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Actualize Sports & Fitness Offering Cash and Prizes in Transformation Challenge

A three-month fitness challenge to lose weight, build strength, improve health and inspire others...

And get Summer Strong, Slim & Sexy!

Wenatchee, Wash: Actualize Sports & Fitness will offer more than \$1,000 in cash and prizes for its upcoming, three-month Transformation Challenge. The kickoff meeting is taking place Saturday, April 22. This challenge will run from April 24 until July 14 **for up to 50 participants**. **Enroll now:** <http://www.actualizesports.com/actualize-fitness/transformation-challenge/>.

Unlike other fitness challenges, Actualize Sports & Fitness will not enforce a restricted diet or overtrain its participants. Instead, Actualize Sports & Fitness wants to set people up for attainable and sustainable success for a long-term transformation of mind, body and a client's overall well-being.

Three months will just be the beginning for a healthier lifestyle. Keep up with our participants' personal journeys by following Actualize Sports & Fitness on **Facebook** and **YouTube** for videos, photos and progress updates.

"We challenge you, Wenatchee, to accept the Actualize Fitness transformation challenge and get summer strong, slim and sexy." - Coach Jenny Johnson.

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About Actualize Sports & Fitness: Actualize Sports & Fitness is North Central Washington's premier performance-enhancement training, health plus nutrition and mental-achievement coaching center. They emphasize educating, encouraging and empowering individuals to **actualize** their unique purpose and potential in athletics, fitness and life.

Press Contact

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