



Best Selling Author Partners with PG Fit Personal Trainers in Cypress, Texas to Launch ?The Core Fitness Challenge?

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Cypress, Texas ? PG Fit Gym in Cypress, TX and nutritionist Mark Macdonald, the author of the NY Times best-selling diet and nutrition book ?Body Confidence?, are launching a ?step by step guide to transform your body? and are calling it the ?PG Fit Core Challenge.? The challenge is based on the nationally recognized ?8 Week Run program? that premiered on HLN news last year. The program is being kicked off on March 26 at 7:00 pm at All Star Martial Arts & Fitness gym in Cypress, TX. It will be led by NY Times Best Selling Author and TV host, Mark Macdonald, and co-hosted by Michael Romig, owner and head trainer of PG Fit.

The Core Challenge was created to help combat obesity and increase public awareness of common health issues related to being overweight. It was designed with busy parents in mind as a way to help them learn how to accomplish their health and fitness goals simply and scientifically. Mark Macdonald noted that ?Two-thirds of adults are overweight and tens of thousands are dying from heart disease, stroke, diabetes, and cancer each day, many of whom simply ?don't have time? to improve their health?. Mark Macdonald and Mike Romig have partnered in hopes that they can offer an actionable solution to this national problem.

Michael Romig, the event organizer, said, "the kick-off event on March 26th 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 Core 8 Week Challenge will officially start on March 28th and run through May 28th. The challenge will consist of several clinics and workshops led by local fitness experts at PG Fit Gym in Cypress, TX to educate participants on how to lose weight and live healthier with simple daily tasks. Participants will be educated on nutrition, supplementation and how to exercise properly to reach their health and fitness goals.

Discounted pricing will be offered to for families so that entire families can experience their own eight week plans together. Participants who sign up will be weighed and measured on March 28th to kick off their own personal challenge.

The event organizer noted that "this event is only the first in a series of regular events that will be held to encourage and support the public 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. 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."

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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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