

P03000128723

Division of Corporations

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Florida Department of State
Division of Corporations
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To: Division of Corporations
Fax Number : (850) 203-0381

From: Account Name : INCORPORATETIME.COM, INC.
Account Number : I19990000221
Phone : (631) 224-9004
Fax Number : (631) 589-2848

SECRET
TALLAHASSEE, FLORIDA

03 NOV -7 AM 9:00

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FLORIDA PROFIT CORPORATION OR P.A.

INNOVATIVE HEALTH AND FITNESS INC.

Certificate of Status	0
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ARTICLES OF INCORPORATION

SECRETARY OF STATE
TALLAHASSEE, FLORIDA

THE UNDERSIGNED INCORPORATION FOR THE PURPOSE OF FORMING A CORPORATION UNDER THE FLORIDA BUSINESS CORPORATION ACT, HEREBY ADOPTS THE FOLLOWING ARTICLES OF INCORPORATION.

ARTICLE I -NAME

THE NAME OF THE CORPORATION SHALL BE:

INNOVATIVE HEALTH AND FITNESS INC.

ARTICLE II -PRINCIPAL OFFICE

The principal place of business & mailing address of this corporation shall be

5255 nw 52 street
Coconut Creek, FL 33073

ARTICLE III -SHARES

The number of shares of stock that this corporation is authorized to have at any one time is:

600000 shares at \$.01 par value

ARTICLE IV -INITIAL OFFICERS/DIRECTORS:

President/Director: Demitrios Mentis
1257 West Atlantic Blvd #203, Pompano Beach, FL 33069

V.President/Director: Sean LaGasse' Sr.
1257 w atlantic blvd, Pompano beach FL 33069

Treasurer/Secretary/Director: William Tornatore
4959 N. University Dr. #19, Lauderhill FL 33351

ARTICLE V -INITIAL REGISTERED AGENT AND STREET ADDRESS:

The name and Florida street address of the initial registered agent are:

Sean LaGasse Sr.
5255 NW 52 street, Coconut Creek FL 33073

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ARTICLE VI-INCORPORATOR:

The name and address of the Incorporator to these Articles of Incorporation are:

Kerry Walsh
IncorporateTime.com, Inc.
35-37 Carleton Avenue, Suite 200
Islip Terrace, NY 11752

K Walsh
Kerry Walsh, Incorporator

11/7/03
Date

Having been named registered agent and to accept service of process for the above stated corporation as 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.

Sean LaGasse Sr.
Sean LaGasse Sr., Registered Agent

11-7-03
Date

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