

If You Can Eat... You Can Lose Weight!

Let our "Metabolism Makeover"
literally reshape your body in just weeks!

In this life-changing program you'll discover the secrets that everyday people have used to quickly and easily create the body they've always dreamt about!

You'll learn...

- ✓ Why starving yourself is making you fat!
- ✓ Simple strategies specifically designed to KEEP the weight OFF forever!
- ✓ The keys to eating the foods you love and still losing weight!
- ✓ Become a "label detective" so you know which foods secretly pack on the pounds!
- ✓ What to do when your only options are eating fast-food or going hungry
- ✓ The tried and true method to flat, sexy abs
- ✓ Foods you must eat to have energy all day long
- ✓ The deceptively simple method for setting goals that keep you motivated

Talk to your fitness professional
TODAY to enroll in the breakthrough
program everyone's been raving
about!

POWER FACTORY

Personal and Athlete Training Center

1088 Mt. Vernon Ave., Marion, Ohio 43302
740 389-3611 www.powerfactory1.com

Look at the results people
just like YOU are seeing!

"I went from a size 12 jeans to a size 8! I can't believe that I didn't do this any sooner. If you are reading this, then you too are obviously thinking about making some positive changes.



Trust me, you need to enroll in the Metabolism Makeover—it will totally change your life!

Erin Binkley



Laura LaRue

"I now curve IN instead of out!!"

I'll never go back to my old way of living. For the first time, I have found a program I can live with.

I've lost 4 1/4 inches from my waist in just a few short weeks!!"

Who Else Wants to Know the Real World,
Easy-to-Follow Strategies Guaranteed to
Blowtorch Fat and Turbo Charge Their
Metabolism?