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**ANGELA PARKER WITH BODY INSPIRED FITNESS BRINGS INSPIRATION AND MOTIVATION ACROSS THE COUNTRY TO A CITY NEAR YOU FOR THE FIRST “BODY INSPIRED 2011 MAKEOVER” CONTEST**

*Kick-Off Your New Year with a Plan and Achieve Results with the Ultimate Fitness Expert and Motivational Maven*

**SANTA MONICA, CA – November 17, 2010** – Do you need more inspiration America? Do you need a little extra motivation? Do you want to see fitness results once and for all, while having fun at the same time? Have you always dreamed of winning your own personal trainer for a week? If the answers to these questions are YES, YES, YES and YES, then make 2011 the year that’s finally about YOU! Angela Parker with **Body Inspired Fitness** wants to hear from you as she proudly introduces the first “**Body Inspired 2011 Makeover**” Contest, officially kicking off today!

For almost ten years, Angela has been successfully reaching and delivering locals in Southern California with her inspiring messages and results oriented fitness programs. The time has now come for her to take the inspiration tour on the road to reach even more people around the country. She’s coming to a city near you in the New Year, so enter away as one very lucky winner will receive a results oriented, inspirational and pampering week with Angela herself to jump-start their fitness and health routine for 2011.

“I want to help as many people as possible see that when they commit, when they put themselves first and show up and do the work, they will see results and have fun while doing it with me by their side,” says Parker. “I can’t wait to travel around the country and help even more people discover and experience the possibilities of their best self – and make them feel special with pampering and fun they may never have experienced until now.”

The Grand Prize makeover week includes a value at up to \$4,000.00 including: 2 personal training sessions each



day with Angela Parker, daily routine nutrition coaching, a 10-day cleanse, compliments of **Paleta**, a pantry makeover with good choices starting in the kitchen, a workout wardrobe provided by a leading fitness and lifestyle Brand, a beauty makeover with hair, make-up and an airbrush tan and a customized workout plan for 3 months with monthly support and check-ins from Angela.

It’s simple with us, as always so sign-up and to enter to win! Challenge yourself for the ultimate personal journey by

sending an email to:

[Makeover2011@bodyinspiredfitness.com](mailto:Makeover2011@bodyinspiredfitness.com) with your name, address, date of birth (must be 18 years of age or older to win), tell us what inspires you, tell us why 2011 is YOUR year and include a current full body photo of yourself. \*The winner will be selected in January 2011 and will be notified via email by Angela herself.



With the national contest underway for 2011, **Body Inspired Fitness** follows it up with a blessed year in 2010 filled with lots of celebrating! The company recently had its seventh birthday, was the proud recipient of the **2010 Juli B Style Award for “Best Fitness Program of the Year”** and introduced its brand new company website, [www.bodyinspiredfitness.com](http://www.bodyinspiredfitness.com). The new site is truly the ultimate online playground that allows *everyone*: men, women and teens, from any background, age or fitness level, to experience what inspiration, motivation and accountability looks and feels like.

The site also provides everyone with all the tools needed to embark on their own personal program, especially with the holiday season around the corner. Why not, once and for all, enter the holidays this year with more energy and a healthier mind and body?

For years, Angela’s incredibly popular **Body Inspired Camps** have seen a 90% return rate for a reason. Angela makes working out fun and affordable. There’s no yelling, there’s no attitude. But, there is definitely a lot of motivation and a whole lot of inspiration so you can achieve the results you’re after. “My clients always hear me say, ‘nothing changes if you’re comfortable,’” says Parker.

For further information on class locations and to view all of the **Body Inspired Fitness** class schedules, please check out: [www.bodyinspiredfitness.com](http://www.bodyinspiredfitness.com). Find Angela on Facebook: **Body Inspired Fitness** & follow her tips on Twitter: **@BodyInspired**

Click on the video to meet Angela and see what her Body Inspired Camps are all about:

<http://www.youtube.com/user/BodyInspiredFitness#p/a/u/1/prFwcTgvl-k>

And, check out Angela teaching a group of young teens at the recent **Dove Self-Esteem Weekend** with The Boys & Girls Club in Venice, CA: <http://www.youtube.com/watch?v=veRcNSchUSc>

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*\*For a complete list of “Body Inspired Makeover 2011” Contest Rules, please log onto and visit our blog:*

[www.bodyinspiredfitness.com](http://www.bodyinspiredfitness.com)