

WARRICK & FORMAN, P.A.

ATTORNEYS AT LAW

INTERNATIONAL BUILDING  
PENTHOUSE WEST  
2455 EAST SUNRISE BOULEVARD  
FORT LAUDERDALE, FLORIDA 33304

WOODWARD C. WARRICK  
ADMITTED IN FLORIDA AND MICHIGAN

TELEPHONE (954) 561-5499  
FACSIMILE (954) 566-7754

**P00000039607**

April 11, 2000

Department of State  
Division of Corporations  
Post Office Box 6327  
Tallahassee, FL 32314

200003209752--7  
-04/14/00--01078--010  
\*\*\*\*\*78.75 \*\*\*\*\*78.75

RE: Instinctive Health and Fitness, Inc.

Dear Sir or Madam:

Please accept for filing the enclosed Articles of Incorporation along with the check in the amount of seventy eight (\$78.75) dollars and seventy five cents which represents the filing fee.

If you have any questions, please contact me at the offices above.

Cordially,

  
Woodward C. Warrick

Enclosure

WCW/ech

**FILED**  
00 APR 14 AM 10:50  
SECRETARY OF STATE  
TALLAHASSEE FLORIDA

S. Thompson APR 20 2000

# ARTICLES OF INCORPORATION

In compliance with Chapter 607 and/or Chapter 621, F.S. (Profit)

## ARTICLE I NAME

The name of the corporation shall be:

INSTINCTIVE HEALTH AND FITNESS, INC.

## ARTICLE II PRINCIPAL OFFICE

The principal place of business/mailling address is:

1729 NE 16th Avenue

Fort Lauderdale, FL 33305

## ARTICLE III PURPOSE

The purpose for which the corporation is organized is:

## ARTICLE IV SHARES

The number of shares of stock is:

FIFTY THOUSAND (50,000) SHARES

## ARTICLE V INITIAL OFFICERS/DIRECTORS

The name(s) and address(es):

## ARTICLE VI REGISTERED AGENT

The name and Florida street address registered agent are:

TERESA ROSE

1729 NE 16th Avenue Fort Lauderdale FL 33305

## ARTICLE VII INCORPORATOR

The name and address of the Incorporator are:

INTERNATIONAL BUILDING- PHW

WOODWARD C WARRICK 2455 EAST SUNRISE BLVD FT. LAUDERDALE, FL 33304

\*\*\*\*\*  
Having been named as registered agent and to accept service of process for the above stated corporation at the place designated in this certificate, I hereby accept the appointment as registered agent and agree to act in this capacity. I further agree to comply with the provisions of all statutes relating to the proper and complete performance of my duties, and I am familiar with and accept the obligations of my position as registered agent.

x Teresa Rose  
Signature/Registered Agent

x April 5, 2000  
Date

Woodward C Warrick  
Signature/Incorporator

April 5, 2000  
Date

FILED  
00 APR 14 AM 10:50  
TALLAHASSEE FLORIDA  
SECRETARY OF STATE