

BODY SCULPTING™ TURNS 20!

It's hard to believe, but Body Sculpting™ 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™ 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™. 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™. 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™ 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™!"

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 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™ 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™ 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.



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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™, Inc., P.O. Box 637, Hudson, Ohio 44236. Register online 24/7 at www.flexcity.com.

Videos and DVDs can be ordered on our website at www.flexcity.com, or by calling Body Sculpting™, Inc., at (216) 313-FLEX from Cleveland, or (330) 650-FLEX from Akron, or 1-800-659-FLEX (outside these calling areas). We accept Visa or MasterCard. *Looking for a bargain?* Check out our gently used videos for sale on eBay.com and amazon.com. Search by title on both websites.

- **Stretch This®:** This 30-minute stretching video is designed to stretch the entire body, including the lower back and core area. Combines the best stretches from ballet, yoga, physical therapy, pilates, strength training and static stretches to create an optimum blend of thorough body stretches. \$19.95 VHS \$24.95 DVD
- **Weights® I:** This beginner's strength training exercise video requires a set of 5-pound (each) dumbbells and an exercise mat or towel. Each exercise is fully explained and demonstrated before it is actually performed in the workout setting. This one-hour video is ideal for someone new to strength training, or for customers who have never taken our Body Sculpting™ classes. \$19.95 VHS \$24.95 DVD
- **Weights® II:** This intermediate strength training exercise video is just like our Body Sculpting™ exercise classes. Each body part is worked out with 10 full sets of exercises ranging from 10 to 15 repetitions. This one-hour video is suggested for those that have purchased the beginner tape, or have attended the Body Sculpting™ class for at least one full month. \$19.95 VHS \$24.95 DVD
- **Weights® III:** This advanced circuit training exercise video combines the benefits of strength training and cardiovascular fitness. The repetitions are performed slowly so you can use as heavy of a weight as you want. This one-hour video will liven up your exercise routine, and is ideal for those looking for a challenge. Rated five stars on Amazon.com. \$19.95 VHS \$24.95 DVD
- **Back-Fit® with Pilates:** This 45-minute strength training exercise video incorporates pilates matwork for core conditioning, physical therapy, and flexibility training. Working with a set of 3 to 5-pound (each) dumbbells and an exercise mat, you'll tone, tighten, and help prevent osteoporosis. No squats, lunges, or aerobics! \$19.95 VHS
- **Guide to Proper Weightlifting by the International Weightlifting Association®:** Learn all the Body Sculpting™ exercises and stretches used in our programs in this 65-minute educational video. Each strength training exercise is fully explained and demonstrated. This video is ideal for those who have never lifted weights before. \$29.95 VHS
- **Ger-Fit® (for older adults):** This 45-minute strength training exercise video will improve strength, flexibility, and arthritic conditions. Doctor-recommended for senior adults age 65 and over. Requires a set of 2-pound (each) dumbbells. \$24.95 VHS
- **Phenomenal Abdominals®:** This is the original 30-minute workout for the waist! The exercises are designed to work the upper, lower and sides of the waist, and to strengthen the lower back muscles. \$19.95 VHS \$24.95 DVD
- **Just Legs®:** Featuring two, 30-minute leg routines, this video concentrates on toning and tightening the hips, buttocks and thighs. This video contains lots of Lunges, Squats, and other strength training exercises designed to target those hard-to-tone areas. \$19.95 VHS \$24.95 DVD

One for every fitness level.

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DIFFERENT VIDEOS

If you like the convenience of exercising while at home, or can't make it to class on a regular basis, or simply want to supplement your twice-weekly workout, consider the Body Sculpting™ line of videos. We offer nine different exercise videos to suit every age and fitness level.

STRENGTH TRAINING AT HOME

FREE TRIAL CLASS

Present this coupon to the instructor for a FREE TRIAL CLASS

Coupon good for Body Sculpting™ or Phenomenal Abdominals® ONLY. New Clients Only. Expires 7/20/05.

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