

# BODY SCULPTING™ TURNS 20!

It's hard to believe, but Body Sculpting<sup>™</sup> has been keeping Northeast Ohio strong for 20 years. Formed in 1984, our company was the first group exercise program to combine strength training and cardiovascular benefits without jumping, dancing or choreography. Because of you, Body Sculpting<sup>™</sup> is now a household name in the Northeast Ohio area, enrolling more than 25,000 people in our programs each year, with over 200 locations.

### **BALANCING ACT**

Breakfast should provide 25-33% of your daily calories, but even more important is the nutrient content. You want a meal that has protein, fiber-rich complex carbs, and a little fat to fill you up and keep you satisfied. Unfortunately, grab-and-go items like fruit juice, bagels, and pastries skimp on the protein and don't "stay" with you.To maintain a steady energy level and prevent the sugar spike and crash, consider these fast, healthy morning meals: fresh fruit, cheese, nuts, hard-cooked eggs, milk, and peanut butter.

#### **DRINK UP**

According to a new study in the American Journal of Epidemiology, women who drink five or more glasses of water each day are 41% less likely to die from a heart attack than those who sip two glasses or fewer.

## FLEX CLUB

#### To Our Valued Clients:

Recognizing our long-standing and loyal clients is very important to Body Sculpting<sup>TM</sup>. Without your participation at class, we would have never grown to over 200 locations or been in business for 20 years. It is for this reason that we have formed the **FLEX CLUB**.

Now you can earn points each time you register for class, order videos or products, or refer a new member to Body Sculpting<sup>TM</sup>. For each dollar you spend, you earn one FLEX point. Once you have accumulated 500 points, you can cash in for your free gift, i.e., free classes, a video, or other Body Sculpting<sup>TM</sup> merchandise.

To cash in on your free gift, or to find out how many points you have, log-in on our website at **flexcity.com**, or call us at **216-313-FLEX** (Cleveland), or **330-650-FLEX** (Akron). Be sure to mention the **FLEX CLUB** when registering in order to take advantage of your member buying power. It's our way of saying, "Thank you for choosing Body Sculpting<sup>TM</sup>!"



# **ACTIVE GIRLS BECOME STRONG WOMEN**

At what age should a woman start exercising in order to help prevent osteoporosis? Well considering that osteoporosis is responsible for 1.3 million fractures each year, and costs about \$14 billion in medical care annually, the answer is young, very young! Although osteoporosis is a serious problem among older women, its roots can begin early if young girls don't build enough bone mass.

Most women form 90% of their bone density by age 20, and peak bone formation takes place between the ages of 9 and 14. A lifetime of little exercise and not enough calcium are to blame for hip, spine and wrist fractures that plague women in their senior years.

Push-ups, pull-ups (or chin-ups), rope climbing, and helping with family yardwork and household chores are vital to building sound muscle foundation and development. Young girls should begin strength training exercises early in their life and they should be able to do at least five push-ups by the age of 14. Exercise is the largest lifestyle determinant of bone strength in teenage girls. Physical activity during 12-18 years is strongly related to an increase in bone mineral density, and at age 22, for bone strength in the hip area. Soccer, basketball, and tennis are good load-bearing sports for athletic girls, as well as dancing, jumping rope and other cardiovascular activities.

Starting young is half the battle, especially considering that our aging population is becoming increasingly sedentary. In fact, hip fractures are expected to increase fourfold by 2040. However, it's never too late to improve bone density. Women can build bone mass until age 35, and halp maintain or slow hope density has their whole

help maintain or slow bone density loss their whole lives.

A good way to maintain bone density is weight bearing exercise. Weight bearing exercises include walking, stair climbing and/or strength training three to four times weekly. Lifting dumbbells and doing push-ups strengthen bones in your upper body and wrists, while weighted squats and lunges strengthen the lower body — all exercises you are already doing in your Body Sculpting<sup>TM</sup> class!

To summarize, get your calcium and encourage your daughters, nieces, and granddaughters to start strength training — and the sooner, the better!

# **SOURCES OF CALCIUM**

According to the National Osteoporosis Foundation, the recommended daily amount of calcium is between 1,000 to 1,300 mg. (1,300 mg. for young women).

These foods are especially good sources of calcium:

- unsulphured Blackstrap molasses (one of the highest sources)
- dairy products: milk, yogurt, Kefir, and natural cheese such as ricotta, parmesan, cheddar, and Swiss
- fruits & vegetables: broccoli, bokchoy, dark leafy green vegetables, and dried figs
- fish & shellfish: canned fish with bones, shrimp, lobster, and trout
- nuts & legumes: almonds, hazelnuts, black-eyed peas, and garbanzo beans
- fortified foods: cereal, orange juice, and other foods that have added calcium

**VISIT US ON THE WEB!** Visit Body Sculpting<sup>™</sup> online at www.flexcity.com. Order videos, check out class sites, and even register for classes! What's best is you'll get an automatic email reminder when it's time to register again.

Body Sculpting<sup>™</sup> is a registered trademark of Body Sculpting by Exterior Designs, Inc.<sup>®</sup> of Hudson, Ohio. Any usage of this mark in the State of Ohio, without our consent, is misleading, illegal, and subject to prosecution.

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(216) 313-FLEX

## or current resident

Classes fill quickly and ADVANCE REGISTRATION IS REQUIRED. To register with Visa or MasterCard, call the phone number next to the chosen location on the enclosed class schedule. Payments may also be mailed after first calling in your reservation. Mail payments to: Body Sculpting<sup>™</sup>, Inc., P.O. Box 637, Hudson, Ohio 44236. Register online 2477 at www.flexcity.com.

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educational video. Each strength training exercise is fully explained and demonstrated.

all the Body Sculpting<sup>TM</sup> exercises and stretches used in our programs in this 65-minute

of exercises ranging from 10 to 15 repetitions. This one-hour video is suggested Guide to Proper Weightlifting by the International Weightlifting Association®: Learn Body Sculpting<sup>TM</sup> exercise classes. Each body part is worked out with 10 full sets 65 and over. Requires a set of 2-pound (each) dumbbells. \$24.95 VHS Weights® II: This intermediate strength training exercise video is just like our strength, flexibility, and arthritic conditions. Doctor-recommended for senior adults age

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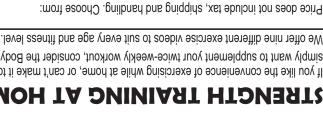
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