

# GET

## DOWNSIZED

dream bigger. be smaller.

### Local “Biggest Loser” 16 Week Weight Loss Challenge

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Get Downsized auditions will be held every **Saturday at 1:00pm** date TBD.  
You must have an appointment scheduled in order to audition...you and 10  
new lucky contestants will gain your health and lose your unwanted weight.

**Self Made Training Facility Mission Bay**  
4030 Sports Arena Blvd.  
San Diego, Ca. 92110



## Become A Get Downsized Sponsor

By participating in our sponsorship program, you will be helping the Get Downsized community grow this amazing program. We will soon be a Non-Profit Organization soon so please be patient with us and soon the offerings will be tax deductible. Until then local businesses will benefit in our marketing program where we will offer the following:

### **Series #1**

\$250.00

Sponsor Logos will be advertised on contestant T-Shirts and will be announced and displayed at the Grand Finale party.

### **Series #2**

\$500.00

Sponsor Logos will be advertised on contestant T-Shirts and ALL marketing materials including fliers, brochures and any promotional items we create during the program. You will be announced and displayed at the Grand Finale party...business cards displayed.

### **Series #3**

\$1,000.00

Sponsor Logos will be advertised on contestant T-Shirts, ALL marketing materials including fliers, brochures, promotional items, advertised and linked on our website. You will also be on our Facebook and Instagram accounts and online social media solutions. You will be announced and displayed at the Grand Finale party...business cards displayed and VIP seating.

### **Series #4**

\$2,500.00

Sponsor Logos will be advertised on contestant T-Shirts, ALL marketing materials including fliers, brochures, promotional items, advertised and linked to our website. We run many radio campaigns throughout our program and will have weekly weigh-ins over the air...we will hold weigh-ins at your location and will be announced live on the radio. You will be announced and displayed at the Grand Finale party...business cards displayed and VIP seating.

### **Series #5**

\$5,000.00

This level sponsorship includes everything in the Series #4 package and including ALL mass marketing, email blasts, blogs, social media, have live video footage on location which will be part of our video workout series. Our video will be part of a workout series DVD and will be sold across the county and also online on our web site.

*All contestants go through a medical screening in order to build a custom medical staff to treat and to continually evaluate the progress medically to ensure maximum results and the safest weight loss possible. Many medical professionals that have sponsored the program end up treating our contestants. The contestant's insurance covers some if not all the costs...not a bad way to get marketing and saving someone's life at the same time.*

Tawny has lost the most out of ALL the persons that have gone through our program. She is amazing...what an extreme change. Great work!!

**OUR LAST SEASON'S WINNER LOST 101 LBS!!!**

IF YOU OR SOMEONE YOU KNOW NEED TO LOSE 80 OR MORE LBS...THIS IS THE PROGRAM THAT GETS IT OFF FAST!! IT'S ALL ABOUT HARD WORK AND NUTRITION WHILE EDUCATING THE CONTESTANT THE WHOLE WAY THROUGH. IF YOU'RE SERIOUS ABOUT WEIGHT LOSS AND SAVING YEARS OFF YOUR LIFE...THEN DON'T WAIT ANOTHER DAY WE HAVE MANY STORIES TO PROVE WHAT THIS PROGRAM CAN TRULY DO FOR YOU. CONTINUE READING FOR MORE INFO.

**GET DOWNSIZED**

SEASON #2 (2010)

**GET DOWNSIZED**  
dream bigger. be smaller.

Todd Coburn  
248.798.4400  
**CALL US TODAY**  
Mandi Cobb  
248.770.7612

YOU MUST REGISTER ON OUR WEB SITE IN ORDER TO AUDITION CLICK ON THE "SIGN-UP" LINK

**GET DOWNSIZED**  
dream bigger. be smaller.

LOSE 80+LBS IN 4 MONTHS

COME VISIT OUR WEB SITE  
AND REGISTER TO WIN!!  
[WWW.GETDOWNSIZED.COM](http://WWW.GETDOWNSIZED.COM)

## Your Local “Biggest Loser”

### What is The Local Loser Challenge?

The Get Downsized program was designed by Todd Coburn and Matt Pallardy, two of the best personal trainers in San Diego County. The program features 10 contestants who need to lose 80lbs or more. The program is designed to change the lives of these lucky individuals. It includes:

- 16 weeks of personal training!
- Nutrition Counseling and Culinary Chef to educate!
- Mind transforming commitments – this is a new lifestyle we are teaching!
- Winner receives 1 year of FREE training plus other amazing prizes!
- Medical team which supervises each contestant’s progress!

We are also sponsored through your local businesses like the Self Made Training Facility in Mission Bay for incredible weight training and amazing classes they offer. Yoga Shelter offering specialized weight loss classes designed specifically to reduce stress levels lowering cortisol levels. Contestants will have amazing spinning, rock climbing, yoga and other types of training sessions which maximizes weight reduction by burning 1,000 calories an hour. Also showcased is our world-class boxing athlete Rich Powers takes them to a new level of cardio endurance – there’s nothing like boxing to relieve stress and extra pounds. The YMCA for swimming...a sure way to burn off the extra weight and with little to no impact. We have many more sponsors and always looking for new and exciting aspects of fitness...we offer the best solution for each aspect of fitness. Thank you again sponsors – let’s make a change starting now!!

## Need Proof?

Fans of “The Biggest Loser” who have always dreamed of having the same success experienced by the contestants they’ve seen on TV should get ready for Get Downsized!

It is easy to fail when you're alone in a gym with no direction. Instead of a lifetime of yo-yo dieting, we want to help these contestants lose the weight and keep it off! This is an intense 4 months, but it will be worth it! The contestants will be working out and eating organic healthy foods, while learning how to make inciting flavorful meals and healthy life choices. They will always have multiple trainers working with them to both motivate and inspire them all.

Are ready to help make a change? The Get Downsized team looks forward to speaking with you!!

## Meet Some Of Our Last Contestants

The transformation that these contestants have gone through in such a short period of time proves that with the right guidance and determination anything is possible! The pictures in this case only say a few words...these amazing stories will be coming to you soon as we are capturing not only their transformation but the incredible stories each one of them will share with you. Thank you to our videographer Michael Soriano “The Wolf-Man”, we will compile all workout sessions to make an amazing video series which shows LIVE interviews from our trainers, sponsors and contestants.

## Tawny Baker



Tawny not only lost 101 lbs. in 4 months but she was the winner of our last season's contest. What a change in her appearance and in her life...stay tuned for her amazing story on our next upcoming video.

GREAT WORK TAWNY!!



## Joe Culp



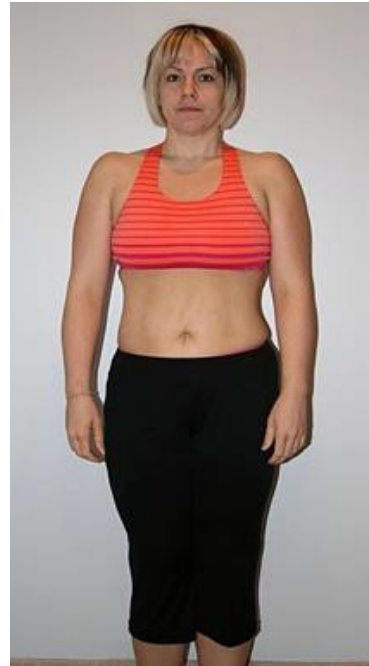
### There're no magic tricks...

Our runner up was Joe Culp...he lost a whopping 88 lbs. in 4 months. That accomplishment alone is a great feat ...but as the story goes on let me tell you where this man started. After his audition and asking him about his health conditions, Joe replied to us that he was just an utter mess. He was diabetic, heart disease, had a triple by-pass, 8 surgeries on both of his knees, 1 shoulder surgery, has no spleen and the worst case of bronchitis I've ever seen. The day after his audition he called my partner Mandi Cobb crying and very upset. He told us that he was in ICU at the Veterans Affairs Hospital in Detroit with little to no chance of living. We were shocked to find out this horrible news, so we decided that the Get Downsized Program would sponsor Joe and help him save his life. And that's exactly what happened...we are so happy to report ALL Joe's medical issues are now gone and off ALL his medications. Joe we are happy you are alive!!

### ...just hard work and will!!

This story proves that if you want your life back and your mind is made up to make a difference then anything is possible. This is an extreme weight loss program and ALL our contestants are still continuing their journey even after the program is over. We always keep in touch with all of our past individuals that have been a part of Get Downsized. This is backed by a team of truly amazing people that care a great deal about individuals struggling with their weight problem so many Americans face every day.

## Shilo Johnston



Shilo is our winner of the first program Get Downsized program – she lost an amazing 88 lbs. in 4 months. The pictures above were taken with no plastic surgery just hard work...she continues to lose more weight on our aftercare program. She is also a certified trainer and will be involved with helping other contestants reach their goals...she is a wonderful addition to Get Downsized Team.

"I started Get Downsized because changing lives is my passion and it's what I am great at. I feel in love with the Biggest Loser, I would cry every episode! I want to give people in San Diego the same chance that those courageous contestants had. When you have no hope in having your dreams come true, I want to show you how easy we can make it possible." - Mandi "Don't let fear hold you back from doing this!! The hardest part is making the call. The rest we are there every step of the way" - Shilo

GREAT WORK SHILO!!

## Mike Renda



I started the Get Downsized program with hope to losing a bunch of weight. Towards the end not only did I physical lose weight but I was mental better prepared to make choices in my life, because of the help and guidance given to me by Todd Coburn and Mandi Cobb. They challenged me in ways that I never thought possible. The vast knowledge of nutrition and training help me to achieve my weight loss goals. I also suffer from Crones Disease (42 bleeding stomach ulcers) and Spongiatic Derm (over 9 skin ulcers). At my peak weight of 305 lbs., the disease was at it's very worst. During the program however Get Downsized educated me on the proper foods we were intended to eat, especially for someone with my ailments this was a benefit to my overall health.

I was completely medication free, as Get Downsized team took the natural organic approach with my meal plans. 4 months later after completing the weight loss program, Todd Coburn and Mandi Cobb succeeded where medical doctors had failed using medication, which sent my disease into remission (healed) and my skin ulcers are closed and healed as well. Today I weigh 179 lbs. and with my lifestyle change, I now have the ability to live the healthy life I had always dreamed of...completely medication free. This is greatly due to the contributions of the Get Downsized team...my personal trainer, my personal life changers and most of all my personal friends.

## John Lybeck



Hi I'm Jon Lybeck. I am currently 44 years old. After 20 years of neglecting my body and ignoring all nutritional food, those 5 pounds a year after 20 years added up to 100 pounds overweight. I did "try" dieting in the past but like most people I wound up with the yo-yo effect, lose 10, and gain 15. I considered the drastic alternatives lap band, gastric bypass, and liposuction. I guessed the "easy way" out was best. Then I got a call from Todd Coburn and Mandi Cobb offering me the chance to change my life.

I had no idea who they were or if it was even possible when they said drop 80 to 100 pounds in 16 weeks. I didn't have to cut into my body or disfigure it in anyway? Just be dedicated to the program they set-up. They have added at least 10 years to my life and a feeling of hope and rebirth that I haven't had in decades. I am currently down 55 pounds and lost over 12 inches off my waist! My snoring (which would drive my wife out of the room) has stopped completely. The program is hard, but it is something that I can continue for the rest of my life. Thank you, Mandi and Todd, you have given me my life back and a new spark in my step.



## Get Downsized You'll Feel Great About Life Again!



I will not lie; the first 2 weeks were HELL!! I was an emotional and physical wreck. But then slowly, I started to become stronger, run faster and further, lift more weight, have more endurance, and feel better about myself. My pants quickly became loose and soon would not stay up at all. I watched person after person give up, and with every person that left, I became stronger and more determined. By week 5 I was the only female left in the group.

After just 10 weeks I had lost 48 lbs. and over 10 inches in my waist alone. Has it been difficult? Yes! Have there been days I cried? Yes! Have I thought about giving up?? NO. Todd and Mandi have put SO much into this program and into MY success that not only for myself, but for them, I would never quit. They have pushed me to my limits and beyond, because they believed in me and knew that I could be pushed. They have put together a group of people and supporters for us that is absolutely AMAZING!! I cannot express to them or ANYONE how thankful I am for all that they have done for us. They have 100% changed my life and I will never be able to express that to them or repay them for that.

Thank you everyone for the opportunities you and our community has made thus far...help keep a great thing going, better your community and better your own life.



AMAZING RESULTS...AMAZING CONTESTANTS...AMAZING PROGRAM