

Annual Fitness Challenge

Registration Form

Sponsored by: Calzaretto Chiropractic Center, L.L.C.

Anthony F. Calzaretto, D.C.

Brian D. Ryan, D.C.

This is an exciting interactive 6-month program that involves both the doctor and the participants. We initiate the program with a high intensity introduction workshop that includes all the necessary materials and guidance to assist the participant during the entire course. The class meets the last Wednesday of the month starting in January. We have weigh-ins, review the weekly planner introduce guest speakers and discuss specific topics in order to maximize each participant's goals throughout the program. Each participant's personal information is held in the utmost confidential manner; only the lecture topics are discussed openly at the workshop.

The course includes:

- ◇ Introduction Packet
- ◇ Biggest Loser Text
- ◇ Daily Meal Log
- ◇ Calorie Counter
- ◇ Weekly Motivational & Instructional information on fitness & health



New Session Beginning January 27, 2010

Wednesday Evening Classes 6:30-7:15pm

Last Wednesday of each Month

Full Name: _____ Sex: M / F, DO B.: ___ / ___ / ___ Age: _____

Full Address: _____

Contact #: _____ E-Mail: _____

Personal Health Goals: _____

401 Cooper Landing Road Suite C-17 Cherry Hill, NJ 08002

Phone: 856-667-0505

Fax: 856-667- _____