

**WANT TO DROP 2 SIZE DOWN?
WANT TO FEEL GREAT & BE MORE ENERGETIC ?
WANT TO SHED OFF THOSE LAST FEW STUBBORN lbs?
JUST WANT TO DO A GOOD DEED?**

In a 12 week period you can do just that!

Join the CHALLENGE with Nabila Ndumbe and HELP AN ORPHAN in the process.

Are you ready to start feeling good?

Start today by registering for the FIT4FOADAC CHALLENGE (a project of the Foundation for Orphaned, Abandoned and Disabled African Children, [FOADAC](#))

We will begin this Challenge on **Tuesday September 22**. We are intentionally not starting on a Monday or at the beginning of a new month, because I want you making this decision based on sheer desire, not on an emotional high.

REGISTRATION: A donation of \$135 (or \$100* if you already own an iPod music device) includes your personal Nike running kit, FOADAC T-shirt, your on call personal trainer to provide you with weekly training tips, individualized exercise programs, & nutritional advice (~\$3000 value).



Walk or Run, your choice.

Pick a course that will be a challenge to you, something you only thought could be accomplished in your dreams. I am here to coach you to make that dream a reality.

Individual Challenge. Select from:

1. *Walk 5k
2. *Walk 10K
3. Run 5k
4. Run 10K

*If you have never participated in any regular exercise in the last 6 months and or have knee/any lower joint problems.

As a participant, you have the opportunity to collect donations to support FOADAC (Solicit pledges online; send out fundraising letters – request letter via [email](#))

Team Challenge: Form a team of friends, family, coworkers, etc (at least 5 per team)

PRIZES: To be determined

Grand Prize: Individual with the most pledge money

Team with the greatest number of participants.

Prize to individual pledge collectors as following:

* \$100-500:

* \$501- 1000:

* >\$1001:

Prize to the individual in each course category:

* Fastest individual in each course on race day (**DECEMBER 15th**) and with the most miles over challenge period.

[Donate here to register.](#)

NOTE: You can still support the orphans with any donation amount if you are unable to participate in the challenge. ***Please remember to consult your physician before starting any exercise program. Thanks.***