

## ***Yours FREE if you try Fit4Life – Dr. Smith’s exclusive report “Have the body of a Greek god – through 27 simple exercises”***

**Imagine having the body you’ve always dreamed of** – would you like to show off your perfect physique pumping weights at muscle beach? How about being the first across the finish line at a local marathon? Or maybe you’d like to have the athletic ability and lightning-fast reflexes of a martial arts expert.

While these dreams may seem very different to you, they all have one thing in common – perfect development of muscles to suit a specific task. Centuries ago the ancient order of the Shaolin monks perfected training exercises to put them in total control of their bodies. These exercises have been proven to be far superior to ordinary training regimes, such as jogging or visits to the gym.

The amazing thing about these exercises is that you don’t have to work out ‘til you drop to build up your muscles. You just have to know what your body needs to build it up to perfect form. And that’s exactly what you’ll find in this special report:

- Four one-minute exercises to develop a washboard stomach.
- The two perfect times for exercise – and the one hour in which never, ever to do anything physical.
- Seven ways to improve your stamina and lung capacity – without ever leaving your living room.
- Muscle toning made easy – with our 15 special exercises for beginners and advanced athletes alike.
- Build your arm and upper body strength – using only common household items.
- The one thing you must never do while stretching – under **any** circumstances.
- The special secret to boosting your reflexes 100%

Now, this report alone would easily sell for \$29.95 if it were to hit the bookstores. But it never will – because exercise without proper nutrition is pretty damn useless. That’s why it’s available **only** to Fit4Life customers – people who *know* how to look after their bodies.

**WARNING:** We have only a limited number of these reports available! Once they’re gone you’ll have to wait until we’ve printed some more. If you want to make sure to receive a copy immediately, make sure to send us your order form today – or, even better, call or fax us now to place your order.

## Order Today

**YES**, I want to send my doctor to the poor house! Please send me a supply of Fit4Life so I can start enjoying my new, healthier, energy-filled life NOW! I understand that I am taking no risks by trying Fit4Life – if I'm not **ABSOLUTELY SATISFIED** with the results, **FOR ANY REASON**, I'm sending back the remainder of the pack for a **FULL REFUND!** I understand that Dr. Smith's special bonus report, "Have the body of a Greek god – through 27 simple exercises" will be mine to keep in any case.

**Please fill out the following form and mail it to: Health4U, P.O. Box 1234, San Francisco, CA, 1234567**

A 30-day supply of Fit4Life for \$49.95

A 60-day supply of Fit4Life for \$79.95 (saving you 20%)

A 90-day supply of Fit4Life for \$105.95 (saving you a whopping 37%!)

I want to take advantage of your automatic shipping plan! Please bill my credit card \$105.95 every three months (saving me \$43.90 AND shipping costs)

Shipping & Handling charges add \$5.00 (Not needed if you choose our automatic shipping plan)

California residents please add sales tax

I have enclosed a check or money order for \$\_\_\_\_\_, made payable to Health4U Ltd.

Please charge my  American Express  Visa  MasterCard

Card number: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Signature: \_\_\_\_\_ (Only needed for credit card orders)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Please complete the following section, in case I need to contact you.

Phone (Day): \_\_\_\_\_ (Evenings): \_\_\_\_\_

Email: \_\_\_\_\_

(I will hold your Email address in the strictest confidence and won't pass it on to anybody else)

If you can't wait to start your new, healthy life, why not speed things up by placing your order over the phone or faxing us this form? You can call out order line toll free on 1-800-FIT-4-LIFE between 9am and 9pm Mon-Fri, or fax your order to 1-234-56789