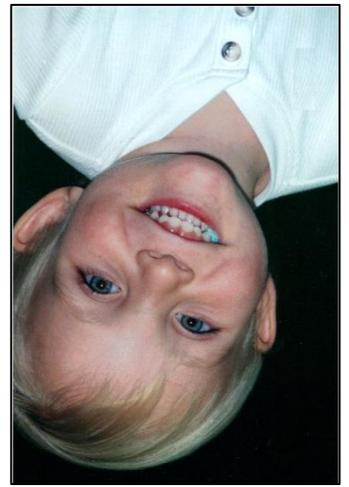


Muscles for Billy
Free & Fun Fitness Training
at Ryan Bonaminio Park (near Mt Rubidoux)
hosted by Riverside Community Church



Med-Fit Clinics

Because Exercise is Powerful Medicine

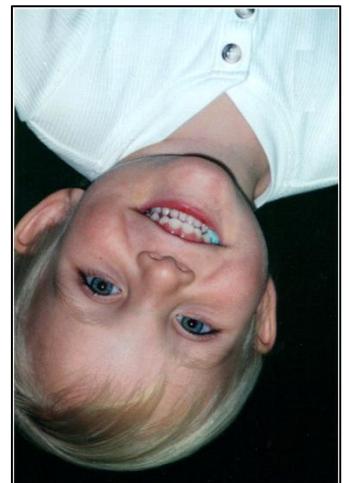
FREE Sports Medicine Consultation - especially for people who HATE to exercise!

Regular exercise can prevent, control, and even reverse high blood pressure, high cholesterol, type 2 diabetes, and heart disease. Complete this form at a “Free & Fun Fitness Training” and bring it to the:

Med-Fit Clinic at BreckenFit, 5963 Arlington Ave, Sundays, 1-5 pm

Our certified Sports Medicine Technicians will review your scores and develop a medically-appropriate Exercise Rx for you based on your health status and fitness goals. For more info, visit: www.Med-Fit.org

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Hi! My name is Billy. I am 5 years old. I have a disease that causes my muscles to waste away. I'm getting expentripal treatment that costs a lot for my mom and dad, but I'm not asking for money. I want to help you build your muscles, so you can run and play and enjoy doing all the things that I can't do. My buddies with OptiHealth will teach you how to have fun exercising relagurly. They'll help you get strong and live a long time. Please don't ever let your muscles waste away. Thanks. Have fun!

Billy

Free & Fun Fitness Training!

Riverside Community Church is teaming up with Billy to help promote fitness among our church members and guests from the community. Volunteer **OptiHealth Fitness Instructors** from our church will help you complete the form below. Participants get a free **Sports Medicine Consultation** at the **Med-Fit Clinic** (\$25 value, see reverse).

Ryan Bonaminio Park, Sundays, 9am - 12noon

5000 Tequesquite Ave, Riverside, CA 92506 -- at the foot of Mt Rubidoux

Exercise	Phase 1	Phase 2	Score
Walk / Jog	1 Lap:	4 Laps:	
Squats	30 Reps:	1-Min:	
Leg-Raises	25 Reps:	1-Min:	
Push-Ups	20 Reps:	1-Min:	

Thank you for helping Billy get his functional cure!

www.MusclesForBilly.com

Hi! My name is Billy. I am 5 years old. I have a disease that causes my muscles to waste away. I'm getting expentripal treatment that costs a lot for my mom and dad, but I'm not asking for money. I want to help you build your muscles, so you can run and play and enjoy doing all the things that I can't do. My buddies with OptiHealth will teach you how to have fun exercising relagurly. They'll help you get strong and live a long time. Please don't ever let your muscles waste away. Thanks. Have fun!

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