

the **T-ZONE** HEALTH & FITNESS

TRANSFORM YOUR RESOLUTION INTO REALITY!



TAKE THE TRANSFORMATION CHALLENGE!

Change The Way You Look, Feel & Perform by Transforming Yourself From The Inside Out!

Learn & Experience the Keys to a Lean & Health Body! [This Program Includes:](#)



- ✓ Personalized Alkaline Healthy Eating Plan
- ✓ Metabolic Resistance Exercise Plan
- ✓ Weekly Coaching & Accountability Sessions
- ✓ Weekly Energized & Alkaline Water Supply
- ✓ Weekly Energize & Detoxify Wellness Therapy
 - ✓ Membership To The T-Zone
 - ✓ T-Zone Exercise & Nutrition Journal



START YOUR TRANSFORMATION TODAY!

“This is not only the most complete and effective Fat Loss Program ever offered but a Total Optimal Wellness Program that offers life changing health benefits as well!”

So what sets this program apart from other weight loss plans? EVERYTHING!!

Take a look in detail at what this program includes:

- ✓ **7.2 Fast Fat Loss/Healthy Eating Plan:** An Alkaline Body is a lean and healthy body and this eating plan is built around getting your body PH back to 7.2 where it can naturally and effectively emulsify fat. This program also revolves around varying the number of calories you consume based on your actual daily activities and what types of carbohydrates you consume, when you consume them, and how they affect hormonal response. This plan is scientific based and incorporates the most popular “cutting edge” weight loss techniques on the market today! What makes this plan so “do-able” is that each

week you will have a “Cheat Day” where you will be able to enjoy your favorite foods so there is no feeling of long term deprivation which makes other diet programs so hard to stick with! **(\$50 VALUE)**

- ✓ **Metabolic Resistance Exercise Plan:** Metabolic resistance training is the most time effective type of exercise for fat loss. Recent studies have shown that metabolic resistance training *burns up to 9 times more fat* than traditional cardio exercise and is a lot less boring. We will teach you the principals behind Metabolic Resistance Training and set you up with your own personalized exercise program based on your goals, current fitness level, age and where you plan to workout. (Home or Gym) **(\$50 VALUE)**
- ✓ **Weekly Coaching & Accountability Sessions:** Anyone who has ever completed a successful diet and exercise program will tell you that having the proper coaching and accountability are crucial to your success. Every program will have to be adjusted and ‘tweaked’ in order to avoid plateaus and a slowdown in results as your body adapts to its new way of eating and exercising. This could lead to discouragement and eventual failure if you do not have a professional coach to make the necessary adjustments and give you the accountability to stick with your program. **(\$300 VALUE)**
- ✓ **90 DAY ENERGIZED & ALKALINE WATER SUPPLY:** You will have to “taste it”, “feel it” and “see it work” to believe it! You may have heard the amazing weight loss stories of people who drink Alkaline Water from an expensive Water Ionizer Machine (i.e. kangen and other types) and the reason drinking this water produces weight loss is again because the body is being returned to a more alkaline ph where it can naturally emulsify fat. Because this water is “Micro-Clustered” which means the molecules are in smaller groupings, it is easier to drink more of this water and it hydrates faster and better which means your metabolism is boosted quicker and for longer periods of time which equals weight loss! The water you will be drinking during your Transformation Program comes from the newest and most amazing Water Ionizer on the market called the Am-Water Actify! Not only does this machine produce Alkaline, Ionized, Micro-Clustered Water like the other machines, but it also produces Zero Point Energized Water that you can literally feel the benefits of while experiencing an increase in strength, balance, flexibility and stamina! You will literally be “blown away” the first time you try it! **(\$250 VALUE)**
- ✓ **WEEKLY ENERGIZE, ALKALIZE & DETOXIFY WELLNESS THERAPYS:** You won’t find this in any other weight loss program around. You will learn and experience how Energy, Alkalinity, and Detoxification affect your “inner” and “outer” environment and aid in how you *Look, Feel, & Perform!* Again be prepared to be “blown away” as you experience these “cutting edge” wellness therapies! For more specific information on each of these just [CLICK HERE.](#) **(\$600 VALUE)**
- ✓ **30 or 90 DAY T-ZONE MEMBERSHIP:** If you are looking for the perfect environment to carry out your exercise plan The T-Zone is the place for you! Full Membership Privileges are included with this program. **(\$150 VALUE)**
- ✓ **90 DAY EXERCISE & NUTRITION JOURNAL:** This valuable tool is packed with resources to keep you on track and monitoring your daily activities will be your road map to success! **(\$25 VALUE)**

30 DAY PROGRAM (OVER \$550 IN VALUE) ONLY \$299

90 DAY PROGRAM (OVER \$1400 IN VALUE) ONLY \$599

Space is Limited so Call (360) 571-0411 to Register Today!