



Cypress Gym PG Fit Hosts 8 Week Transformation Event Free to Public

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Cypress, Texas ? PG Fit Gym in Cypress, TX and NY Times best selling author, celebrity nutritionist, and HLN news host Mark Macdonald are launching a step-by-step guide to transform people's bodies and health called the ?PG Fit 8 Week Transformation Challenge.?

The PG Fit Challenge is part of a nationally recognized program called the ?8 Week Run? to help participants take their body and health to the next level. The program is being kicked off on 9/9/15 at 7:30 pm at St. John Lutheran Church for the Cypress area. It will be led by Mark Macdonald, the author of Why Kids Make You Fat and How To Get Your Body Back, and local fitness pro Michael Romig, owner of PG Fit Gyms in Cypress, TX.

The 8 Week Transformation Challenge is a way to help millions of Americans learn how to accomplish their health and fitness goals with scientifically based methods. Two-thirds of US adults are overweight with tens of thousands dying from heart disease, stroke, diabetes, and cancer each day. The event in Cypress is designed to increase local awareness about how to take back control of your body and health in a busy world with families and children through an integrated fitness and weight loss system.

The system, an 8 week nutrition and exercise program, combines the newest research in nutrition and weight loss with new calorie burning and muscle building principles. "It's not enough to just go to the gym," Romig, the event organizer, told reporters. "You have to learn how to eat properly to balance the hormones that trigger weight loss, cravings and fat storage. That's why we've partnered with acclaimed nutritionist Mark Macdonald to bring that level of nutrition science to our programs and now to the general public here in Cypress and the Houston area."

As the NY Times reported in its June 15 article, To Lose Weight, Eating Less Is Far More Important Than Exercising More, a healthy diet and nutrition plan correlates to weight loss more than exercise alone. Following this research, PG Fit's 8 Week Transformation Challenge uses nutrition consulting as the centerpiece of its weight loss and fitness system.

The kick-off event on September 9th is free to the public and will consist of a step by step guide to help participants on their own fitness journeys. The PG Fit 8 Week Transformation Challenge will officially start on September 13th and run through October 30th at participating Cypress gyms. Participants will be educated on nutrition, supplementation and how to exercise properly to reach their health and fitness goals. The total cost will be \$99 for each participant to experience their own 8 week run. Participants who are interested will be weighed and measured on September 13th to kick off their own personalized plan.

The event is the first in a series of community health and fitness events that will be held to encourage and support those who want to improve their overall health. "We're extremely excited because this program will help educate people on how to make health and fitness an integral part of their lives," Romig stated. "It works because it's doable and it helps those who embrace it to achieve and maintain the weight and health they've always wanted. We invite everyone to join the PG Fit Challenge!"

For questions about the event participants and members of the media can contact Donia Kolodziejcyk at 832-303-7004 or visit www.PGFit.com.

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PGFit

PGFit is the top personal training gym in Cypress, TX. PG Fit stands for Personal and Group Fitness. PGfit offers individualized and customized fitness programs in a private, semi-private, and group environment.

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