



# BODY FOR-LIFE

Myer Rose

## WHAT IF WE SAID YOU COULD HAVE THE BODY YOU DESIRED IN AS LITTLE AS 12 WEEKS?

What if we said you would trade hours of jogging for minutes of training? How about if you were not to "diet" but follow a nutrition plan that involves 6 balanced meals per day!

In actuality, what if no foods were off the menu? More importantly, what if you could in fact build a lifestyle to maintain the new body after the 12 weeks... a body for LIFE!

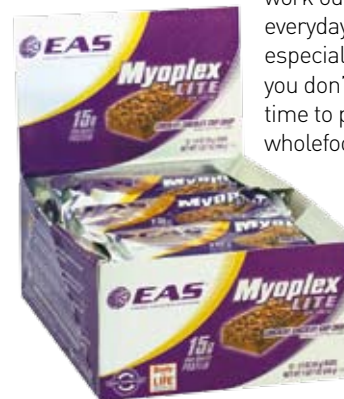
We put these questions to you because it is achievable. No gimmicks, crash diets and suspect science. A programme that's been around for more than 10 years, based on sound principles of physiology and the latest knowledge about how exercise and nutrition affect your body.

Break free from the rest of the world who are over-fed but under-nourished, who are over worked – and under slept. Join thousands of other kiwis and change your body, change your mind, change your life.

The Answer – The EAS Body for Life® programme as outlined in the "Body for LIFE" book, has given over 4,000,000 people worldwide a simple, sensible way to lose weight, feel better and change their lives. And the programme is complimented with The Body-for-LIFE Challenge – a 12-week healthy living contest based on the proven principles in the best-selling book, Body-for-LIFE.

Now, EAS, the World's number one selling brand of performance supplements, make this amazingly simple plan even more convenient with EAS Myoplex – delicious, convenient, balanced nutrition shakes and bars. Designed to take the guess-

work out of everyday nutrition, especially when you don't have time to prepare a wholefood meal.

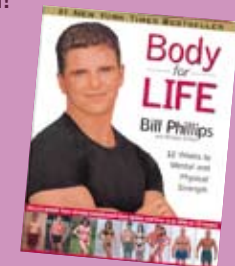


## BREAK THE CHAINS THAT BIND YOU.

As you apply the principles of **Body-for-Life**, you will not only lose fat and add on muscle tone, but will gain confidence, improving every part of your life. Break the chains that bind you and make an investment in your life, 84 days to change your life.



**BONUS:** To motivate kiwis to drop fat and tone up over only 12 weeks in 2008, the NZ BFL winner will win \$10,000 CASH!



**FREE** Body for life entry booklet and starter guide and for more info visit your local Health 2000 store.



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