

# **VOTED THE # 1 WEIGHT LOSS PROGRAM IN AUSTRALIA 2 YEARS RUNNING**

## **FREE LECTURE ON HOW TO EXPERIENCE**

### **“Weight Loss for Life”**

#### **Sponsored by SOUND FITNESS**

### **Optimize Your Fitness Experience and Prevent Diabetes, Heart Disease & Cancer”**

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#### **You try, but you just can't keep the weight off?**

Learn why it's time, once and for all to get to your optimum weight safely and to stay there for the rest of your life! Diseases directly related to obesity include heart disease, cancer, and diabetes. The total annual number of deaths associated with obesity and heart disease, cancer, and diabetes per year is fast approaching a staggering 1,500,000 Americans. If you are anxious to take advantage of the outstanding facilities and programs that await you at Sound Fitness, but you are overweight and not ready to take on a full fitness program, read on.

#### **It all seems so simple?**

Eat less, exercise, and lose weight. Yet no matter what approach most people use to diet, their weight loss is temporary. The weight they lose almost always returns in the long run.

A successful and safe weight loss program must address excess fat (while diligently protecting lean muscle mass), unhealthy food habits, and bio-chemical deficiencies. The key is to first target metabolic imbalances and correct them. If we do not address and overcome these imbalances, we will never get a handle on the present health crisis.

#### **It is possible to safely re-ignite and balance my metabolism?**

Yes it is, and by reaching and maintaining your optimal weight, you significantly reduce your risk of diabetes, heart disease, and cancer. The programs offered at Sound Fitness will continually strengthen and enhance your metabolism, making you truly fit for a lifetime. Come & Learn at our Free Educational Seminar.

**Tuesday, February 28<sup>th</sup> @ 7PM**