

# ★ ★ ★ NOW OPEN ★ ★ ★

## Lose 2-6 lbs/week

OR YOUR MONEY BACK\*

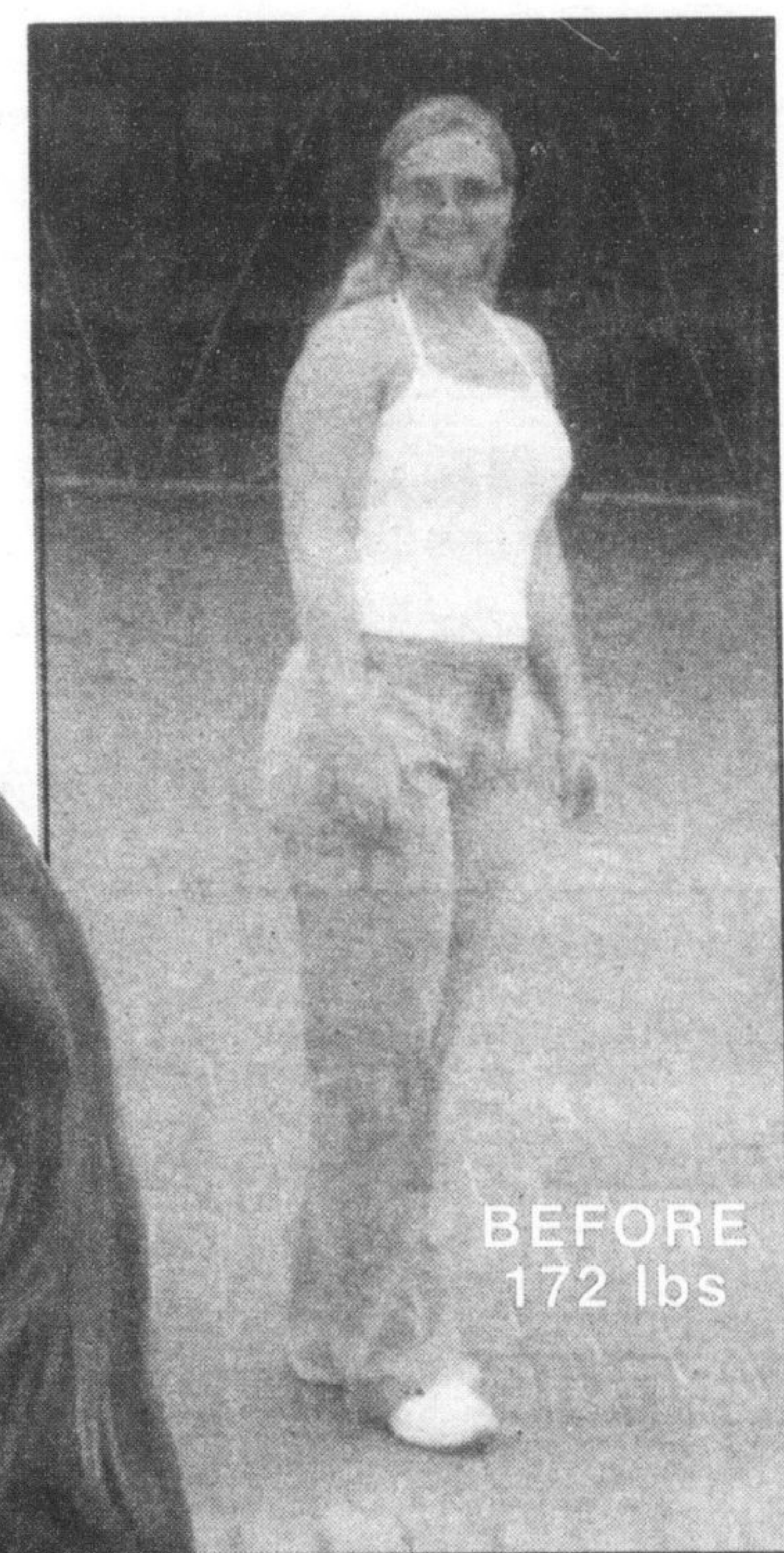
**Truestar for Women Fitness and Nutrition Centers** now offer a total health program for fast and lasting results.

### Included in your program is:

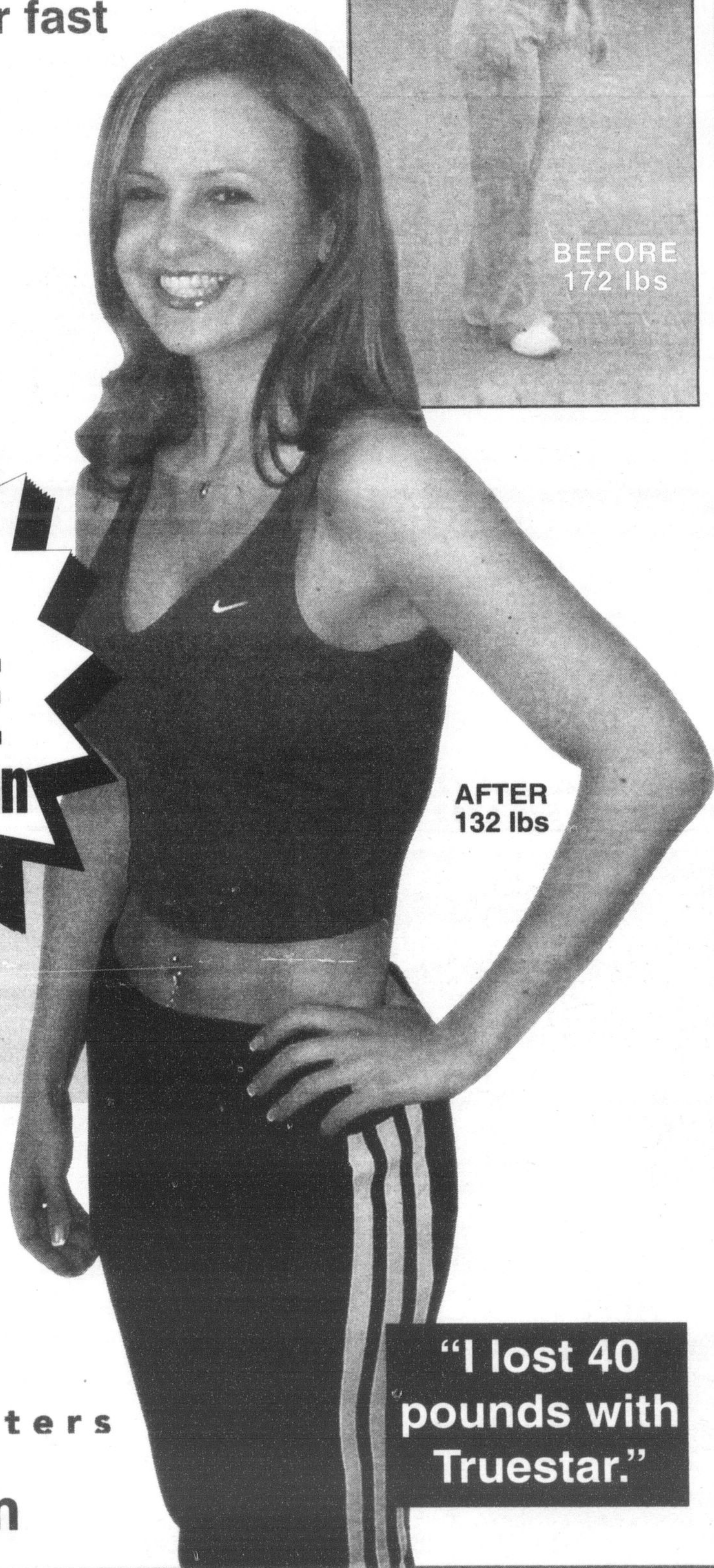
- 30-minute fitness for women  
beginner • intermediate • advanced
- Personalized nutrition counselling
- Weight loss and weight management with guaranteed results\*
- Free personal coach
- 24/7 online support

\*based on following the Truestar program

Call for  
**FREE**  
Consultation



BEFORE  
172 lbs



AFTER  
132 lbs

For your free consultation call:

**905-864-6644**

575 Ontario Street, Milton



**Truestar™**

FOR WOMEN

Nutrition & Fitness Centers

[www.truestarforwomen.com](http://www.truestarforwomen.com)

**"I lost 40  
pounds with  
Truestar."**