

# THRIVE

## LOOK GOOD Feel Great

*"The Only All Inclusive Weekend of Interactive Workshops, Fitness Classes: (ZUMBA, Yoga, Pilates and more) Halal Meals, Swimming, and more in Exclusively for Muslim Women Who Want to Balance Their Physical, Mental and Spiritual Wellness Through Improving Their Health and Fitness"*

**Fit Muslimah Summit Chicago September 17-18, 2011**  
**Wyndham Lisle-Chicago Hotel**

**Key Note Speaker: Mubarakah Ibrahim**

Fitness Trainer, International Speaker, Business and Fitness Lifestyle Coach, contributing expert to Prevention Magazine, The New York Times and Guest of the Oprah Winfrey Show

**Early Bird Before July 17, \$299**

**Regular Registration \$349 Family and Group Discount \$25 off per person**

**Payment Plans Available!**

**Price Includes One Night Hotel Stay, 5 healthy halal meals and all workshops and fitness classes.**

**Register on-line at**

**[www.FitMuslimahSummit.com](http://www.FitMuslimahSummit.com)**

**or Call Chicago Office at 773-493-0499**

An Additional  
**\$25 OFF**  
for Azizah  
Lifetime  
Subscribers

### Fitness Education

Getting you moving in one of the primary goals of the summit. Each summit host a variety of workshops and fitness classes in effort to help each individual find something you will enjoy and adopt as a part of your fitness lifestyle. You will learn how to use exercise to target your individual body type and fitness needs to achieve your goals. Discover how to flatten your abs, tone your thighs as well as use exercise to prevent and treat diabetes. In addition try a variety of classes such as Zumba, yoga, pilates, core training, boot camp and more.

### Nutrition Information

*"Real life requires real food"*. Through our interactive nutrition information sessions you will leave knowing how to eat for health, healing and enjoyment. Heart disease, weight loss and vitality are all connected through how we feed our bodies. Our "eat to live not live to eat" philosophy is conveyed in an easy to understand and practical way that will allow you to leave with techniques you can use immediately to help adopt healthier eating habit.

### Emotional Wellness

Stress, depression and self-image are just as important to your overall health as eating and exercise. Techniques and strategies on how to balance our many roles as mothers, wives, students, and professionals are essential to achieving emotional wellness. Our Emotional Wellness workshops gives you the tools to take control of your life and achieve balance.



**Muslim Radio Network**  
Islamic focused, 24/7 Muslim hosted



**CHICAGO Fit Muslimah Summit 2011**  
**September 17-18, 2011**  
**Early Bird Before July 17, 2011 \$299 Regular Registration \$349**

Full Name				Today's Date	
Address					
				Circle One	
Home Phone		Age	T-shirt Size	Full	3 pay-ments of \$100 each
Cell Phone					
Email Address					
<i>Others Attending <b>Living in the Same House</b></i>					
Full Name					
Email Address		Age	T-Shirt Size	Full	Payments
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Email Address		Age	T-Shirt Size	Full	Payments
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		Age	T-Shirt Size	Full	Payments
			Total		

**You have signed up to register for the CHICAGO Fit Muslimah Summit Held September 17-18 2011 at the Wyndham Lisle-Chicago Hotel. The CHICAGO Fit Muslimah Summit will be from Saturday Morning September 17, 2011 at 9am until Sunday September 18, 2011 at 4pm. It includes all workshops, fitness class and activities, and all halal meals throughout the weekend. All participants rooms are double occupancy with a shared bath. No Children 13 and under. If you choose to an early cancellation there will be a \$50 cancellation fee per person. NO REFUND after August 15, 2011. Your card will be charged by BALANCE fitness on behalf of the Fit Muslimah Summit to charge the card number below according to the payment arrangements.**

Method of Payment

- Visa
- MasterCard
- Cash/ Check #

CVS: Code on back of card \_\_\_\_\_

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Billing Name

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Billing Address

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City State Zip code:

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Phone

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Credit Card # Exp. date

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Signature

***Please Keep for Your Records***

Thank You for Registering for CHICAGO Fit Muslimah Summit 2011  
**September 17-18, 2011** at the **Wyndham Lisle-Chicago Hotel.**

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