

Company Profile

Craig Henderson is CEO of Body Image Fitness, Inc. Craig created the company in 1992.

Craig is a true philanthropist. He has dedicated countless hours to the youths of his community to help guide and focus our young citizens.

Craig has coached local semi-pro football teams which have realized players with great talent.

Craig has a very impressive client list, which consists of Company Executives, Celebrities, Television Producers, Recording Artists, Pro Athletes and Clients with disabilities.

Craig has produced several 6-minute fitness segments for a Southern California Chiropractic Clinic. The fitness segments have been featured on local cable networks.

Craig is the author of the Ultimate Workout Book, the 12-Minute Workout, and several fitness and nutrition articles.

For More Information on Products and Services

Visit us on line @

www.KNOW-SWEAT.NET

KNOW SWEAT

The eco friendly workout equipment gear and lounge wear.

All products are produced with 45% recycled materials organic cotton, silk and linen.

**Body Image
Fitness. Inc.**

*Craig Henderson
CEO*

*Certified Fitness Specialist
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**BODY IMAGE FITNESS,
INC.**

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Your Body is Your Image...



**Protect Your Image
with...
Body Image Fitness**

BIF Inc.

What we can do for you...

Body Image Fitness assists clients in achieving their fitness and nutrition goals.

We offer:

- Private One on One Personal Training
- Sport Specific Training
- Customized Fitness Programs
- Professional/Home Gym Design
- Weight Loss/Weight Gain Programs
- Muscle Building/Muscle Toning
- Custom Meal Plans
- Strength training and conditioning

BODY IMAGE FITNESS Specializes in:

Private One on One Personal Training at Your Home, Office or Favorite Health Club.

We assist you in attaining your fitness goals. Whether it is weight loss, gaining weight or sculpting your body into perfect form.

BODY IMAGE FITNESS gives you One on One personal training. Your personal trainer is right there with you, giving you motivation and perfect technique. We guarantee you will reach your goal quickly and efficiently.

We also offer a special program for people who can't seem to find the time workout consistently. This program is called **BODY MANAGEMENT**. Contact us for details of this program.

**CALL FOR a FREE CONSULTATION
AND WORKOUT SESSION**

What is success without looking and feeling your best?

BODY IMAGE will help you look and feel you're best.

Experience true success with *BODY IMAGE FITNESS*



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