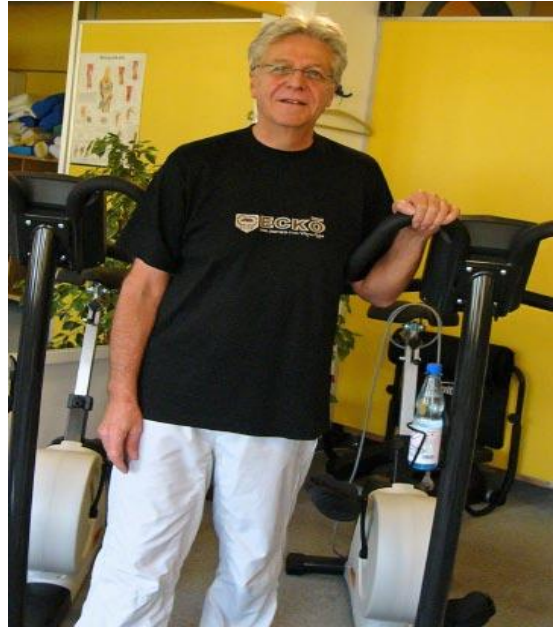


Dramatic Results Possible

Beat Diabetes with BALANCE



BEFORE



AFTER

A **BALANCE** Success Story!

Mr. Ulrich Schwabach
Age: 59
Starting weight: 233 lbs

Started in May 2007
Results:
Current weight: 169 lbs
LOST 63 LBS!

Will be off medication as of
December 1, 2008



BALANCE

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First American Trial begins
November 1, 2008

Meet with a nutritionist!

Free access to trainers!

Education on lifestyle changes!

Free monitoring equipment!

Join the BALANCE trial, visit www.fitnessfirstclubs.com for information!

FITNESS FIRST
HEALTH CLUBS

For additional information, contact General Manager
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(703) 435- 3900