

P06000091123

(Requestor's Name)

(Address)

(Address)

(City/State/Zip/Phone #)

PICK-UP WAIT MAIL

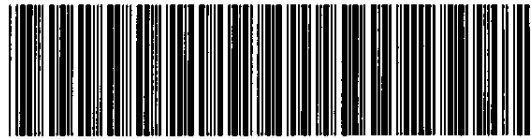
(Business Entity Name)

(Document Number)

Certified Copies _____ Certificates of Status _____

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DEPARTMENT OF STATE
DIVISION OF CORPORATIONS
TALLAHASSEE, FLORIDA

RECEIVED
06 JUL 10 AM 11:32

FILED
SECRETARY OF STATE
DIVISION OF CORPORATION
06 JUL 10 PM 1:09

ATTORNEYS' TITLE

Requestor's Name

1965 Capital Circle NE, Suite A

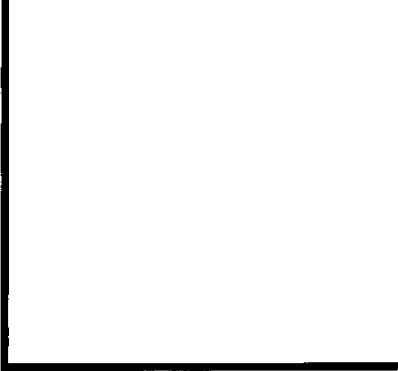
Address

Tallahassee, Fl 32308

City/St/Zip

850-222-2785

Phone #



CORPORATION NAME(S) & DOCUMENT NUMBER(S), (if known):

- 1- FITNESS ONE FOOD, INC.
- 2- _____
- 3- _____
- 4- _____

- Walk-in
- Pick-up time ASAP
- Certified Copy
- Mail-out
- Will wait
- Photocopy
- Certificate of Status

NEW FILINGS	
<input checked="" type="checkbox"/>	Profit
<input type="checkbox"/>	Non-Profit
<input type="checkbox"/>	Limited Liability
<input type="checkbox"/>	Domestication
<input type="checkbox"/>	Other

AMENDMENTS	
<input type="checkbox"/>	Amendment
<input type="checkbox"/>	Resignation of R.A., Officer/Director
<input type="checkbox"/>	Change of Registered Agent
<input type="checkbox"/>	Dissolution/Withdrawal
<input type="checkbox"/>	Merger

OTHER FILINGS	
<input type="checkbox"/>	Annual Report
<input type="checkbox"/>	Fictitious Name
<input type="checkbox"/>	Name Reservation

REGISTRATION/QUALIFICATION	
<input type="checkbox"/>	Foreign
<input type="checkbox"/>	Limited Partnership
<input type="checkbox"/>	Reinstatement
<input type="checkbox"/>	Trademark
<input type="checkbox"/>	Other

Examiner's Initials

ARTICLES OF INCORPORATION
OF
FITNESS ONE FOOD, INC.

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DIVISION OF CORPORATION
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The undersigned, makes, subscribes, acknowledges and files these Articles of Incorporation for the purpose of forming and becoming a corporation for profit under the laws of the State of Florida.

ARTICLE I

The name of this corporation shall be:

FITNESS ONE FOOD, INC.

ARTICLE II

The general nature of the business and the objects and purposes proposed to be transacted and carried on is all aspects food service and all things which a corporation is allowed by law to accomplish and to do any and all of the things herein mentioned, including:

(a) To conduct or transact any business conferred by the laws of the State of Florida upon corporations.

(b) To do all and everything necessary, suitable, convenient or proper for the accomplishment of any of the purposes, or the attainment of any and all of the objectives herein enumerated, or incidental to the powers herein named which shall at any time appear conducive or expedient for the protection or benefit of the corporation, either as holders of or interested in any property or otherwise, with all of the powers now or hereinafter conferred by the laws of the State of Florida, upon corporations for profit.

(c) The business of the corporation is from time to time to do any one or more or all

of the facts and things set out above, and it shall have the right to conduct its business in all of its branches in or outside the State of Florida or in any other State, territory or dependency of the United States, or in foreign countries it being the intention that each of the objects, purposes and powers specified in all of the provisions of this statement of purpose should be regarded as independent objects, purposes and powers, and to be in no manner nor to any extent limited or restricted by reference or inference by or from the terms of any clause of this statement, or any other paragraph of this Charter or Certificate, and it is expressly provided that the foregoing enumeration of specific powers shall not be held to limit or restrict the general powers of the corporation, the corporation being authorized to engage or transact in any or all lawful activities or business permitted under the laws of the United States, the State of Florida, or any other State, County, Territory or Nation.

ARTICLE III

The Capital Stock of this Corporation shall consist of One Hundred (100) shares of Common Stock having a par value of five dollars (\$5.00) per share.

ARTICLE IV

The amount of capital with which this Corporation shall begin business shall be not less than Five Hundred (\$500.00) Dollars.

ARTICLE V

The existence of this Corporation shall be perpetual.

ARTICLE VI

The mailing address of this Corporation is to be located at 250 South Old Kings Road, Flagler Beach, FL 32136 with the privilege of having other offices at other places within and without the State of Florida.

ARTICLE VII

The initial registered office of this Corporation shall be 250 South Old Kings Road, Flagler Beach, FL 32136 and the initial registered agent of this Corporation at such office shall be **Duane S. Sizemore**, upon acceptance shall comply with the provisions of Section 48.091, Florida Statutes, as amended from time to time, with respect to keeping an office open for service of process.

ARTICLE VIII

The initial Board of Directors shall consist of one (1) member. The number of directors may be increased from time to time by vote of the stockholders, but in no case shall the number of directors be more than three (3). The name and post office address of the members of the first Board of Directors who hold office for the first year of existence of this Corporation or until their successors are elected and appointed and have qualified shall be: **DUANE S. SIZEMORE, 250 SOUTH OLD KINGS ROAD, FLAGLER BEACH, FL 32136.**

ARTICLE IX

The name and address of the person signing these Articles of Incorporation as Subscribers and Incorporators are as follows: be: **DUANE S. SIZEMORE, 250 SOUTH OLD KINGS ROAD, FLAGLER BEACH, FL 32136.**

ARTICLE X

The officers of said Corporation shall be a President, and a Secretary/Treasurer, and such other officers and agents as may be deemed necessary. All officers, agents and directors shall be chosen in such manner, shall hold their offices for such terms, and shall have such powers and duties as may be prescribed by the By-Laws or determined by the Board of Directors. Any person may hold two or more offices.

ARTICLE XI

Every shareholder, upon the sale for cash of any new stock or initially issued treasury stock of this Corporation of the same kind or class as that which he already holds, shall have the right to purchase his pro rata share thereof at the price at which it is offered to others.

ARTICLE XII

It is the intent of the incorporators that the Corporation will qualify under Section 1244 of the Internal Revenue Code and that the Corporation will file as an S Corporation.

ARTICLE XIII

Upon the concurrence of all shareholders, the business of the Corporation may be managed by the shareholder or shareholders of the Corporation rather than by a Board of Directors.

ARTICLE XIV AMENDMENT

Amendments to these Articles of Incorporation shall be proposed and adopted by the corporation in the following manner:

(a) Notice. Notice of the subject matter of a proposed amendment shall be included in the notice of any meeting at which a proposed amendment is considered.

(b) Resolution. A resolution adopting a proposed amendment must receive approval of the votes of the entire membership of the Board of Directors and the votes of the Shareholders of the Corporation. Directors and Shareholders not present at the meetings considering the amendments may express their approval in writing.

If all of the directors and all of the stockholders of the Corporation eligible to vote sign a written statement manifesting their intention that an Amendment to the Articles of Incorporation be adopted, then the amendments shall thereby be adopted as though the above and

foregoing have been satisfied.

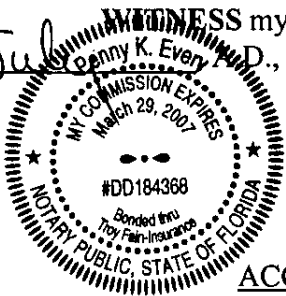
IN WITNESS WHEREOF, the undersigned, as Subscriber and Incorporator, has execute the foregoing Articles of Incorporation on this 7 day of July, A.D., 2006.

Duane S. Sizemore
Duane S. Sizemore

STATE OF FLORIDA
COUNTY OF VOLUSIA

I HEREBY CERTIFY that on this day, before me, a Notary Public duly authorized in the State and County named above to take acknowledgments, personally appeared **Duane S. Sizemore** who is personally known to me to be the person described as the Subscriber and Incorporator, who has executed the foregoing Articles of Incorporation and who has not taken an oath.

WITNESS my hand and seal in the County and State above named this 7 day of July, A.D., 2006.



Penny K. Every
Notary Public, State of Florida

ACCEPTANCE BY REGISTERED AGENT

The undersigned hereby accepts the appointment as Registered Agent of **FITNESS ONE FOOD, INC.**, which is contained in the foregoing Articles of Incorporation.

DATED this 7th day of July, 2006.

Duane S. Sizemore
Duane S. Sizemore
Registered Agent

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DIVISION OF CORPORATION
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