

700 Main Street East, Milton

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Canada's very own home improvement and building professionals

000 the curves way

Accepting the challenge

IF YOU HAVEN'T TAKEN ADVANTAGE OF THE CURVES SIX-WEEK SOLUTION, CHALLENGE YOURSELF TO DO SO

Curves. Founder Gary BY GARY HEAVIN Heavin pictured with his wife Diane

"The structure and support provided by your instructors as well as fellow members help to keep you on track."

he Six-Week Solution is a small, intimate class, led by your Curves instructor, that provides an effective environment for weight loss. For six weeks, we help you and a few friends to focus on your goals. You'll find the information and motivation to effectively lose weight.

And, you'll learn about our unique approach to keeping the weight off.

WE SIMPLIFIED IT

Based on our newest edition of the Curves Member Guide, you'll enjoy tasty meal plans, new recipes, and helpful guidance-all designed to make dieting easier. You'll notice that we've incorporated the latest research from the Baylor University Curves study. Our multimillion-dollar investment is paying off as we provide you with effective weight-loss evermore information. In short, we want to make weight management as simple as possible for you.

WE STRUCTURE IT

Six-week classes are consistent with our approach of temporarily dieting to produce

permanent results. Since dieting lowers metabolic rate, we follow each six-week session with our proven Phase III method that helps increase metabolism without regaining weight. The structure and support provided by your instructors as well as fellow members help to keep you on track.

CASHWAY BUILDING & S CENTRES

WE SCHEDULED IT

You'll also notice that we offer these six-week classes at optimal times of the year: post holiday season, pre-summer, and after the kids go back to school. These are the times during which you can best focus on yourself. Take advantage of the next Six-Week Solution class to keep you moving toward your health and fitness goals.

Remember, effective weight loss is like a three-legged stool. It includes a regular and complete exercise program, the right diet, and the motivation to follow through and achieve your goals.

GARY HEAVIN holds a bachelor of science degree in health and nutritional counseling and is the author of four books. He has been counseling exercise and weight management for 30 years.

More Desirable you FEEL

MILTON LOCATION ONLY.

Store Hours

Monday - Friday 7:30am - 8:00pm Saturday 8:00am - 5:00pm Sunday 10:00am - 4:00pm

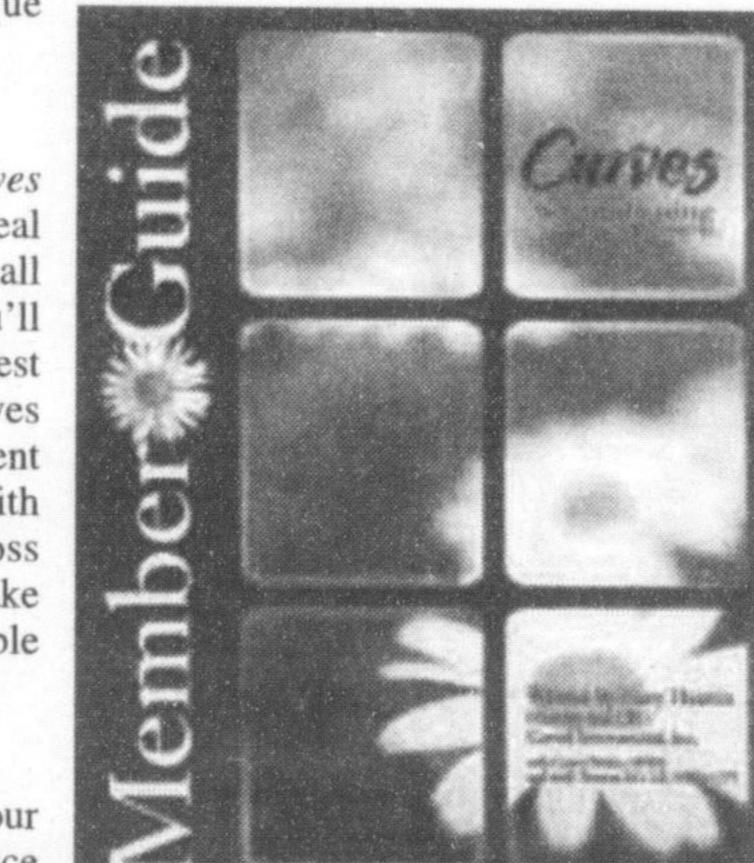
50% FF Call For

Curves.

6-Week Solution

- Boosts your metabolism
- Meal plans that are easy & enjoyable
- Wide variety of foods
- Group support
- Available throughout the year, call for details

- Strength training women will do
- 1 1/2 hour workout in only 30 minutes
- Burns body fat
- A fun workout!
- · Begins when you show up



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