

Live Fit's FIT TO WIN



12-Week Wellness/Fat Loss Program

Cost: \$75

(Check with your health insurance company or employer.
They may reimburse the cost.)

Prizes for the top winners of each category.

Categories:

Women ages 18-39, 40-59, 60+

Men ages 18-39, 40-59, 60+

Winners will be awarded based on body fat percentage lost.

Register at: www.wb4you.com

All participants must attend one mandatory orientation Meeting:

Thursday September 11, 2014

Weigh In 6-7 pm, Orientation Mtg 7-8 pm

OR

Saturday, September 13, 2014

Weigh In 8-9 am, Orientation Mtg 9-10 a.m.

Meetings will be held at the Tooele County Health Department (151 N. Main St., Tooele) Room #180

Program through Marianne Heder,
Wellness Boot Camp 4

You

Sponsored



by
Live



Fit Tooele County

Contest

Features

- Weekly menus with grocery lists
- Online workouts you can do anywhere and written workouts for the gym
- Recipes
- In-person Master's Classes (weekly) and contestant's spouse can attend for FREE
- Tip of the week
- Calculated body fat percentages
- Online fitness test
- PRIZES for top losers

For more
information

www.wb4you.com

www.livefittc.org

mheder@wb4you.com



Caption describing picture or graphic.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your

own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might com-

ment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



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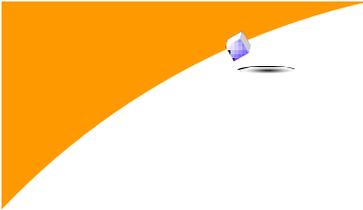
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Caption describing picture or graphic.



Business Name

Primary Business Address
Address Line 2
Address Line 3
Address Line 4
Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Business Tagline or Motto



Organization

We're on the Web!
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline



Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark

their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.