

## Towne Fitness launches 6th Annual 12?week Results Challenge

Want to lose 15 ? 20 lbs in 12 weeks the healthy way? Did you start the New Year off with a health related resolution? How is it working for you? If you are looking to make a change to your health this year and find it difficult to do it by yourself consider participating in our 12 Week Results program. Our participants reach their 'realistic' weight loss goal within 12 weeks. Some participants losing more weight than they thought they could. Our program is not just based on weight loss. We have had many participants focus on fitness alone and have had some great results. This is a results-oriented program that can be customized for each individual participant. This is available to members and non-members of Towne Fitness. For all the details and to get started on February 4th e-mail [Hannah@townefitness.ca](mailto:Hannah@townefitness.ca) or call 519 830-6177.