

# 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

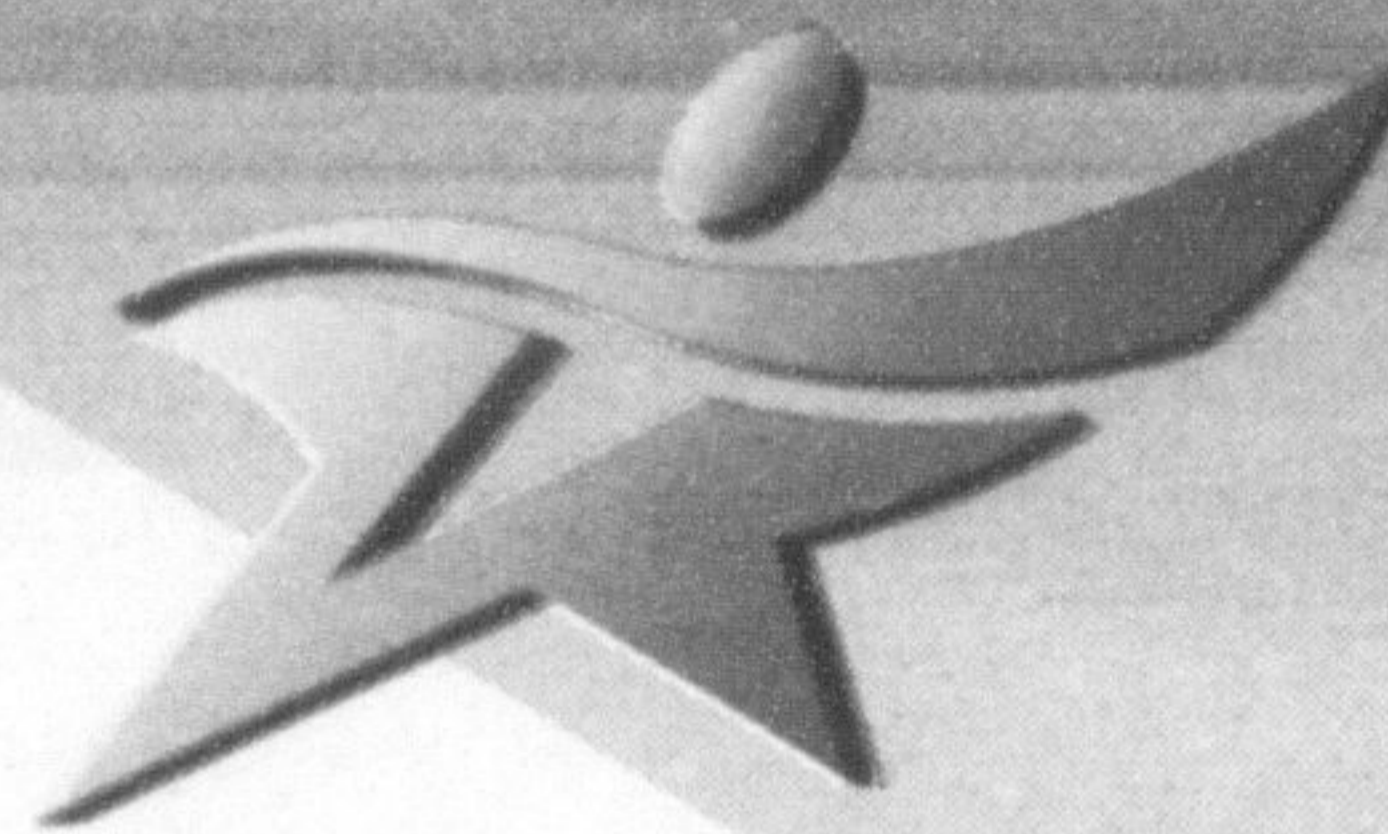
Weight Loss: 47 pounds  
Angela H.



Weight Loss: 58 pounds  
Jocelyn D.



Get Healthy  
**SAVE 40%**  
in January\*



**Truestar for Women™**  
Nutrition & Fitness Centers

## LOSE WEIGHT THE RIGHT WAY

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

Total Health Programs based on the world's leading health website:  
[www.truestarhealth.com](http://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](http://www.truestar.com)  
Click on Testimonials

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