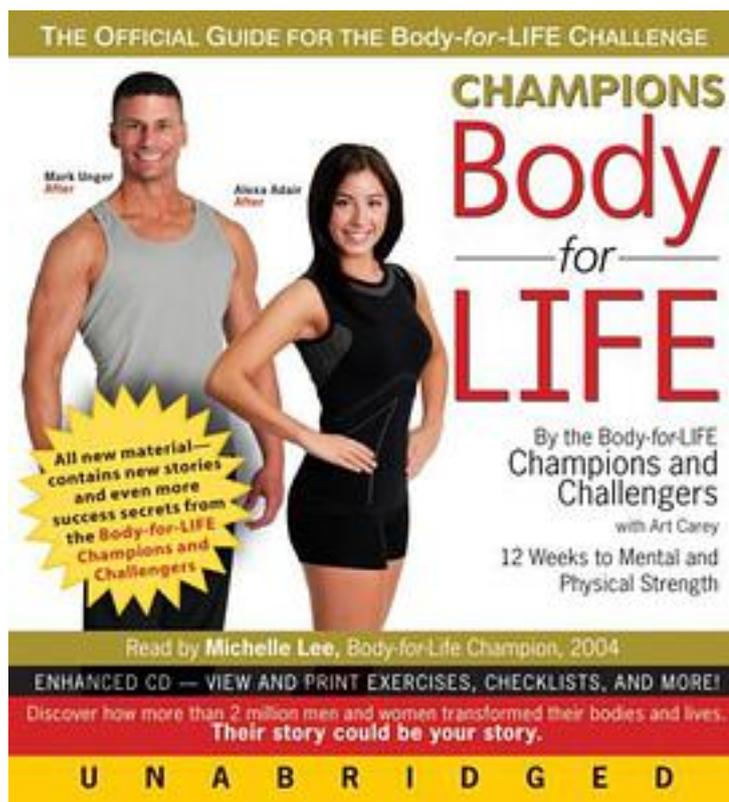


Champions Body-for-LIFE CD



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The all-new official guide to the Body -for- LIFE Challenge, a 12-week journey of personal transformation that has changed the lives of millions. People discover in just 12 weeks—by working out less than 4 hours a week and eating small, balanced meals—that they have the power to change their bodies, their minds, their lives. Body -for- LIFE may begin with 12 weeks, but it lasts a lifetime. Champions Body- for- LIFE is based on the original proven principles of the Body- for -LIFE challenge with the addition of: New exercise options How to stay on the program while traveling and

during holidays Goal-setting strategies and the power of keeping a journal Expanded
authorized food lists And more!

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