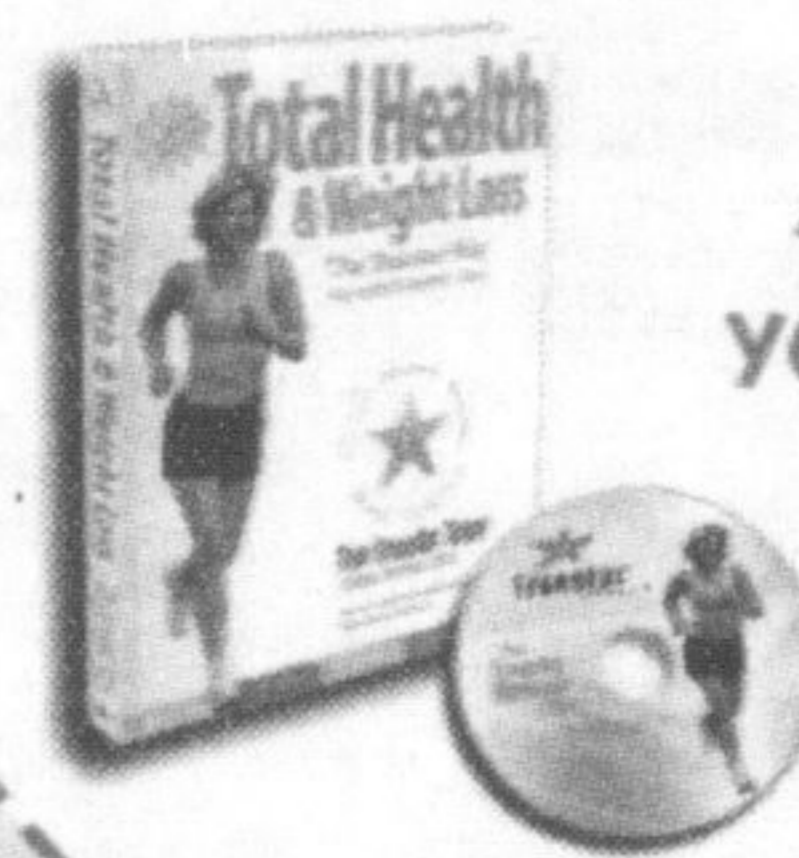


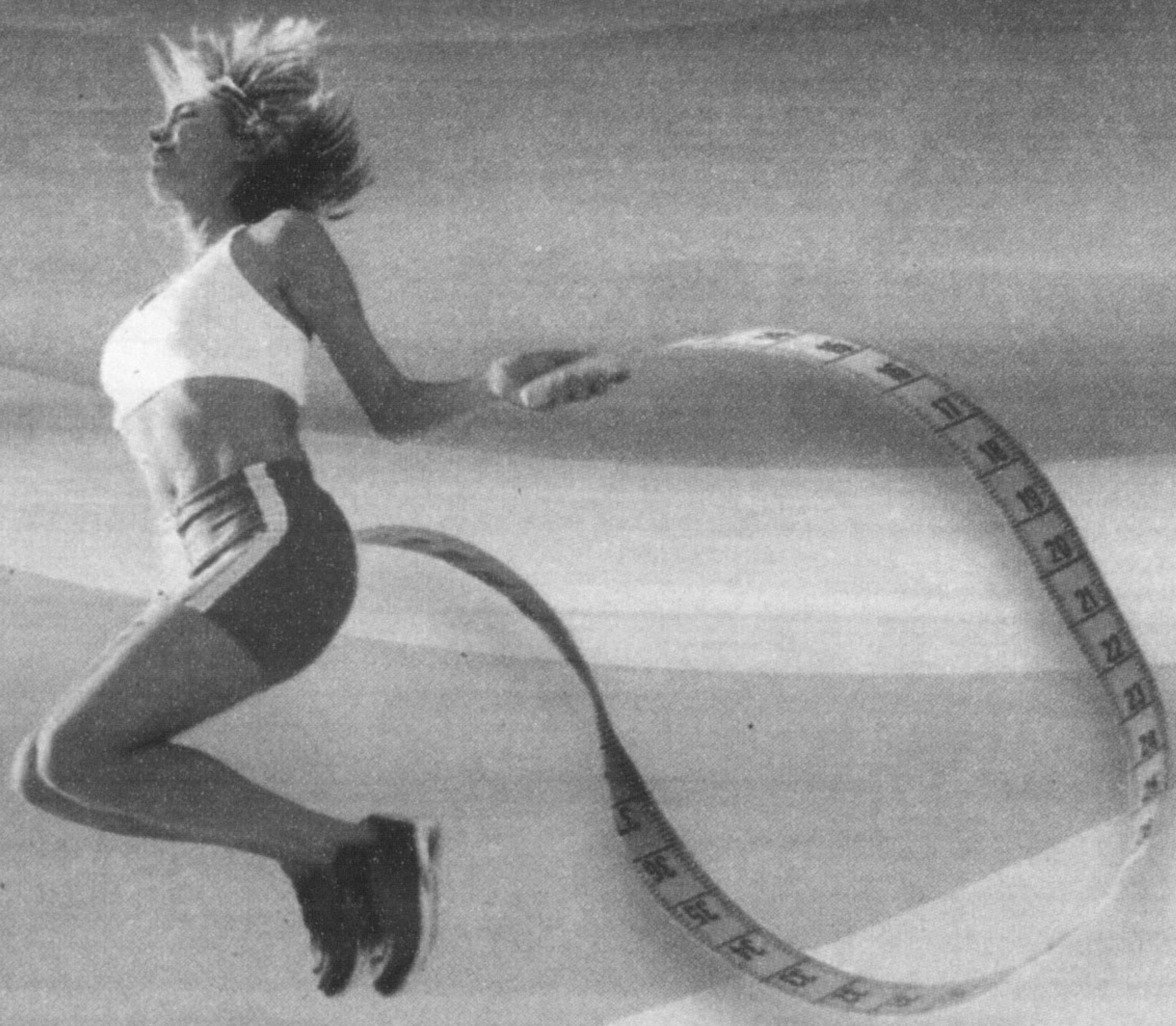
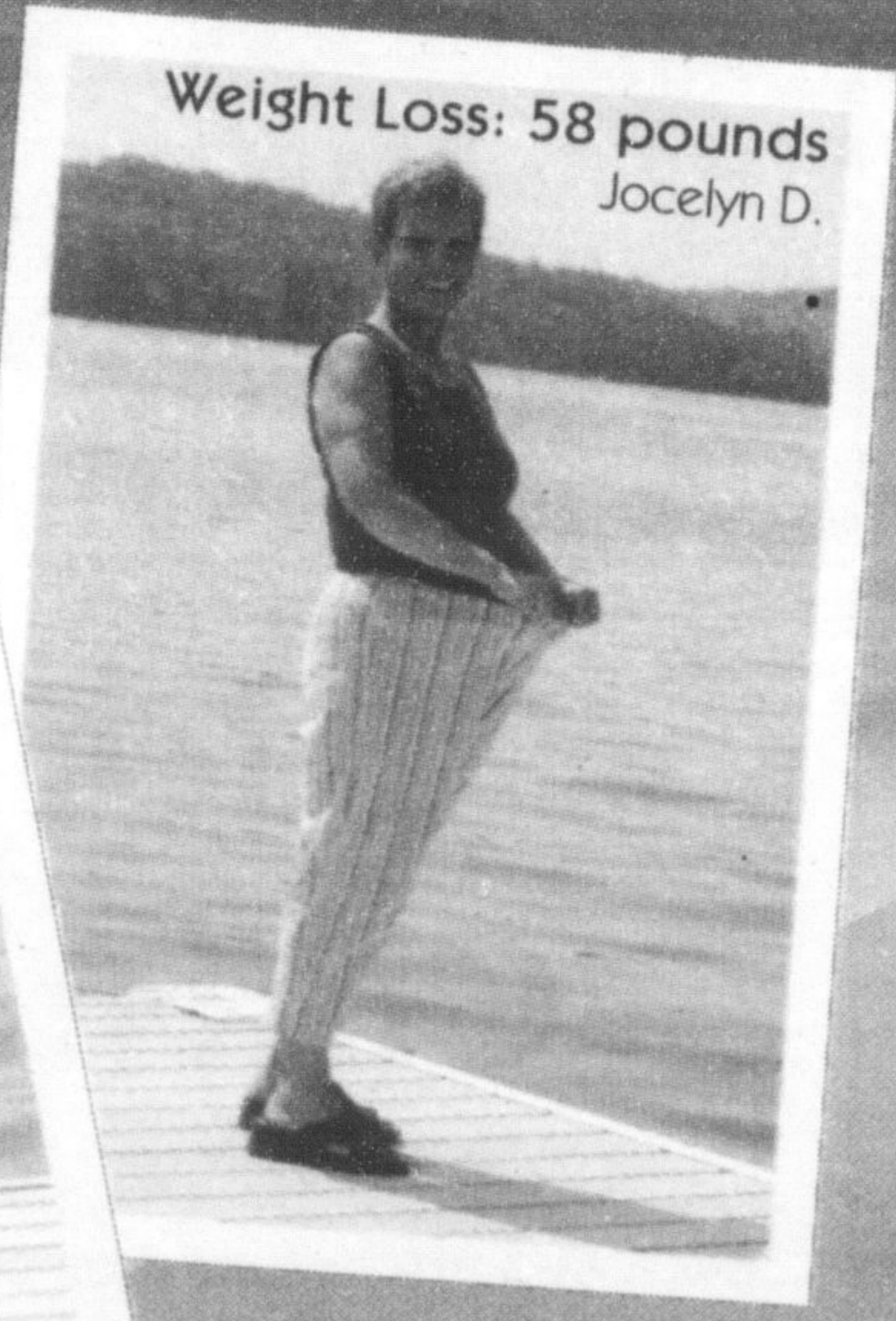
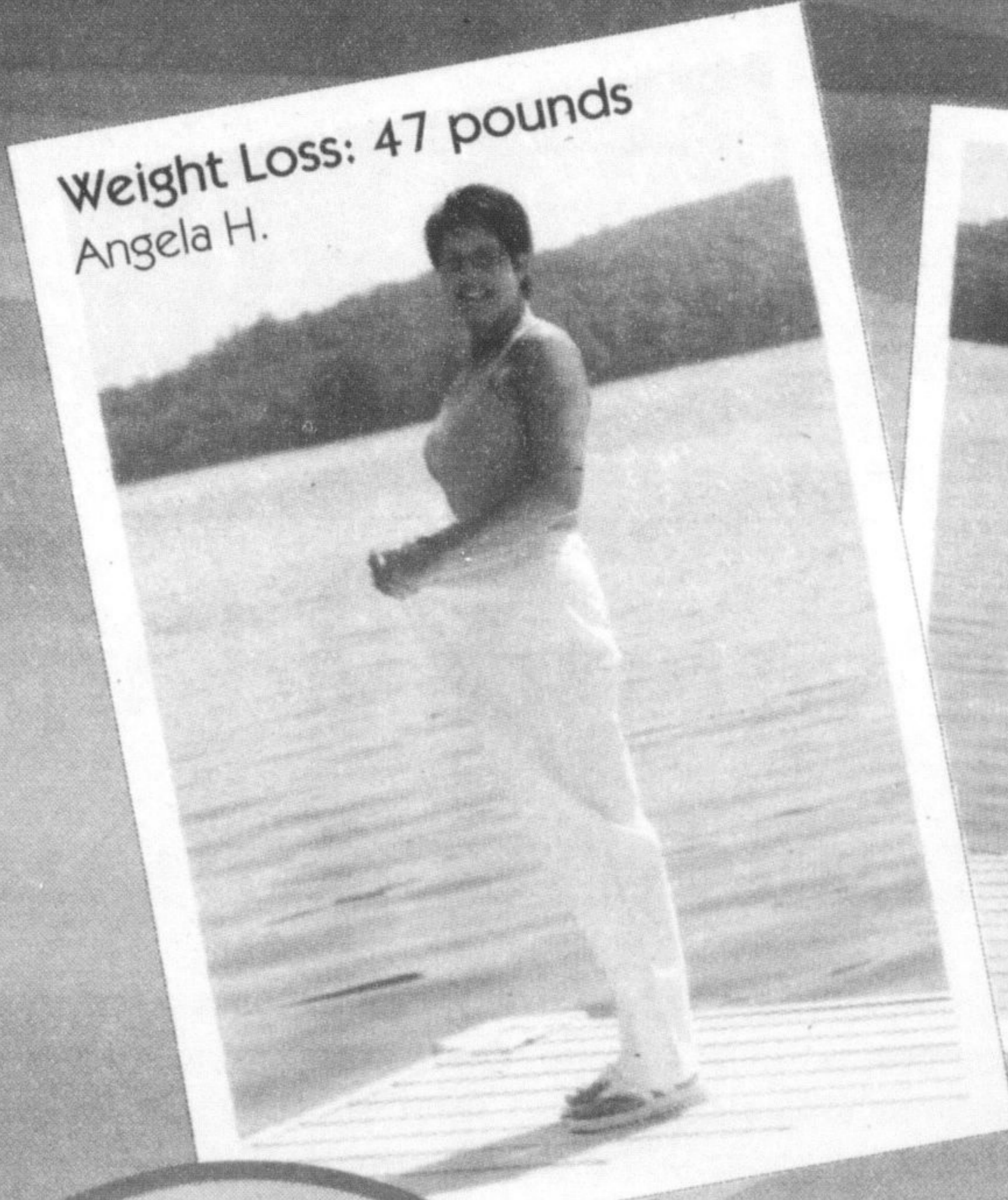
It's a Lifestyle, Not a Diet

\$89 VALUE

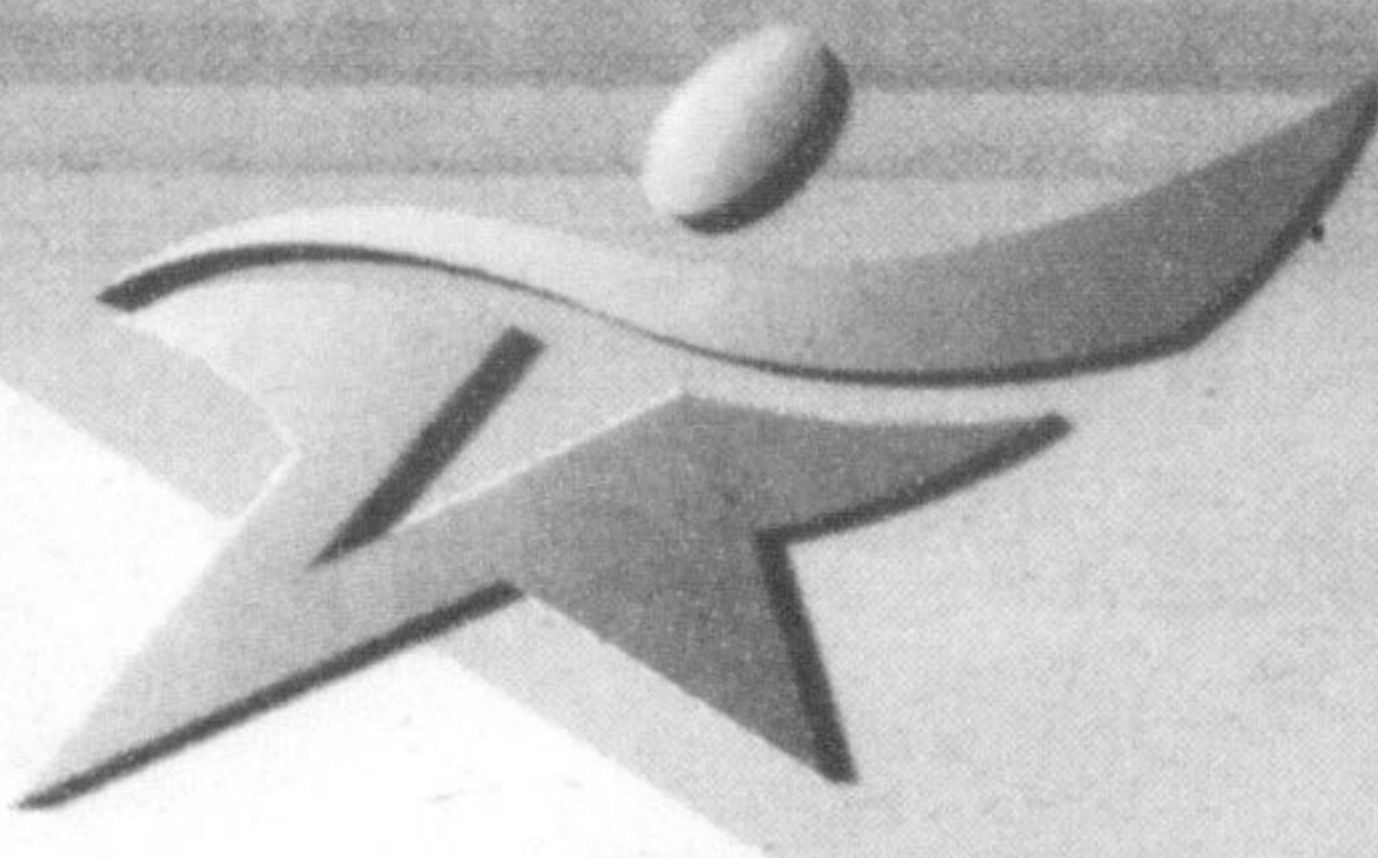


PRESENT THIS FOR
A **FREE WORKOUT** WITH
YOUR PERSONAL COACH
AND A COPY OF OUR
BEST-SELLING BOOK†

Total Health & Weight Loss
The **TRUESTAR** Way



Get Healthy
SAVE 40%
in January*



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 every day 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.

call 310.TRUE
and be the **ULTIMATE YOU**

www.truestar.com
Click on Testimonials

† based on following the Truestar for Women program. ‡ for initial consults only. * on our Platinum Membership