

ShapelyGirl Fitness Presents...

WEIGHT LOSS SUPPORT GROUP

Over 103 million American women are overweight but the fitness industry is almost exclusively marketed to thin women. It does not address the needs of the plus-size woman often intimidated by health clubs and fitness instructors half their size, who are also seen in most exercise videos!

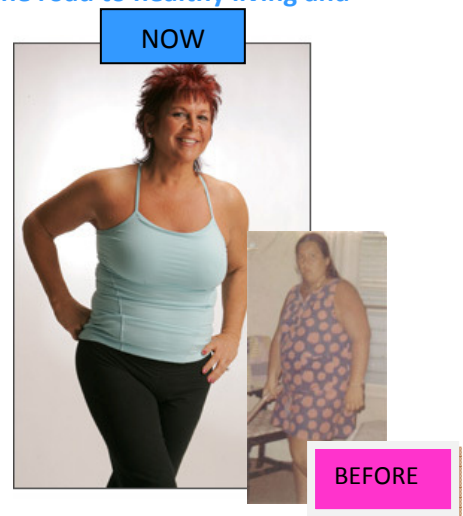
We know that losing weight can be an uphill battle. You don't have to do it alone. We are here to provide you with the support that you need to start your journey on the road to healthy living and weight loss.

What our group will consist of:

- A place for individuals to connect with others
- Nutrition and healthy lifestyle tips
- Encouragement, motivating, inspiring
- A platform to discuss emotional issues

About our Owner:

Fitness Expert Debra Mazda, President/CEO of ShapelyGirl Fitness, weighed over 320 pounds over 20 years ago and today is a healthy size 12. Debra says that no one needs to be left behind because... "Fitness comes in Many Sizes!" Often seen on QVC and Exercise TV, and featured on the cover of the summer 2009 Collage Video Catalog, Debra Mazda (www.debramazda.com) is empathetic and motivating for the millions of plus-size women who will respond to her authentic message. Debra has the story that women want and need to hear about how she overcame her serious weight and fitness challenges. Debra helps women overcome their mental barriers to exercise. With her four outstanding fitness DVDs and a MOTIVATIONAL CD, Debra inspires everyone to "get off the couch, start moving, and feel better today!"



Tuesdays, 7:30 PM
\$10.00 for non-members – Members free
267-773-7346

ShapelyGirl Fitness Center
2439 S. Broad Street (2nd floor)
Philadelphia, PA