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FOR MORE INFORMATION

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**MEDICAL FITNESS PROS OF KATY INVITES PARTICIPANTS TO KICK
START THEIR WEIGHT LOSS GOALS IN 2010
WITH THE KATY SLIMDOWN CHALLENGE**

KATY, TX (January 5, 2010)...For many, the new year signals a time to create resolutions about fitness and weight loss goals. Medical Fitness Pros and CompuSolutionX of Katy are sponsoring the Katy Slimdown Challenge, a contest that promises rewarding results for those that are willing to commit to the 15-week competition, taking place from January 25 to May 10.

The contest will kick off January 25 with a weigh-in and body fat evaluation. Males and females ages 18 and up are invited to participate in the challenge which will include additional weigh-ins and body fat evaluations March 1 and April 5 in order to track their progress. At the final evaluation on May 10, the male and female who have lost the most weight in body fat will be named as the winners.

“We strive to educate people about creating a healthier lifestyle to obtain long-term results, not just short-term benefits from crash dieting” explains Jason Hodge of Medical Fitness Pros. “That’s one of the main reasons for the length of the 15-week challenge.”

Upon completion of the challenge, the top male and female winner will win the grand prize of a \$500 wardrobe shopping spree at La Centerra to celebrate their weight loss and lifestyle change.

Additionally, participants are able to win free fitness training services for a month from Medical Fitness Pros after the March 1 and April 5 evaluations. This is designed to keep everyone motivated and eligible to win multiple prizes as a reward for their hard work.

In order to take part in the contest, individuals are required to sign up for the Katy Slimdown Challenge through Medical Fitness Pros and come in for the four designated weigh-ins and body fat evaluations. Participants may train at the fitness facility of their choice.

Those that are interested in signing up for the Katy Slimdown Challenge can contact Jason Hodge at 281-500-6055 or via email at jhodge@medicalfitnesspros.com.

Additional information is available on the Medical Fitness Pros website at

www.medicalfitnesspros.com.

Jason Hodge is a Certified Personal Trainer (CPT) of the Coopers' Institute of Aerobic Research, the National Academy of Sports Medicine where he also holds the title of Corrective Exercise Specialist (CES) and Performance Enhancement Specialist (PES). He is also a Medical Exercise Specialist with the Academy of Health, Fitness and Rehab Professionals.

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