

3 MONTHS to... **ENERGY FIT** *Contest*

Share Your Story &
Make It **PERSONAL!**

with

Energy Fitness Midtown
Paducah Parenting & Family Magazine
& iListPaducah.com

2 Lucky Winners will receive an Amazing
MAKEOVER Experience Including:

3 Month Membership at
Energy Fitness Midtown, 24 Free Personal Training Sessions,
Nutrition Counseling, Free Childcare & FREE Gifts along the way!

THE PAYOFF...

Finishing Touches to Make Your Makeover Experience Complete!
Hair Cut, Color & Style compliments of *Bello Capelli Salon & Gifts*
Zoom Teeth Whitening compliments of *Wade Poat Family Dentistry*
Workout Attire compliments of *Hultman's Embroidery*
Dinner for 2 with Menu Makeover Tips compliments of *B. Russell's*
& Lots More!!!

Tell us why you or someone you love deserves this opportunity!
Include name, email, phone, birth date & your story. Send to:
kellermann@energyfitnesspaducah.com

(subject: 3 Months to Energy Fit)

Deadline is August 10th . . . Makeover begins August 16th

