

\$200 Savings

STOW MUNICIPAL EMPLOYEES FITNESS CHALLENGE

Town Building, Police, Fire and Highway Departments

**Get Healthy and Fit
Sign Up Today for the Six Week Fitness Challenge
with Personal Trainer, Holly Kouvo**

Each participant will receive a fitness assessment at the beginning and end of the challenge consisting of weight, measurements, body fat & BMI analysis, flexibility and strength.

In addition to an exercise class each week, you will learn about:

- Nutrition
- Healthy Food Choices
- Portion Control
- Meal Planning

Where: SwymFit at Harvard Ridge, Boxborough, MA

When: February 6 - March 12, 2008

How: Cost is \$150 per person — A savings of \$200 off Personal Trainer rates
Pre-registration is required. Call Holly Kouvo at 978-502-8781

**Prizes for 1st Place
Individual and Department**



Holly Kouvo is an AFAA Certified Personal Trainer, Fitness Instructor and Nutrition Specialist. She has taught aerobics at various clubs over the past 22 years and has been working as a Personal Trainer for seven years. She works with people to help them find the time to fit fitness into their lives, eat healthy and gain the benefits of doing so. Holly has published articles in several national magazines (American Fitness, IDEA Fitness Journal Trainer Tips) and is a regular contributor to the Body/Fitness pillar on Eons.com. She released her first Exercise DVD "Total Body Workout...Just Easy on The Knees" in the fall of 2006. Holly has a weekly radio spot on Career/Life Balance radio, WNRI.com.



Personal Training * Fitness Coaching
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