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

Event Starts @ 7:30am EST

90 DAY PRE-EVENT CONDITIONING

NOW to January 1st
ENROLL HERE:

(Pre-Event Conditioning REQUIRED for Graduation)

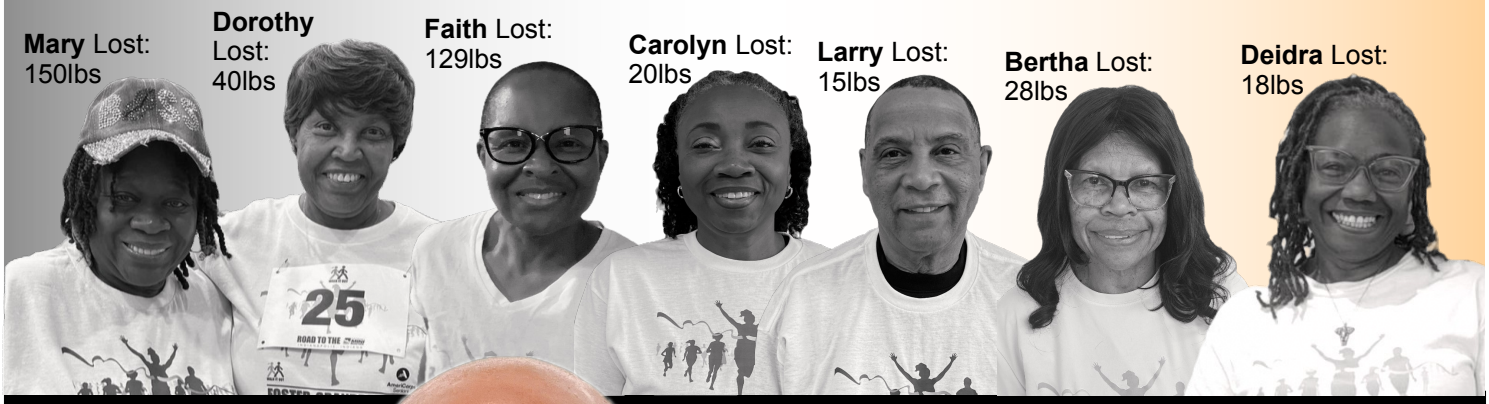
OUR COUPON BOOK BACK IN SHAPE TOUR

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



THE COACH

Michael X Banks



Weight Loss	Reduced Joint Pain	Reduced Meds
100% SUCCESS RATE	50% SUCCESS RATE	20% SUCCESS RATE

WE ARE GOOD AT WHAT WE DO

Special Presentation:
HEALING VS. TREATMENTS

Itinerary: FIT WALKS
VENDING * GRADUATION
AWARDS CEREMONY

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