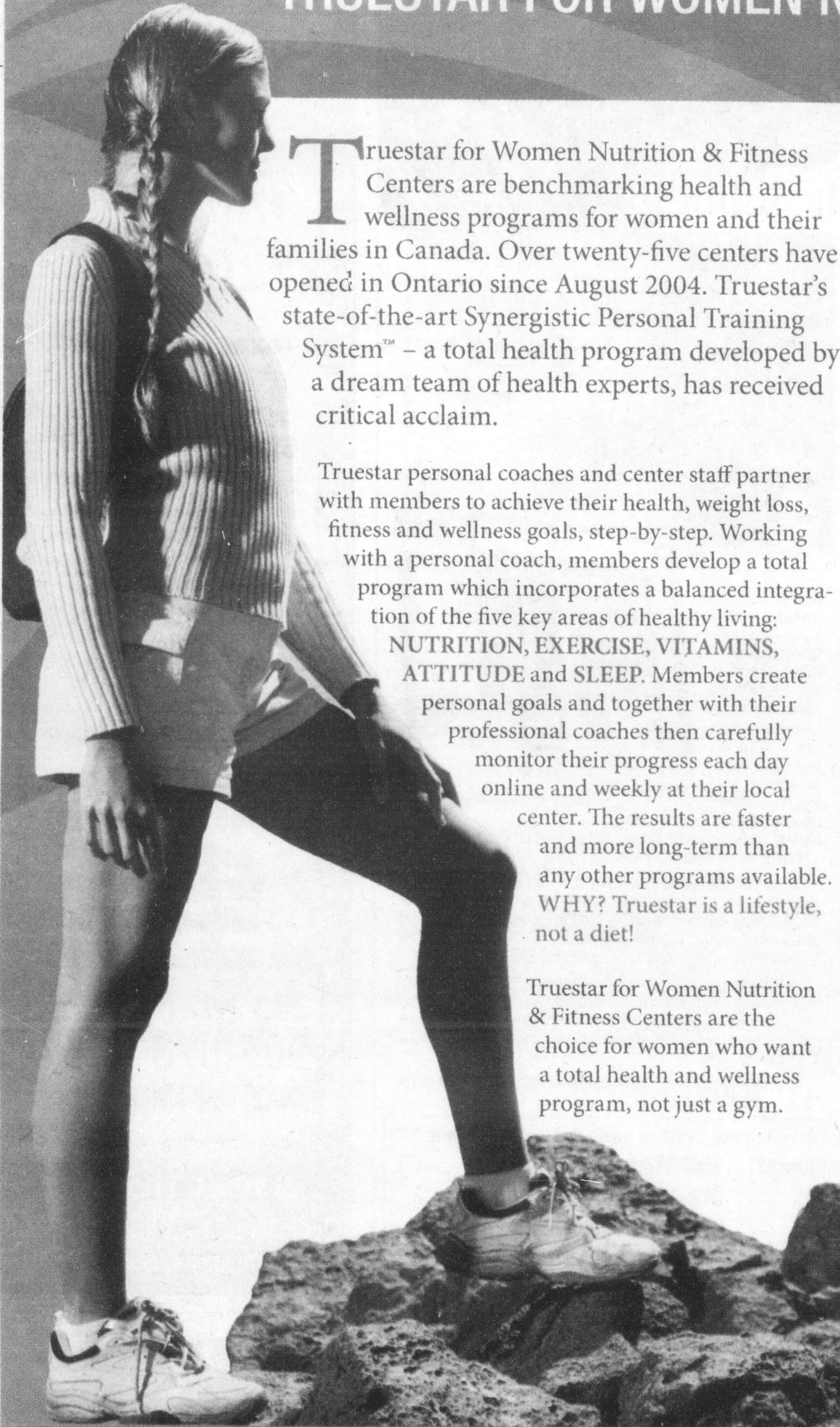


Truestar is a *LIFESTYLE*, not a *DIET*

TRUESTAR FOR WOMEN NUTRITION & FITNESS CENTERS



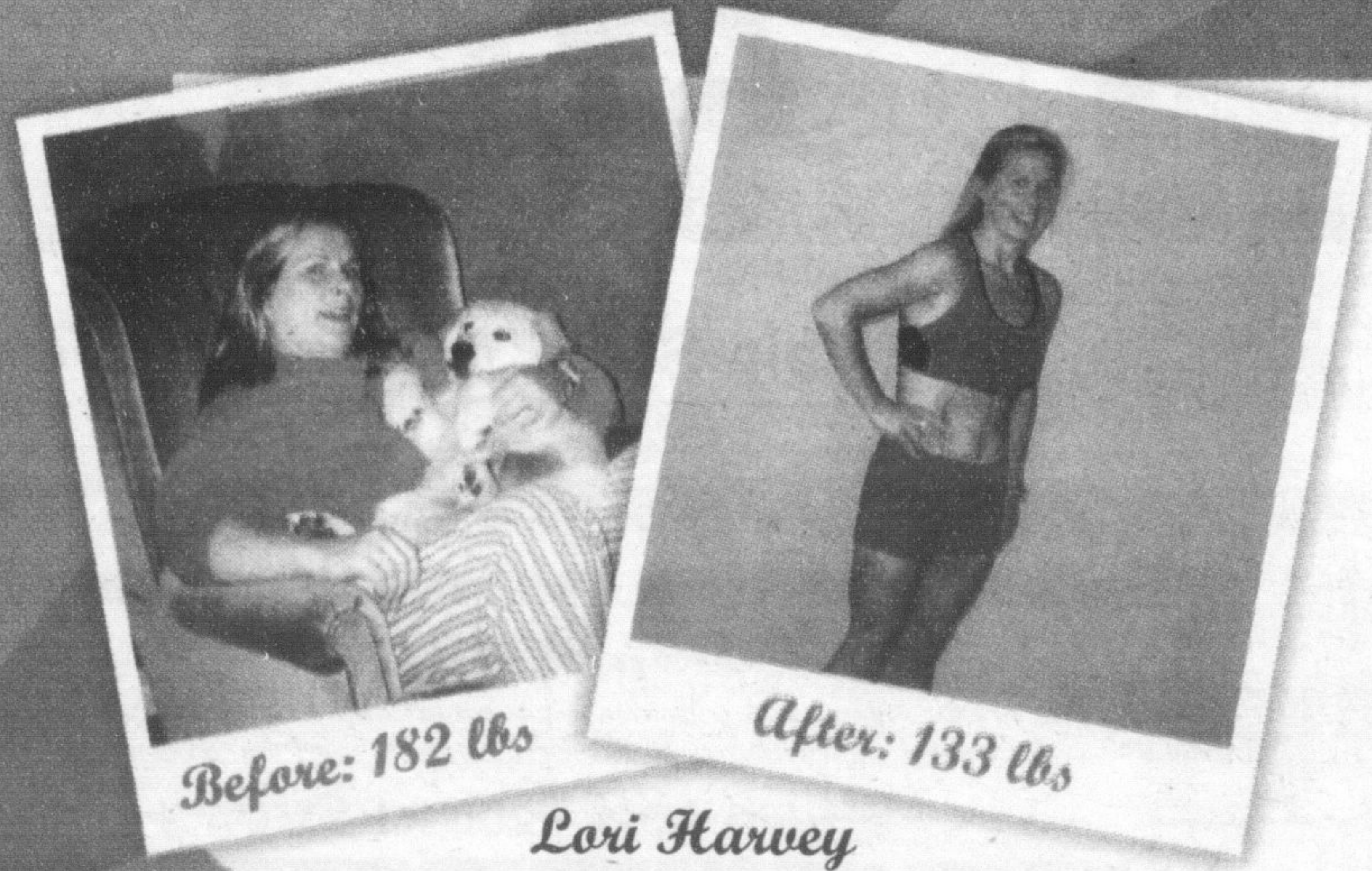
Truestar for Women Nutrition & Fitness Centers are benchmarking health and wellness programs for women and their families in Canada. Over twenty-five centers have opened in Ontario since August 2004. Truestar's state-of-the-art Synergistic Personal Training System™ – a total health program developed by a dream team of health experts, has received critical acclaim.

Truestar personal coaches and center staff partner with members to achieve their health, weight loss, fitness and wellness goals, step-by-step. Working with a personal coach, members develop a total program which incorporates a balanced integration of the five key areas of healthy living: **NUTRITION, EXERCISE, VITAMINS, ATTITUDE and SLEEP.** Members create personal goals and together with their professional coaches then carefully monitor their progress each day online and weekly at their local center. The results are faster and more long-term than any other programs available. **WHY? Truestar is a lifestyle, not a diet!**

Truestar for Women Nutrition & Fitness Centers are the choice for women who want a total health and wellness program, not just a gym.

MAKE TRUESTAR FOR WOMEN NUTRITION & FITNESS YOUR CHOICE FOR WEIGHT LOSS. *HERE'S WHY:*

- Based on the world's leading health website. Truestarhealth.com supports members in the five key areas of healthy living and includes over 10,000 calorically, hormonally and pH balanced meal plans, over 15,000 workouts from beginner to advanced, over 3,000 exercise videos for ages six to eighty six, a full personalized vitamin profiling system, an encyclopedia of health, a personal goal setting program, meditation CD's, sleep tips, thousands of articles relating to the most relevant health issues and much more.
- Free Personal Coaching. Most clubs charge \$50-\$100 for personal training. Coaching in all 5 key areas of health, including exercise, is free at Truestar Centers. Coaches assist members to develop total health programs that guarantee successful weight loss on the road to optimum health.
- Customized Exercise Programs. Truestar Centers have options for everyone. Customized exercise programs are designed for all ages and levels of fitness (beginner, intermediate, advanced). The programs include circuit options, cardio workouts and free-weight stations.
- Guaranteed Weight Loss. The Truestar Weight Loss Program has been so effective that weight loss is guaranteed or your money is refunded.
- Top-Rated, Doctor-Formulated Supplements. Taking the right vitamins and supplements everyday is essential for vitality, immunity and wellness. Truestar Centers offer a professional series of vitamins and supplements for over 500 medical conditions.
- Attitude Program. With the proper motivation and goal plans, you can improve all areas of your life. Truestar will show you how to set goals and how to reach them successfully.
- Sleep and Relaxation. Sleep is often the overlooked key area of health. The Truestar Sleep Program and natural sleep aids will assist with your total weight loss and overall sense of well-being.



Lori Harvey

Truestar IS A LIFESTYLE NOT A DIET

LOSE WEIGHT THE RIGHT WAY
Call 310-TRUE



Truestar for Women™
Nutrition & Fitness Centers

MILTON | 575 ONTARIO STREET