

# 8 WEEK BODY COMPOSITION CHALLENGE

**2026 is here, it's time for the Body Composition Challenge!**

We will give you all the knowledge and tools to help you reach  
**YOUR BODY COMPOSITION GOALS!!**

**BECOME A HEALTHIER “YOU” IN 8 WEEKS BY MAKING MINDFUL CHOICES...**

- DRINK MORE WATER
- BE CONSISTENT IN YOUR WORKOUTS
- FOCUS ON THE RECOVERY PERIOD

Your registration will provide the following:

- **INITIAL BODY FAT TEST** (*includes a report of body fat %, lean mass %, resting metabolic rate, body age, visceral fat, weight, and BMI.*)
- **RE-TEST AT EACH APPOINTMENT WITHIN THE CHALLENGE DATES**
- **PERSONALIZED MEAL PLAN!**

**This is not a weight loss challenge.** It is a body composition challenge, which means we are aiming to lower body **FAT** and improve **LEAN** muscle mass. With the help of the Registered Dietitians, as well as the Physical Therapists at Caruso Physical Therapy and Nutrition, we can give you the guidance you need to succeed!

**THE TOP THREE PATIENTS WITH THE MOST IMPROVED BODY COMPOSITION GETS A PRIZE!!**

★ GET STARTED ON JANUARY 19TH! ★

**CALL, EMAIL OR SCAN THE QR CODE TO GET STARTED NOW!!**  
**609. 738. 3143 • [mwroblewski@carusoptrd.com](mailto:mwroblewski@carusoptrd.com)**

*Family Owned & Operated*



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