



NOW to January 1st
ENROLL HERE:



(Pre-Event Conditioning
REQUIRED for Graduation)

April 3rd, 2027
INDIANAPOLIS
Frederick Douglass Park
1616 E. 25th Street
Indianapolis, IN 46218



BACK IN SHAPE TOUR 3K, 5K, & 10K FIT WALKS MID-WEST

ELIMINATING CHRONIC ILLNESSES

HIGH BLOOD PRESSURE
OBESITY
OVERWEIGHT
DIGESTION ISSUES
DIABETES
COPD
DEPRESSION
MENTAL HEALTH ISSUES
ARTHRITIS
HEADACHES
STRESS
LIVER/KIDNEY DISEASE
POOR HEALTH

Mary Lost:
150lbs

Dorothy
Lost:
40lbs

Faith Lost:
129lbs

Carolyn Lost:
20lbs

Larry Lost:
15lbs

Bertha Lost:
28lbs

Deidra Lost:
18lbs



THE COACH

Michael X Banks



Weight Loss
100%
SUCCESS RATE

Reduced Joint Pain
50%
SUCCESS RATE

Reduced Meds
20%
SUCCESS RATE

WE ARE GOOD AT WHAT WE DO

Special Presentation: HEALING VS. TREATMENTS

Features: **FIT WALKS**
VENDING * GRADUATION
AWARDS CEREMONY



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