

Local Fitness Expert Offers You A \$1,714 Incentive To Get In Shape!

Coach Rob deFreese is offering Brandon, FL area residents the chance to join Brandon Fitness Camps and win the \$1,714 First Prize in the "Back to School Body Transformation Contest." Visit www.brandonfitcamp.com/transform/ to enter.

Aug. 26, 2009 - [PRLog](#) -- Coach Rob deFreese is offering Brandon area residents the chance to join Brandon Fitness Camps and win the \$1,714 First Prize in the "Back to School Body Transformation Contest." Everyone who enters the contest wins, because everyone will get the fitness results he or she wants quicker than ever before!

deFreese, founder of Brandon Fitness Camps, says "Now that the kids have gone back to school it's a great time for parents to take care of themselves. This contest is designed for anyone who wants to lose unwanted fat and get in great shape before the holidays."

The 12 week contest starts September 14, 2009 and ends December 7, 2009. At the end of the contest, the coaches will select three finalists and the participants will select the Grand Prize Winner.

The contest was created to help people who have started fitness and weight loss programs only to be disappointed by a lack of results. For 12 weeks, participants will focus on their fitness and well being in a motivational group environment.

Contestants will learn information they can apply to their daily lives -- about the harmful effects of starvation diets, how to boost metabolism so they can burn fat more efficiently, and the right way to exercise to get results quickly.

Contestants will also work with the coaches at indoor boot camp workouts which will be held at convenient times at two Brandon locations. Contestants will also learn about the importance of attitude in making lasting changes. "This is going to be about more than just working out," Rob said, "There's going to be tons of social support and accountability to help keep everyone focused and on track."

The contest is open to any adult at any fitness level.

To join Brandon Fitness Camps and enter the contest, contact Rob at 813 404-3072 or visit the contest website at www.brandonfitcamp.com/transform/

###

Brandon Fitness Camps helps people get in shape quickly with our fun, fast paced and affordable fitness boot camps.

--- End ---

Source	Rob deFreese
City/Town	Brandon
State/Province	Florida
Zip	33511
Country	United States
Industry	Fitness , Health , Beauty
Tags	Fitness Boot Camp , Brandon Boot Camp , Fat Loss , Personal Trainers
Link	

<https://prlog.org/10322602>



Scan this QR Code with your SmartPhone to-

- * Read this news online
- * Contact author
- * Bookmark or share online