

Finally... the TRUTH About Weight-Management



SEMINAR

At this 1-hour Seminar, you will discover:

- *The Truth About Weight-Loss*
- *Why Conventional Diets Don't Work*
- *How YOUR Body Really Works*
- *The Concept of Individuality*
- *How to Tone Muscle While Losing Fat*
- *How to Gain Permanent Control*
- *How to Super-Charge Your Energy Level*

DATE:

TIME:

You're trying to lose weight. You want to change your body. You spend hours in the gym exercising. You restrict your calorie intake. But... you're not achieving the results you want. Does this sound like you?

Take Control

Maybe you're frustrated with the lack of progress. Your conventional diet doesn't work. That's because conventional diets are **faulty** in design. They require you to **conform** to their methods. Some even require you to eat their **pre-packaged foods**.

The fact is, there is no universal "**cure-all**" diet. The only successful weight-management program is the one designed for you... personally. Our Weight-Management Program shows you how to take control of your weight -- **permanently!!!**

Push Forward

Perhaps you've reached a **plateau**. It befalls professional athletes -- and it can happen to you. The only way to push beyond your plateau is to understand how your body works. Your body has its own **particular nutritional needs**. Our Weight-Management Program discusses how to determine just what's right for you... **personally**.

Experience Success!

Each person is unique when it comes to age, height, weight, sex, activity level, percent body-fat, percent lean muscle tissue, rate of metabolism and several other factors.

Our Weight-Management Program will provide the information you need to reach your personal fitness goals. You'll learn how to achieve your goals the fastest way possible.

Discover how to **effectively change your body** and **experience success!**



Lose All the Fat You Want... Forever!