

Who is my trainer?

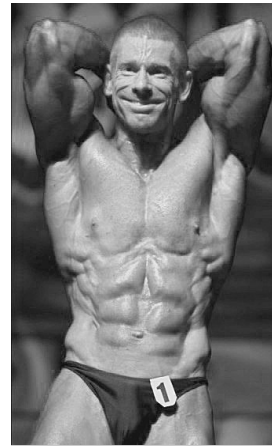
Helle Nielsen, is director of Evolution Hotel as well as an IFBB professional athlete and coach. She has won numerous competitions in Europe as well as in the USA, distinguishing herself by a top 5 placing at the Ms Olympia.

Helle started as a personal trainer twelve years ago, and has had great success coaching athletes. Through the years she has developed her own unique diet regimen and training protocol. Helle also has become well known for her "body-sculpting" exercises (more info on www.evolutionhotel.com).

Helle is a highly educated fitness professional. She has passed several courses, training programs and is a certified "specialist in performance nutrition". However, Helle points out, it is her seventeen years of practical knowledge with the body that has given her an experience that can't be replaced.

Helle also helps her athletes in marketing themselves in order to gain more opportunities in the fitness business. As an Evolution Hotel athlete, you get your own profile on www.evolutionhotel.com. You will be featured in the news section with reports and pictures, and you have the opportunity to participate in interviews for both radio / websites / forums.

Visit to www.evolutionhotel.com to learn more about Helle and **subscribe to our free newsletter** to be the first to hear about new training, nutrition and diet insights, new services, special limited time promotions, discounts, and more!



Save 50% with
this flyer!

 **volutionhotel.com**
by *IFBB Pro Helle Nielsen*

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**Professional
competition preparation and lifestyle coaching**

All photos feature Evolution Hotel athletes

www.evolutionhotel.com

Are you ready to start your own evolution?

Evolution Hotel is your specialist when it comes to competition preparation, weight loss, muscle building and motivation. No matter what your fitness goals are – fat burning, building muscle, increasing your strength or having more energy – Evolution Hotel can help you!

You know you want a better body and a healthier lifestyle – and you can have it! Guaranteed!



Klaus Ladegaard: I didn't have to think about anything!

We at Evolution Hotel start with YOUR needs in mind!

We tailor every training and nutrition program to your physique, your goals and your daily life! We take into account that you are busy and organize a plan that is realistic, even if you have a hectic life.

We help you target and to stick to your goal of improving your physique. We will motivate you throughout the process to give your best, achieve results and thus achieve greater self-confidence and satisfaction.

Meet **Helle at the Bodies/SAN/BSN booth** or visit our website www.evolutionhotel.com to learn more about the concept of Evolution Hotel and how we can help you to achieve the physique you seek as efficiently as possible!

We work with aesthetics.

Get an aesthetic body analysis to know exactly what you need to work on to achieve a balanced physique. Today you can have an aesthetic-body analysis for a FIBO special offer. **Save 50% off the normal price!**

**Fibo-Special:
Save 50%!**

Send us pictures of front, side and rear to info@evolutionhotel.com until **2009-July-01** and mention this brochure and you get your physique professionally analyzed for only € 37.50 (normal price: € 75.00).



Martin Hardiman: I recommend Evolution Hotel 100%!

Visit www.evolutionhotel.com
or **Helle at the Bodies/SAN/BSN booth!**