

Dear Chris,

Direct from NBC's "Biggest Loser" Studios in Hollywood to Small Town Idaho Falls Comes Celebrity Fitness Trainer Brett Hoebel!

Sometimes, excitement can carry from big places like Hollywood to small places like Idaho Falls. As a cutting edge health club **one of our goals is to bring you the best fitness training and advice in the nation!** With that said, *we're very excited to announce world renown trainer Brett Hoebel from the hit television show, "The Biggest Loser."* He will present this Thursday at Apple Athletic Club! You're not gonna want to miss this ...

"Biggest Loser" Trainer *Brett Hoebel* Kickstarts Health reVolutionaries Tour with Biggest Loser Contestants *Justin Pope* and *Moses Kinikini* at Apple Athletic Club in Idaho Falls, Idaho



What: Hoebel is bringing his message of exercising together to Idaho Falls by teaching a group workout class and hosting a talk about how families and communities can support and motivate each other to be healthier. Whether it's spending quality family time, eating healthy meals at the dinner table or teaming up with a neighbor to get in shape, health issues like childhood and adult obesity can

be solved by working together.

About Brett: As the founder of [Hoebel Fitness](#) and the new trainer on NBC's The Biggest Loser, Brett Hoebel is one of the most sought-after weight-loss, nutrition and lifestyle coaches in the country. His integrative philosophy and body-mind approach come from his diverse experience in Eastern and Western disciplines, including his martial arts training in Afro-Brazilian capoeira and Muay Thai kickboxing, as well as his educational background in functional strength training, nutrition, yoga and holistic health. Learn more about Brett at his [Website](#).<---

Time: This Thursday, August 4th from 11 am - 1 pm

Location: Apple Athletic Club

Cost: Adults \$10 Families \$20

Call 529-8600 and reserve your spot today. *Due to high demand we strongly encourage you to call in advance and reserve your tickets!*