com) or if returning with a check; via mail at 7517 N First St. #105 Fresno, CA. 93720 by March 5, 2010 in order for your name to appear on the T-Shirts.

Thank you,  
Get a Better Body Fitness

# THIRD ANNUAL



## SPONSOR OPPORTUNITIES

### **PRESENTING SPONSOR: \$5,000 OR GREATER**

- Presenting sponsor will be prominently listed on all marketing printed material, t-shirts, and media.

Central Valley's Greatest Loser

Presented by (your company name)

- Print media will consist of printed fliers, applications, press releases and stories to the local newspapers and magazines.
- Web media will consist of prominent heading on web site [www.cvgreatestloser.com](http://www.cvgreatestloser.com) and a link to your web site.
- Radio media will consist of interviews, press releases and stories
- Printed materials will consist of 2000 fliers, 500 packets with applications, official rules, participant benefits, medical waivers, etc. Estimated to be about 5000 pieces or more
- Cash, in-kind or combination to equal \$5,000 or more
- All sponsors to be listed on programs and fliers as they are developed
- Presenting sponsor receives all benefits of Supporting Sponsor as well.

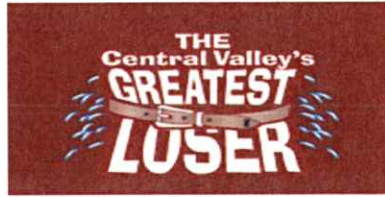
### **SUPPORTING SPONSOR: \$500 OR GREATER**

- Cash or in-kind equal to \$500 and greater
- Sponsor t-shirts for participants
- Sponsor personal trainers for participants
- Sponsors to be listed on web site [www.cvgreatestloser.com](http://www.cvgreatestloser.com)
- All sponsors confirmed by March 1, 2010 to be listed on t-shirts
- All sponsors to be listed on programs and fliers as they are developed
- A table/booth space will be available for the kick-off rally on April 23, 2010
- Sponsors can provide brochures and information regarding their product and/or services for the contestants introduction packets. These will be viewed by the contestants, their families, and friends.
- Five hundred contestants are anticipated to participate
- 800-1000 people are expected to view our website.

For more information contact: Angela Nash at (559) 930-2312 or email [gabbfitness@yahoo.com](mailto:gabbfitness@yahoo.com)

THANK YOU FOR SUPPORTING THE HEALTH OF OUR COMMUNITY

# THIRD ANNUAL



BENEFITING BREAK THE BARRIERS and THE AMERICAN RED CROSS

Beginning April 23, 2010

## Sponsor Acceptance – This is your INVOICE

Yes, we will support the Central Valley's Greatest Loser at the following Sponsorship Level:

_____ Presenting Sponsor	\$5,000 or more
_____ Supporting Sponsor	\$ _____
_____ Support a child from Break the Barriers	\$100

Company/Organization \_\_\_\_\_  
Contact Person \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone( ) \_\_\_\_\_ Fax( ) \_\_\_\_\_  
E-mail \_\_\_\_\_  
Authorizing Signature \_\_\_\_\_ Date \_\_\_\_\_  
Your web site to be listed \_\_\_\_\_

Total amount of sponsorship	\$ _____
_____ Check is enclosed for	\$ _____
_____ In-Kind Sponsorship value	\$ _____

Describe In-Kind sponsorship \_\_\_\_\_  
\_\_\_\_\_

Make checks payable to: Get A Better Body Fitness and return to:

Get A Better Body Fitness

7517 N First St. #105

Fresno, CA. 93720

If you have any questions you may call Angela at (559) 930-2312 or

[gabbfitness@yahoo.com](mailto:gabbfitness@yahoo.com)

**THANK YOU FOR HELPING US TO MEET OUR GOAL OF 3,000 POUNDS LOST FOR \$3,000 GAIN FOR BREAK THE BARRIERS.**

Everything I could ever tell you about...

# Being a Personal Trainer

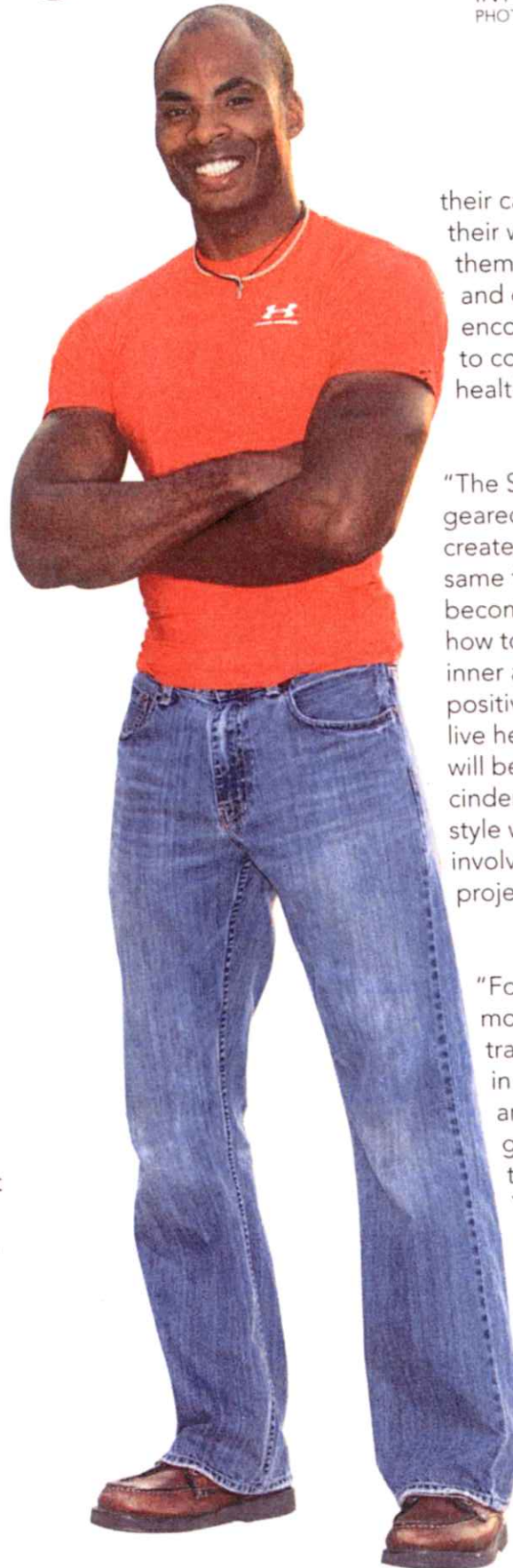
INTERVIEW BY SHIRLEY LAU  
PHOTO BY EDDIE MELIKIAN

Every day he works with his clients by changing their poor eating habits, motivating them to exercise and, most importantly, giving them a chance to change their lives around. This has been Lamont Nash's routine for almost six years, all the while doing what he says he was put on this Earth to do -- to help others live a healthier lifestyle. Starting this month, his six-month-old company, Get A Better Body Fitness (GABB Fitness), is beginning their Spartan Boot Camp program in hopes of getting men off of their couches and onto their feet!

"Becoming healthier myself motivated me to want others to feel the same. God has designed our body to be our temple and I believe that you should always treat your temple as God would."

"I got into modeling which required me to be in shape. I started working at Bally's [in Michigan] and began working out with a personal trainer. I then fell in love with the idea of doing this for others and helping them feel good about themselves."

"I meet with clients starting at 6am and end client training at 7pm. During that time I work on



their caloric intake, keep track of their weight progress and put them through circuit training and other workouts. I also encourage and motivate them to continue on their path to a healthy body."

"The Spartan Boot Camp is geared toward men who want to create a brotherhood and at the same time getting in shape and becoming healthy. They will learn how to work as a team, about the inner and outer body, how to be positive role models, and how to live healthier and eat better. They will be running uphill carrying cinder blocks and doing military-style work outs. They will also be involved in community service projects."

"For those who are not self motivators, get a personal trainer. If you work out better in a group, join a group. If you are not comfortable joining a gym, allow a personal trainer to come to your home. Your first step is making the decision to be healthy."

# EVERYTHING you could ever know about...

## Being The Central Valley's Greatest Loser

INTERVIEW BY SHEENA MORRIS

After years of struggling with her post-pregnancy weight, Karyn Leyva decided to shed some excess pounds by taking part in the local challenge, **The Central Valley's Greatest Loser**. After several weeks of rigorous training she was named the biggest loser and has the body to prove it!

*What inspired you to get involved with the competition?*

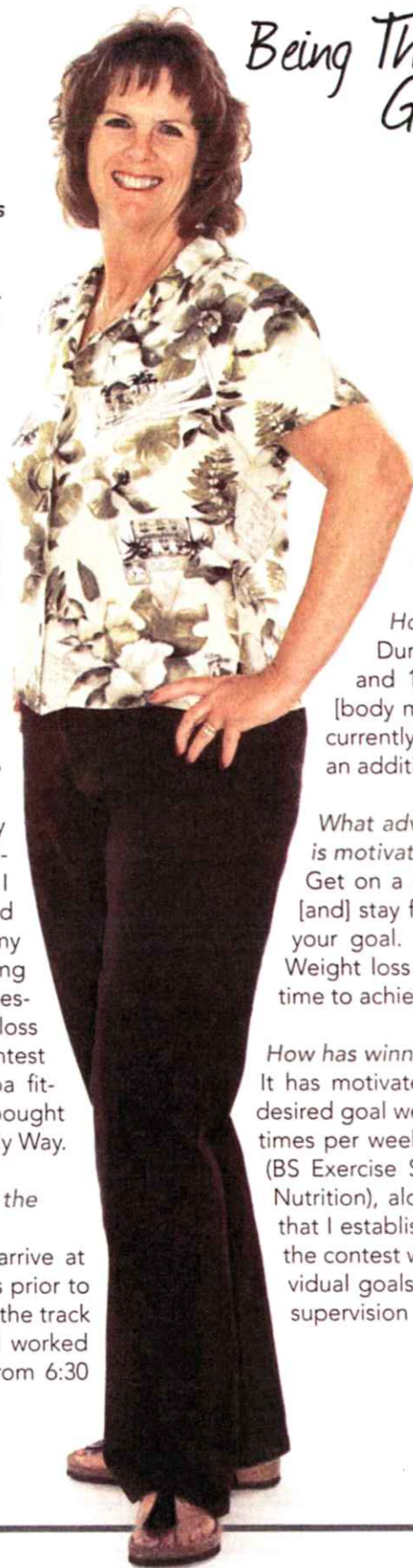
I saw the flyer at work and several of my friends were going to join and asked me to sign up with them. It was a 12-week program beginning March 14 to June 6. I knew I could diet and exercise for the 12 weeks and any weight I lost would be beneficial for the beginning of summer.

*What was your experience vying to be the "greatest loser"?*

My daughter joined after the first day of the contest, giving me "buddy" support along with all other friends that I met at our daily workouts and weekend competitions. I stayed focused on my goal of continual weight loss, following my diet and attending the exercise sessions. I experienced weekly weight loss and endurance. I supported the contest sponsors by attending several Zumba fitness dance classes at Studio 65 and bought several chicken dinners from Dinner My Way.

*Describe a typical day for you during the challenge.*

I would work eight hours and then arrive at my exercise session about 30 minutes prior to the session, allowing me time to walk the track one to two miles. At the beginning I worked out on Mondays and Wednesdays from 6:30



to 7:30pm and attended Zumba on Tuesdays. During the last five weeks of the contest, I attended the exercise sessions four times a week, Monday through Thursday.

*How much weight did you lose?*

During the contest... I lost 27 pounds and 14% of my body weight. My BMI [body mass index] was initially 40 and it is currently 28.6. Since the contest, I have lost an additional seven pounds.

*What advice would you give someone who is motivated to make a change like you did?*

Get on a good diet plan, exercise regularly, [and] stay focused and committed to achieve your goal. It takes motivation and patience. Weight loss is a slow process, and it will take time to achieve results.

*How has winning the challenge impacted you?*

It has motivated me to continue to achieve my desired goal weight. I have continued to train four times per week with our trainer, Ryan Murakoshi, (BS Exercise Science, Crossfit Certified, Crossfit Nutrition), along with many of the same friends that I established during the contest. Even after the contest we are still striving to reach our individual goals with each others' support and the supervision of our trainer, Ryan. **fm**

PHOTO BY EDDIE MELIKIAN