



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



Results from Pre-Event Conditioning

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

Special Presentation:
HEALING VS. TREATMENTS

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



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