



Healthy U offers a refreshing new approach to health, beauty, and fitness where Rachel Ray meets Dr. OZ meets Jack LaLane meets Heidi Klum.

Healthy U is a fun, simple platform teaching our Arizona audience how to make changes that fit "U"r lifestyle. All ages and fitness levels will benefit from Jason's & Mary's years of research and practice in the health and fitness fields.



Both Jason & Mary are passionate about helping Arizonans of all age levels reach their goals and maintain them!

HealthyUtvShow.com

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Program 3: Shape Up US Live Events

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-Danielle Sikora
(parent)



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AUGUST 31, 2010



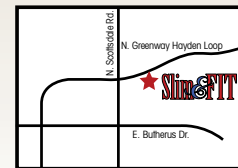
MARCH 18, 2010

Norma lost 28 lbs., 21 inches, and 4 dress sizes in just 12 weeks!

“I know weight loss is nothing more than simple math - decrease food intake and increase movement. Knowing that wasn't getting me any healthier; taking action... **getting on the Slim & FIT program changed my life!** And, the results speak for themselves.”

NORMA STRANGE – Entrepreneur & Speaker, Gilbert AZ

Norma's current weight loss:
51 lbs., 34 in. & 6 dress sizes
with Slim & FIT!



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*Based on our average client; weight loss can vary by individual

Slim & FIT

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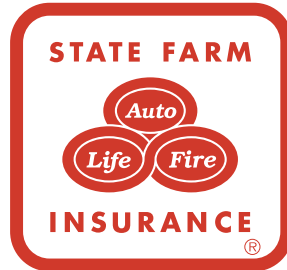


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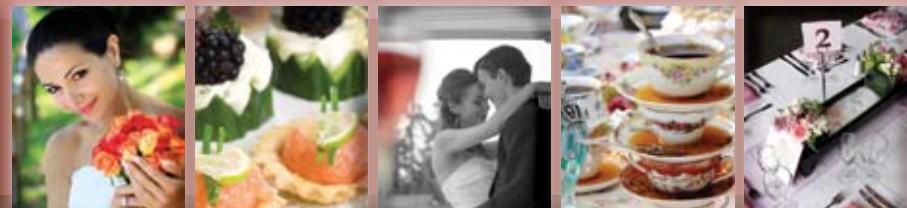
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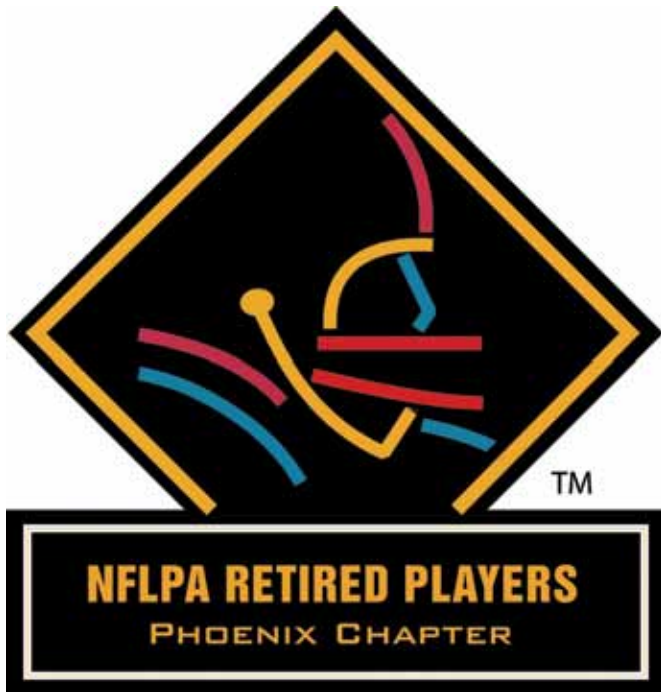
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Pamela Smith,
President/CEO, etc.
Treasurer, Shape Up US

Pamela Smith was awarded the NAWBO Business Owner of the Year Award for 2010. In addition, she was nominated for the Greater Phoenix Chamber of Commerce Athena Award, honoring women for professional achievements and community service.

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