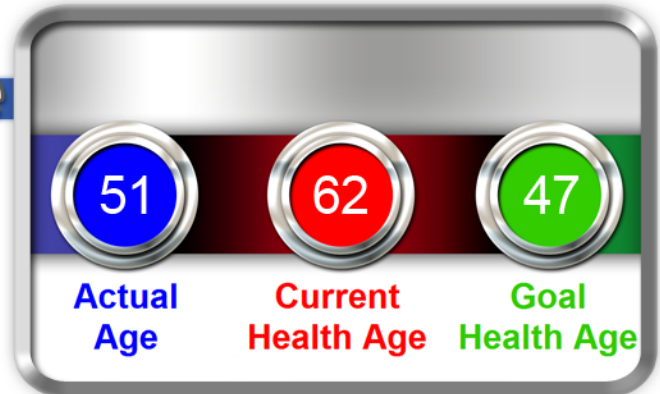


# Orientation Weight Loss

## Health Age

The Visual Fitness Planner™ (VFP) program calculates your chronological age against seven health risk factors to determine your true health age.



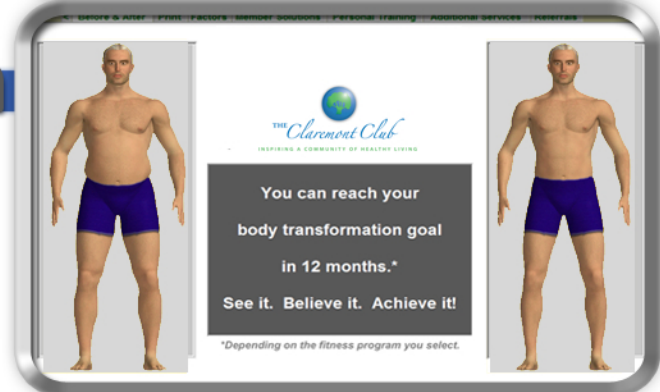
## Health Risks

Our staff will utilize the VFP™ to determine your likelihood of contracting Type II diabetes, having a stroke or developing cardiovascular heart disease or cancer.



## Body Transformation

The VFP™ will motivate you by showing you a 3-D image of your body's potential change for weight loss and/or muscle growth.



## Transformation Plan

At your Goal Setting Assessment, you will receive a before and after print-out that includes strategies for implementing a successful program to achieve your fitness goals.

Your complimentary assessment (a \$75 value) is scheduled for:

Date \_\_\_\_\_ Time \_\_\_\_\_ Trainer \_\_\_\_\_  
Location \_\_\_\_\_ Phone \_\_\_\_\_