



**Sparta Pride Wrestling
And
Bob's Fitness Training
Present...**

A FREE Wrestlers Nutritional Seminar!

This fun filled **one hour** seminar includes all the tools necessary for a healthier and stronger body. If you desire a stronger, leaner and healthier body, then make sure you attend this wrestlers nutrition seminar. Bob Stewart, Strength & Conditioning coach at **Sparta Pride Wrestling** has been in the fitness and nutrition business for over 20 years. This information packed seminar will answer all your questions and myths about eating, **losing weight** and exercise.

I welcome all Wrestling parents to take that first step toward becoming a healthier individual by attending this enlightening event that will have you pleasantly surprised!



Who should attend?

All Sparta Pride parents who are concerned about their children's nutrition and weight loss during wrestling season!

Date: November 17, 2009



Visit **spartapride.com** for time and place of seminar!