

# Here Is Our Summer **VIP** Jump Start Specials To Get You Started Today

## **Express Workouts Only \$19 A Session!**

If you're looking to maximize your fitness investment you should consider Fitness Forever Express, the 30 minute fitness solution for **busy executives, self-employed and all around multi-taskers**. You'll receive the same one-on-one focus as in the hourly session with one exception: The focus of your time with your trainer will be to **squeeze as much exercise into the 30 minute session** as possible and you need bring a friend to train with you. You will be encouraged to arrive 10 minutes early for your workout to allow time to warm up and stretch. At the end of your very focused session you will be advised to do specific cardio for 15- 20 minutes and then allow time for a cool down and a stretch before leaving the studio. **If you're willing to take responsibility** for your warm-ups and cool-downs the Fitness Forever's Express Solution may be just what you are looking for and at a great price to boot! Now who do you know that might want to come with you?

### **HERE IS ANOTHER GREAT OFFER TO GET YOU STARTED!**

Would you like to know how to make better use from your current gym membership? Or, perhaps you're stuck in a fitness rut! We give you an in-depth, comprehensive 2 hr assessment of your over all balance, posture, core strength, metabolism, and cardiovascular health, as well as muscle strength and length testing. We'll teach you our highly successful corrective stretching techniques and you'll learn how to "iron the wrinkles" right out of your muscles in 10 minutes or less! You get all of the above for a very special price of \$95! Regular price is \$195 and if you are not **100% blown away satisfied** you don't have to pay!

After we're done with your health and fitness assessment, we can schedule your **Fitness Jump-Start Training Sessions**. This 3-session personal training package normally costs {\$225}, but as a gift to you it's yours for just {\$99} What can you accomplish in 3 fifty five minute training sessions? That's a great question. You can get a powerful "**jump-start**" towards your best body ever a lean, tone, firm and attractive body. It's true that we can't do for you what we done for so many here in the valley in just three sessions.

### **BUT WE CAN DO THIS FOR YOU**

- We'll will show you the **six most effective exercises** you can do to "stoke" your metabolic furnace so it literally melts the fat right off your body.
- We'll reveal the **TRUTH** about why spending endless hours doing boring aerobic exercise (like running, treadmills, Stairmaster) is actually *counterproductive* to your goals. And we'll show you exactly what to do instead to maximize fat loss and firm up your body.
- You'll discover a **simple, easy eating strategy** that allows you to enjoy most of your favorite foods, and we'll **encourage** you to eat as often as five times a day!
- We'll expose all the **myths about diet and exercise** that are keeping you from being lean and toned.
- You'll get a completely **personalized fitness program** you can follow when we are not with you.

**Wow! That's a lot of stuff. And at only \$99, it's incredible!**

### **WHY ARE WE DOING THIS?**

Because we want you to be our next success story! And we want to introduce you to the only **proven system** for getting healthy and fit. Of course, it won't surprise you to learn that we hope you fall in love with the incredible, life-changing service we provide and decide to continue training with us 'But... that's completely up to you.

Need Nutrition Help? Our **Total Body Inventory** and **Personal Metabolic Profile** will give you all the answers on how to get your metabolism started again plus what types of food work best for your bio-chemistry! Now only **\$395!** Regular pricing is \$695. You save \$300.00 Here's exactly what We'll do: Okay! Oopss! I'm out of room here to type it all but you won't be disappointed, Guaranteed, or you don't pay. **See the attached flyer, and more info at**

**Www.myfitness4ever.com**

# How To Eat, Move and Be Healthy!

**Guaranteed To CHANGE YOU Or You Pay Nothing!**

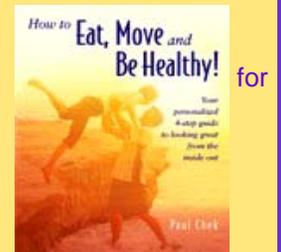


**Imagine What It Would Mean To You If You Never Had to Try Another Ineffective Fitness Or Weight Loss Program Again And You Could Look And Feel The Way You Want To!**

"Your food is the most powerful 'drug' on earth! You eat it several times a day, every day of your life. It contains hundreds upon hundreds of compounds that your body uses as its 'fuel for life.' Your food can be your medicine or your poison." Every one of us is unique and has different dietary requirements. Fitness Forever will help you find what foods are right for **you**. You will find your metabolic type and learn how to eat to optimize your health, keeping you healthy and pain free. Also learn corrective exercises to keep you healthy, flexible, and feeling good for life. Catering to your individuality, we will design a personalized program to ensure your success.

**Our Nutritional/Wellness Boot Camps Are Amazing,  
And Always Produce Incredible Results**

- We will show and reveal the truth about your digestive health, stress, sleep patterns, toxicity levels, slowing metabolism as well as **You are When You Eat** and **What You Eat** and what ever they ate! (plants or meat)!
- You'll also discover a **common sense individual approach to eating that works with your** body so you can actually enjoy eating while optimizing eating & health
- Learn how to shop for you and/or your family, read labels for hidden sugars and fats and how the FDA uses these loopholes to trick you. **A free 25 page download** is available now your education and review at [www.mysupermarkettour.com](http://www.mysupermarkettour.com)
- Enjoy a healthier digestive and elimination process by learning just one simple trick!
- **The Secret** of how stress is affecting your body and making your **pants to tight** as well.
- You'll discover what correct breathing and mind body work can do for your health.
- We'll **expose** how water, sea salt, sugar and healthy fat affects your body, how much of each you need, and what is a healthy amount for your individual bio chemistry.
- We also will introduce you to **Dr. Quiet, Dr. Diet, Dr. Movement and Dr. Happiness**. They will give you a personalized program that you can follow when you are not here with us!
- Advanced, **accountable and private 1-On-1** nutritional and lifestyle education with a certified CHEK HLC expert and coach. As well as weekly body compositions, weigh-ins and life changing exercises to ensure your success.
- You will also receive the most current and comprehensive books, CD's DVD's on the subjects available today.
- **Life changing online training** and tele-coaching available for family/friends who don't live here in the desert.



**This is Not a One Size Fits All Approach,**

Nor a magic pill to instantly fix everything! Each aspect is individually tailored to fit your individual needs and concerns. The program is based on a unique synthesis of principles and techniques developed by Holistic Health Practitioner Paul Chek of the Chek Institute, [www.ChekInstitute.com](http://www.ChekInstitute.com). Paul is a sought after presenter and has consulted for organizations such as the Chicago Bulls, Australia's Canberra Raiders, New Zealand's Auckland Blues, the US Air Force Academy and other elite organizations. His information is not only cutting-edge, but also very applicable. This program is brought to you by Ingo Logé owner of Fitness Forever, Exercise Physiologist, Sports Nutritionist, CHEK HLC II, and his team of CHEK practitioners. The boot camps are based on the health and lifestyle factors described in Paul's book titled "How to Eat, Move and Be Healthy."

**\*\*There are 3 different life changing camps to choose from starting as low as \$199**

**\*Note:** A pre-screening questionnaire is included covering all the bodies systems and must be completed in advance.

**Fitness Forever 77760 Country Club Dr. # E-G Palm Desert, Calif. 92211 760.200.4920 [Www.MyFitness4ever.com](http://Www.MyFitness4ever.com)**

# Here's What People Are Saying About Ingo Logé, Fitness Forever And Their Amazing Weight Loss, Health and Fitness Systems Nothing Has The Power To Make You Feel Better About Yourself!

TESTIMONIALS AND REAL LIFE  
FITNESS FOREVER SUCCESS STORIES

VIEW MORE AT  
[www.MyFitness4ever.com](http://www.MyFitness4ever.com)

I know you say that it takes personal drive and determination to achieve what I have. However, I was always an athlete and always had the drive and will to do it, but for some reason I couldn't. I got a huge wake up call from God and a second chance and I STILL wasn't stepping up to get in shape.

I know it is your nature to be humble and make your clients feel 100% good about what they are doing and what they have accomplished. While admirable and for most the right thing to say or do, but for me that is not the case. I have wanted to get back in this type of shape for over 15 years and couldn't do it....

You have given me far more than I could even articulate. I know that without a doubt I have changed my life and how I approach nutrition and my overall health. That wasn't just me, in fact it was due in large part to you...I appreciate all you have taught me and all you have shared with me and I know we just scratched the surface.

Certain people make a big impact on who we become in life and I **"Thank You" for playing a HUGE roll in who I will become moving forward.** Both professionally and personally you have given me the chance to meet challenges and achieve goals I would not have been able to do without your help.

I will certainly keep in touch and look forward to our next workout! You are great at what you do and a good friend I hope to know for many years to come.....

Thank You from the bottom of my heart for all you have done for me!

All my best!

**Steve Pufaf**  
Market Director of Group Sales - Western Region  
Marriott International



My size 5 body of my 20's and 30's had a drastic change after a bad fall that left my back in very bad shape. After the injury I crept up to a size 10 by the time I reached 53. I thought maybe I wasn't too old to do something that would improve both my looks and my health. My goal was to lose 25 pounds and to be able to wear sleeveless clothes and shorts again! I had immediate success! At the end of 3 months I had met my goal of a 25 pound weight loss, my cholesterol was down and so was my blood pressure. I am back to a size 5 wearing sleeveless blouses and shorts. I look and feel better at 55 than I did at 45. Oh by the way, I thought I had retired! But because of what Ingo had taught me I went on to become a personal trainer and Pilates Instructor! Thank you for all I have learned and accomplished. **Hali Winston, (Body by Pilates Manger,) Carson City, Nevada**

I tried the conventional gym trying to lose weight and regain some endurance and stamina. 41 and insulin dependent, 343 pounds. How did I get here? Four months later I had lost 10 pounds and gained it back. A close friend recommended Ingo. She explained that this training studio was state of the art and the trainer was different. Not the huge, impersonal meat market of large health clubs. Intimate and professional. I was reluctant, but what I was doing wasn't working either. I decided to give it a try. This was the best decision of 2006. Ingo Loge journeyed with me and provided a nutritional education, physical training, menu preparation, motivating personality, and dedication to the process that I have never experienced before. Mr. Loge was knowledgeable and open. He understood what my goals were and explained that I needed to refine the way in which I ate and exercised.

The level of education, the CD's and reference books painted a clear picture. We discussed my diabetes and innovative programs. It all started to make sense. The heart monitor, understanding metabolic rates, core work, and the cardiovascular warm up. I double checked with outside professionals and searched for information on the Internet. Mr. Loge knew what he was teaching. I was willing to put my full trust in his skill.

Today I am 260 pounds, down 5 pant sizes. I have a normal size neck with only one chin. An improved circulation, increased vitality and stamina, a lighter, brighter spirit. These are the gifts I have received as a result of working with Mr. Loge. 83 pounds gone! I went from four daily insulin injections to none. Yes, that's right. I no longer have any symptoms of type II diabetes.

Confidence, satisfaction, increased well being and the knowledge of how to live a healthy lifestyle. The level of education, personal service, cutting edge technology and nutritional support has combined to improve my quality of life and overall health. None of this would have been possible without the expertise, dedication and personal attention provided by Mr. Ingo Loge.

In today's world of false promises and hype, Mr. Loge and Fitness Forever Team are the real deal. An environment of positive training support and education. More than the warehouse gym mentality, it provided me with the tailor made program to ensure my success. I just needed to be willing to unlearn some destructive habits, and participate in a life changing training program. Thank you, Ingo.

A Fitness Forever success.

Forever grateful,

Peter Charles Shorts



After having a baby at 39 I felt overweight and overwhelmed. I had tried many different diets and gym staffed personal trainers, all with the same ending; Lots of money spent, very little results. **From the moment I met Ingo and toured his studio, Fitness Forever, I knew this would be different.** I stopped by un-announced one day and saw first hand why he is so successful.

**His electrifying motivation leaves each individual inspired.** He teaches each student with renewed energy, so they can reach their individual goals. This was what I was missing; one on one, personalized training, tailored to me.

My daughter is 14 months old and since I began training with Ingo I am now down to my pre-pregnancy weight and I am ready to reach my next goal. I have recommended Fitness Forever to my friends and family. Since I started both my parents, one co-worker, and another industry partner have joined. **This is a true testimony to a job WELL DONE!**

Kathleen Ahlgren, Director of Sales  
Rilington Communities  
Builder of The Year 2007

**Don't put your dreams on hold any longer. TAKE ACTION NOW ON YOUR OWN BEHALF. I promise You Will Not Be Alone Anymore. You will be joining the most exclusive, most motivated and most results-oriented Personal Training Studio ON THE PLANET. All of us will help you succeed!  
Call us today at 760.200.4920**