

# Contest Prep

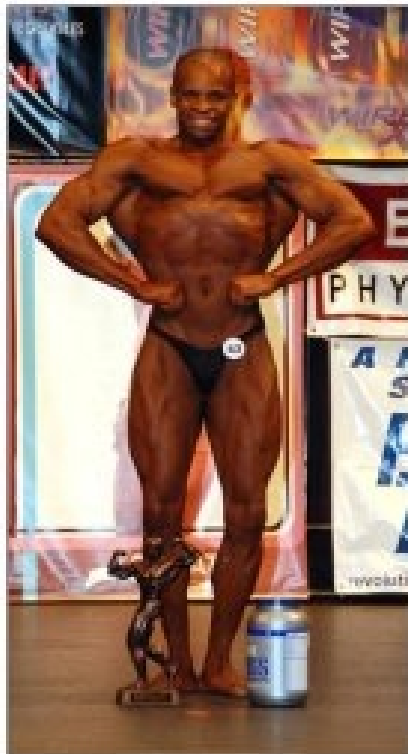
## UNITED FITNESS; Kevin & Denise James



***Need help looking your best on stage??***

*We help competitors with all aspects of contest Preparation.*

- \* *Custom Design Nutritional Programs that fit your contest goals.*
- \* *Online Posing, (using Skype)*
- \* *Custom designed workout.*
- \* *This includes all your planned shows.*



The guess work will be gone! You will be able to enjoy the journey. By looking and feeling your best!

For more Info on our programs Please call us at

**360-653-7414**

**[www.unitedfitness.org](http://www.unitedfitness.org)**