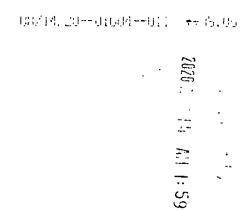
P14000054586

(F	(equestor's Name)	
(A	ddress)	
(A	ddress)	
(C	City/State/Zip/Phone #)	
PICK-UP	☐ WAIT	MAIL
(E	lusiness Entity Name)	
(0	ocument Number)	
Certified Copies	Certificates of	Status
Special Instructions to	o Filing Officer:	

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COVER LETTER

TO: Amendment Section
Division of Corporations

NAME OF CORPO	RATION: Gr8Physiques, Inco	orporated	
DOCUMENT NUM	P14000054586		
The enclosed Articles	s of Amendment and fee are su	bmitted for filing.	
Please return all corre	espondence concerning this ma	tter to the following:	
	Ronald Gray		
		Name of Contact Persor)
	Risen Nutrition & Wellness		
		Firm/ Company	
	9773 Montague St.	, .	
		Address	······
	Tampa, FL 32626		
		City/ State and Zip Code	
	gr8physiques@gmail.com		
	E-mail address: (to be us	sed for future annual report	notification)
For further information	on concerning this matter, pleas	se call:	
Ronald Gray		at (813	230-8128
Name	of Contact Person	Area Co	de & Daytime Telephone Number
Enclosed is a check f	or the following amount made	payable to the Florida Depa	artment of State:
■ \$35 Filing Fee	□\$43.75 Filing Fee & Certificate of Status	☐\$43.75 Filing Fee & Certified Copy (Additional copy is enclosed)	☐\$52.50 Filing Fee Certificate of Status Certified Copy (Additional Copy is enclosed)
An Div P.C	niling Address nendment Section rision of Corporations D. Box 6327 lahassee, FL 32314	Amend Divisio The C	Address ment Section in of Corporations entre of Tallahassee N. Monroe Street, Suite 810

Tallahassee, FL 32303

Articles of Amendment to Articles of Incorporation of

GR8PHYSIQUES Incorporated			
(<u>Name</u>	of Corporation as curren	tly filed with the Florida Dept. of State)	
P14000054586			
	(Document Number	of Corporation (if known)	
Pursuant to the provisions of section 607 ts Articles of Incorporation:	.1006, Florida Statutes, this	s Florida Profit Corporation adopts the follo	wing amendment(s)
A. If amending name, enter the new n	ame of the corporation:		
Risen Nutrition & Wellness, Inc.			771
name must be distinguishable and contain "Inc.," or Co.," or the designation "C "chartered," "professional association,"	Corp," "Inc," or "Co"	"company," or "incorporated" or the abbrevi A professional corporation name must cor	The new iation "Corp.," mtain the word
B. Enter new principal office address, Principal office address <u>MUST BE A S</u>		N/A	<u></u>
			207
Enter new mailing address, if appl (Mailing address MAY BE A POST		N/A	: : •
			<u> </u>
 If amending the registered agent ar new registered agent and/or the ner 	nd/or registered office addres	tress in Florida, enter the name of the s:	: 59
Name of New Registered Agent	N/A		
			
	(Florida si	reet address)	
	•		
New Registered Office Address:	N/A	. Florida	

Check if applicable \Box The amendment(s) is/are being filed pursuant to s. 607.0120 (11) (e), F.S.

If amending the Officers and/or Directors, enter the title and name of each officer/director being removed and title, name, and address of each Officer and/or Director being added:

(Attach additional sheets, if necessary)

Example:

Please note the officer/director title by the first letter of the office title:

P = President; V = Vice President; T = Treasurer; S = Secretary; D = Director; TR = Trustee; C = Chairman or Clerk; CEO = Chief Executive Officer; CFO = Chief Financial Officer. If an officer/director holds more than one title, list the first letter of each office held. President, Treasurer, Director would be PTD.

Changes should be noted in the following manner. Currently John Doe is listed as the PST and Mike Jones is listed as the V. There is a change, Mike Jones leaves the corporation, Sally Smith is named the V and S. These should be noted as John Doe, PT as a Change, Mike Jones. V as Remove, and Sally Smith, SV as an Add.

X Change	<u>P1</u>	John Doe	
X Remove	<u>V</u>	Mike Jones	
X Add	<u>sv</u>	Sally Smith	
Type of Action (Check One)	Title	<u>Name</u>	<u>Addres</u> s
1) Change		N/A	
Add			
Remove			
2) Change		N/A	
Add			<u></u>
Remove 3) Change		N/A	
Add			
Remove			
4) Change		N/A	
Add			
Remove			
5) Change		N/A	
Add			<u> </u>
Remove			
6) Change		N/A	
Add			
Remove			

i g	(Be specific)
Ά	
_ -	
 	· <u> </u>
	7.
-	
f an amendment provides for an exch	nange, reclassification, or cancellation of issued shares
If an amendment provides for an exch provisions for implementing the ame	hange, reclassification, or cancellation of issued shares,
provisions for implementing the ame	hange, reclassification, or cancellation of issued shares, endment if not contained in the amendment itself:
(if not applicable, indicate N/A)	nange, reclassification, or cancellation of issued shares, indicated in the amendment itself:
(if not applicable, indicate N/A)	nange, reclassification, or cancellation of issued shares, indment if not contained in the amendment itself:
(if not applicable, indicate N/A)	nange, reclassification, or cancellation of issued shares, endment if not contained in the amendment itself:
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(if not applicable, indicate N/A)	nange, reclassification, or cancellation of issued shares, and ment if not contained in the amendment itself:
provisions for implementing the ame	nange, reclassification, or cancellation of issued shares, and ment if not contained in the amendment itself:

N/A	
The date of each amendment(s) adoption:	, if other than the
date this document was signed.	
N/A Effective date if applicable:	
(no more than 90 days after amendment file date)	·
Note: If the date inserted in this block does not meet the applicable statutory filing requirements, document's effective date on the Department of State's records.	, this date will not be listed as the
Adoption of Amendment(s) (CHECK ONE)	
The amendment(s) was/were adopted by the incorporators, or board of directors without sharehol action was not required.	der action and shareholder
☐ The amendment(s) was/were adopted by the shareholders. The number of votes cast for the amen by the shareholders was/were sufficient for approval.	ndment(s)
The amendment(s) was/were approved by the shareholders through voting groups. The following must be separately provided for each voting group entitled to vote separately on the amendment("The number of votes cast for the amendment(s) was/were sufficient for approval	
by"	
(voting group)	
7 August 2020 Dated	
Signature Ronald Gray	
Signature Konald Gray (By a director, president or other officer – if directors or officers have no	ot been
selected, by an incorporator - if in the hands of a receiver, trustee, or of	her court
appointed fiduciary by that fiduciary)	
Ronald Gray	
(Typed or printed name of person signing)	
President	
(Title of person signing)	