

Join



**&
IN THE FIGHT AGAINST
CHILDHOOD OBESITY
AND CANCER!**



THE NEXT GENERATION



Body Styles by Mel is now accepting applications for The Next Generation Journey- a fitness challenge to help young people develop healthy lifestyles! The Next Generation Journey is a 12 week fitness and nutrition program for 20 middle and high school students who are ready to commit to a lifestyle change!

Best of all, it's free!

Body Styles will be joining forces with Kimmie Meissner's Cool Kid's Campaign and all sponsor donations will be given directly to this foundation which is dedicated to making life better for pediatric cancer patients and their families while they are going through their treatments.

Applicants must commit to a daily exercise program and must attend all training sessions scheduled.

The program will run from
September 2, 2008-November 25, 2008.

All participants will receive a
Next Generation Fitness Backpack.

NEXT GENERATION JOURNEY INFORMATION

Who is eligible to apply?

Any student entering grades 6-12 during the 2008-2009 school year
Must have a minimum 2.5 GPA

When are the training sessions?

Middle School Sessions

Tuesdays and Thursdays : 3:45pm-4:30pm

Saturdays : 9:00am-10:00am

High School Sessions

Tuesdays and Thursdays : 3:00pm-3:45pm

Saturdays : 9:00am-10:00am

Where can I get an application?

On-line at www.bodystylesbymel.com or at Body Styles by Mel & Triad Wellness Center

When are applications due?

Applications accepted from June 1 – Aug 15, 2008
June 1, 2008 – August 15, 2008

135 Industry Lane, Forest Hill Industrial Airpark, Forest Hill, MD 21050

410.838.1444

www.bodystylesbymel.com