

FIGHTIN' WORDS

Nov. 2006

Round 6

THANKSGIVING FOOD DRIVE!!!

From now until Tuesday, November 21st, earn FREE Personal Training by making a food donation. All food items will go to the San Diego Food Bank, where one of their many goals is to ensure (with your help) that no one in San Diego goes to bed hungry.



Receive One FREE PERSONAL TRAINING SESSION for each 10 Non-Perishable Food items donated.

Most Requested Items



Meat/Protein:

- Canned meats
- Canned nuts & seeds
- Peanut Butter
- Macaroni & Cheese
- Beans

Fruits & Vegetables

- Canned fruits
- Canned vegetables
- Canned juices
- Dried fruits
- Toaster pastries

Baby Foods:

- Baby Juices
- Formula



Dairy:

- Evaporated milk
- Powdered milk
- Puddings & custards

Breads/Cereals

- Pasta
- Rice
- Baking mixes
- Cereal
- Oatmeal

Special Diet Goods

- Low Sodium or no salt items
- Sugar-free items



SPECIAL INTRODUCTORY PERSONAL TRAINING

4 Sessions For \$99.



Hurry! Don't let this happen to you!

Get the jump on reaching your goals before the holidays kick your #!#&!

*First time clients only please



Up Next -- Christmas Toy Drive After Thanksgiving...

