**Alpha Omega Health’s**

**10 Week Summer Start-up Challenge**

Alpha Omega Health is excited to announce a partnership with Gym Food Australia (GFA) to run a superior 10 Week Summer Start Up Challenge, starting on October 12th, 2015.

We understand not everyone is trying to achieve the same outcome so we are offering two streams within our Challenge, in line with GFA’s Fat Loss and Build Lean Muscle programs.

Alpha Omega Health is a multidisciplinary Health, Wellbeing and Fitness Centre. Our point of difference is our professional team of Accredited Exercise Physiologists and Dietitians designing, prescribing and monitoring your progress.

This Challenge is for those willing to commit wholeheartedly to achieve the best results possible.

What’s included?

* 3 group conditioning sessions each week – up to 40 on offer each week!
* Full gym access
* Group workshops delivered by Psychologist, Dietitian and Exercise Physiologist
* Weekly progress measures
* Alpha Omega Health Exercise Program
  + Beginner and Advanced program design for Fat Loss or Build Lean Mass (3 sessions of personal program each week for best results)
* Discounted access to personal training (strongly encouraged)
* Exclusive discount code to access GFA products
* Online food diary tracking
* Health coaching from Accredited Exercise Physiologists and Dietitian
* Testing and re-testing fitness measures in week 1, 5 and 10
* Phone and email contact support
* Prizes for the Challenge winner based on percentage improvement across all measures

Alpha Omega Health Summer Start-up Challenge advertisement design

We need an advertisement for a health, fitness and wellbeing company promoting a new service.

The Summer Start Up Challenge is a 10 week challenge where people choose from 2 program streams

1. Fat Loss or

2. Build Lean Muscle.

Access to 40 group functional fitness sessions a week, access to exclusive discounts from Gym Food Australia (GFA), discounts on personal training, a targeted gym program, full gym access for the duration of the Challenge and access to Exercise Physiologists and a Sports Dietitian. This is an Alpha Omega Health service co-branded with Gym Food Australia. The final design should be in line with the style guide, be motivating and communicate a point of difference in the fitness industry.