



COULD THERE POSSIBLY BE A BETTER TIME TO JOIN FITNESS TOGETHER?



By Wendy Tarlow - Owner, Fitness Together

if exercise reduces the risk of dying from heart disease and cancer by more than 50%

if exercise plays an important role in the prevention and reduction of symptoms of diabetes, arthritis, osteoporosis, insomnia, obesity and hypertension

if exercise makes people leaner, lighter, firmer, shapelier, stronger, and more flexible, more agile, mobile, alert, energetic, confident and optimistic

if, last, but not least, it makes you feel more sexually attractive

Could there possibly be a better time to join Fitness Together?

IF NOT USING US WAS THE PHYSIOLOGICAL EQUIVALENT TO SMOKING A PACK OF CIGARETTES EVERY DAY...

if our product is associated with eating better, consuming less alcohol, smoking less tobacco, and, in general, having more control over your life

if as a result of using our product, business and professional men and women have more stamina and staying power

if by using our service, you are ill less frequently and less seriously, possess more energy, creativity, and optimism than your sedentary colleagues

if it is becoming more widely known and accepted every year that the value of exercise and fitness, while important at every age, becomes essential to our health and longevity from our 30s into our 40s, 50s, 60s, 70s and beyond

Could there possibly be a better time to join Fitness Together?

WE DON'T THINK SO.

"If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medicine in the nation."

—Robert H. Butler

At Fitness Together, we stress all aspects of health.

Call to set up a free consultation today!

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