

*This
Holiday
Season*

give yourself the gift of
**TOTAL HEALTH
& WEIGHT LOSS**
with our
**1/2 PRICE
Full Program
Membership***

Weight Loss: 69 pounds
Jacqueline S.



Weight Loss: 49 pounds
Lori H.



FREE
Book, DVD & Workout

\$89 Value
Present this for a
FREE Workout with
your Personal Coach
and a copy of our
Best-Selling Book!

Total Health & Weight Loss
The TRUESTAR Way

*It's a Lifestyle,
Not a Diet*



Truestar for Women™
Nutrition & Fitness Centers

LOSE WEIGHT THE RIGHT WAY

	Nutrition Eat healthier and lose weight.
	Exercise Burn more calories – day and night.
	Vitamins Accelerate your weight loss.
	Attitude Reach your potential.
	Sleep Increase your energy level.

Total Health Programs based on the world's leading health website:
www.truestarhealth.com

- **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.

† based on following the Truestar for Women program. ‡ for initial consults only. * offer expires December 31, 2005

call **310.TRUE** www.truestar.com
and be the **ULTIMATE YOU** Click on Testimonials

NUTRITION | EXERCISE | VITAMINS | ATTITUDE | SLEEP™

Milton – 575 Ontario Street
(at Derry & Ontario)