

# 2010 WINNING TEAM

## WINNIPEG'S BIGGEST LOSER



44lbs Lost

48lbs Lost

70lbs Lost

53lbs Lost

# 12 WEEKS

# 215lbs

*"Thank You Acceleration!"*

### The Before's



I've never been so proud to be such a big loser!  
I just finished the first competition, I'm down 28 lbs and ready for my comeback!!  
Everyday the workout was different, my body never knew what to expect and that kept the program exciting and fun! The workouts had weight training at a pace that gave us a cardio workout all-in-one. My body worked hard to adapt and the pounds fell off fast, and stayed off. The results made me want to work harder and the harder I worked the more weight I lost, giving me more confidence and energy.  
Thank you Acceleration Performance!

-Amber

Hewitt, AP Biggest Loser Winner, Lost 28 lbs in only 8 weeks!



Trained by

WWW.ACCELERATIONPERFORMANCE.CA

-- Do what the pros do --

## Winnipeg's Biggest Loser Fitness Camp

Here's your second chance at becoming a BIGGEST LOSER! The **ACCELERATION PERFORMANCE** Biggest Loser Fitness Camp is **HERE!**



Teams of 2



Sustainable weight loss and lifestyle change



Prizes for the winning team



Experience the workouts that have helped many shed unwanted weight!



Nutritional package included and weekly weigh-ins



8 week program / 3x per week



Limited spots available, sign up today!



Program starts: Sept 13, 2010, Mon/Wed/Fri



visit [www.accelerationperformance.ca](http://www.accelerationperformance.ca) for complete details



Call 415-6491 to register your team!