

Press Release

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What: Portland versus Vancouver – who will be deemed the fittest city?

Northwest Personal Training is hosting its Annual 6-week Ultimate Spring Weight Loss Challenge. Bragging rights goes to the winning city. **In addition, Nautilus is honoring one person from each city who will be awarded the Most Inspirational Success Story and will win a Nautilus Home Equipment piece.**

This fun community challenge will help people shed some of those winter pounds and get in great shape for summer.

More information is available at:

http://www.nwwomensfitness.com/subs/events/event_details.php?event_id=30

When: Starts March 27th in Vancouver and April 3rd in Portland

Where:

Northwest Personal Training, 1011 Broadway, Vancouver WA 98660

Northwest Personal Training, 2714 NE Broadway, Portland OR 97232

Cost: Various options are available

- All participants get a cool Nike T-shirt for completing the challenge and lots of great educational information.

Other Upcoming Community Events:

Step Mill World Record Challenge –March 21st and 22nd

http://www.nwwomensfitness.com/subs/events/event_details.php?event_id=21

Climbing to Cure Kids Cancer – April 27th

http://www.nwwomensfitness.com/subs/events/event_details.php?event_id=16

Triathlon Training Information Meeting – April 12th

http://www.nwwomensfitness.com/subs/events/event_details.php?event_id=32