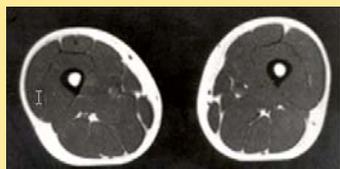
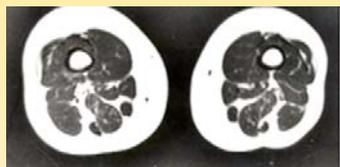


Sarcopenia (from the Greek meaning "poverty of flesh") is the degenerative loss of skeletal muscle and strength associated with aging (0.5–1% loss per year after the age of 25)

**Thigh Cross-Section Comparison
(Muscle vs. Fat)**



(Top) 20 yr. old female athlete



(Bottom) 64 yr. old sedentary woman

If you have ever dieted without strength training at the same time, you have lost muscle along with some body fat. If you have gained any weight back, it was ALL fat. That means that you are moving closer to the bottom photo (even if you're in your 30's & 40's and especially if you are female). If you are 50+ years old, and do not strength train...you got it...closer to the bottom photo.

Photos on cover from:

Biomarkers: The 10 Keys to Prolonging Vitality
by William Evans, PH.D. and Irwin H.
Rosenberg, M.D.

Simon & Schuster, Publisher

We'll work with you on payment options. Some clients prefer to pay month-to-month. Others like to pre-pay for our 6-week "Quick Start" package.

Try it for a month or two. If you don't want to continue, take what you've learned here and go do your own thing.



**1440 Sheffield Avenue Suite B
(in the Family Video building)
Dyer, IN 46311**

**Phone: 219-440-7326
E-mail: chuck@experience-fitness.com
www.experience-fitness.com**



What Is It?

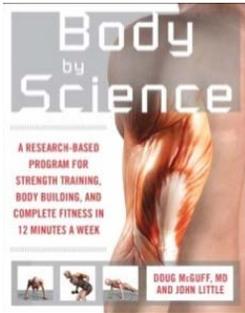
At Experience Fitness, we conduct slow speed, low-momentum strength training...kind of like weight-lifting, yoga-style. We deliver the health benefits of 3-5 hours of traditional exercise in as little as 20 minutes, once or twice a week.

A certified personal trainer guides you through a handful of exercises designed to work your entire body. Each exercise lasts from 1 ½ –2 minutes. That's it...then you're off to pursue other recreational activities.

The studio is impeccably clean, elegantly decorated, quiet and serene...more like a spa than a gym.

Call us to schedule a brief, private consultation. We'll answer your questions, address your concerns and give you the opportunity to try a few exercises if you like. Best of all, it can be done in your regular clothing.

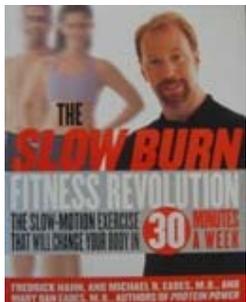
Recent research shows that brief, infrequent strength training is the safest, fastest, most efficient way to fitness. The book Body by Science, by Doug McGuff, M.D. and John Little gather the research and explain the program. It requires just a few safe, brief, but challenging exercise sessions per week to accomplish.



Other great books that explain our slow speed, low momentum strength training program are:

The Slow Burn Fitness Revolution by Fred Hahn, Michael Eades, M.D. & Mary Dan Eades, M.D.

The Power of 10 — The Once a Week Slow Motion Fitness Revolution by Adam Zickerman



Attention Seniors

Many of our most successful clients are age 60—80. They are so grateful to regain the strength & energy from their youth. Gather up to six of your closest friends and call to schedule a group consultation. We'll address your questions and concerns, then you each can try a sample exercise or two. You'll get our **lowest rate** when you pair-up with a friend to train. You'll both arrive together, then workout one after the other. You'll be in-and-out in less than 45 minutes.

We love training seniors !

Type II Diabetes

(the other half of the equation):

Muscle is the major storage area for dietary sugar. If you've lost 30% of your muscle, you've also lost 30% of your storage area for sugar.

Every time you perform one of our workouts, it empties the stored sugar in your muscles and helps repair your insulin sensitivity.

“I'm now able to get in and out of my car without the throbbing knee pain I tolerated for years”

Anita E. — 67 years old

You'll enjoy the following benefits:

- Increased metabolism
- Enhanced fat loss
- Increased stamina
- Increased cardiovascular efficiency
- Increased bone density
- Increased resistance to injury
- Increased HDL (good cholesterol)
- Improved blood pressure
- Improved insulin sensitivity
- Decreased total cholesterol
- Decreased triglycerides

“I'm no longer the official family photographer...I'm strong enough to join in the fun”

Lisa W. — 35 years old