

Muscle...it starts in the brain!

PROVEN ELEMENT. If we had a crystal ball that viewed all the successful people who ever lost weight and kept it off, the one proven element that keeps resurfacing would be physical activity.

JUST MOVE, BABY. Fitness shouldn't be an unrealistic regimen, inflexible, or overly complicated—it should be FUN! Yes, FUN—this isn't penance. Your body was meant to move. Think back when you were younger—you were constantly moving and not worrying about your body.

More strength makes daily life easier. It produces better balance (and fewer falls), prevents fat-eating muscle loss, prevents osteoporosis, strengthens the heart, and makes you look, feel, and act younger.

DO IT NOW. You've done a lot of thinking about becoming a vibrant, healthy, and energetic person. You know it's going to improve your looks—just by doing a little. You realize all the benefits of starting a plan. It's the right thing to do, especially when your Doctor keeps harping at you to start. NOW is the time to act!

Success is not about a matter of inches or pounds—it's when you start taking the first step towards a worthwhile goal. If you desire your best body ever this year—you need to **START BEING ACTIVE TODAY.**

Listed below are different ways to change your daily routine to become more active.

To become more active at home

- I will use the phone furthest from where I am
- I will "lose" the TV remote
- I will do housework with a little more "elbow grease"

To become more active at work

- I will walk to the furthest bathroom – at a brisk pace!
- I will use part of my lunch hour to get some exercise
- I will stand when I use the phone
- I will take active coffee breaks—walking instead of sitting

To become more active during free time

- I will carry the groceries to the car myself
- When I wait for an appointment, I will walk around rather than sit
- I will plan active family outing instead of passive ones
- I will invite friends to do active things like dancing or a nature hike

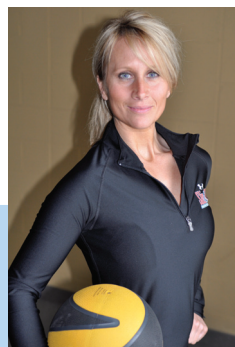


Norma lost 28 lbs., 21 inches and 4 dress sizes in just 12 weeks!

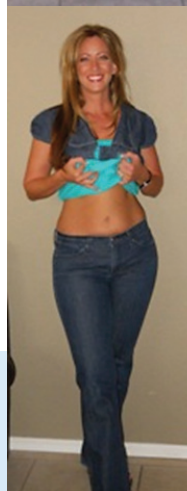
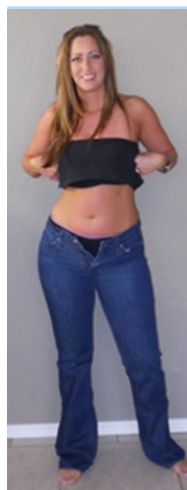
EXERCISE IS ACCUMULATIVE.

Studies have shown that exercise is accumulative—it all adds up—even if it's a little bit here and there. You don't have time to set aside a block of time each day, then get up once every hour for five minutes and dance, jump rope, run in place, etc. By the end of the day, you will have put in a 40-minute workout.

MORE MUSCLE = LESS FAT. You're never too old to start a strength-training program.



ANDREA MACKKEY—FITNESS TRAINER at L.E.A.N. LIVING
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