
Beginning Thursday, January 26, 2006, Body by God, World Vision, Bowflex and the Nautilus Institute and hundreds of chiropractic doctors located all around North America will join together to kick off the first international 40-day wellness campaign, Extreme Makeover Challenge. The 40-day transformation process will challenge individuals to make real and lasting progress on a daily basis in the areas of nutrition, exercise, spiritual fitness, stress management and time management.

New York, N.Y. (PRWEB) January 9, 2006 -- Beginning Thursday, January 26, 2006, Body by God, World Vision, Bowflex and the Nautilus Institute and hundreds of chiropractic doctors located all around North America will join together to kick off the first international 40-day wellness campaign, Extreme Makeover Challenge.

Interested participants can register at: www.bodybygodchallenge.com where workshop dates, times and locations are posted. The cost is only $40 for the 40-day challenge. The first workshop, January 26, 2006 will be held at Grand Central Chiropractic Wellness Center, 48 East 43rd Street, 4th floor at 7:00 p.m. EST.

This transformation process will challenge individuals to make real and lasting progress on a daily basis in the areas of nutrition, exercise, spiritual fitness, stress management and time management. The Challenge consists of six weekly workshops based on the best selling book, Body by God: The Owner’s Manual for Maximized Living, a 5K fun walk/run race during the fifth week and a closing awards ceremony during week seven.

During the workshops, the Body by God doctors will give each participant the holistic tools they will need on a daily basis to make steady, incremental changes to live a lifetime of health and happiness. A partnership with World Vision, a Christian relief organization dedicated to the relief of poverty, allows participants to recruit sponsors to donate a small contribution to help defeat world hunger for every pound and inch which is lost through the Challenge.

For more information, contact:
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Online Web 2.0 Version
You can read the online version of this press release here.