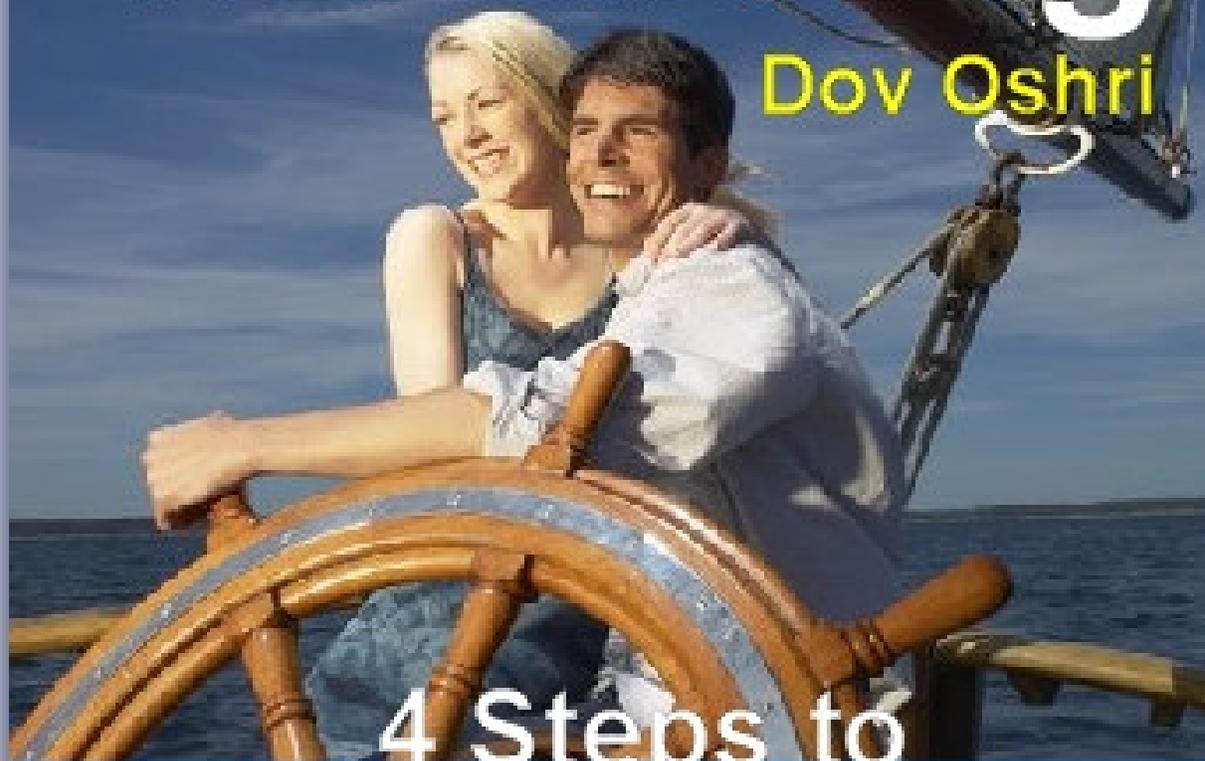


Perpetual Wellbeing

Dov Oshri



4 Steps to
Ageless Sex-Appeal

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A Wealth of Wellness and Wellbeing

Welcome to the fascinating world of wellness and wellbeing. 90% of the people don't really know the differences between health, wellbeing and wellness. You've chosen to be part of the fortunate 10%.

Wellness is a dimension of health beyond the absence of disease or infirmity, including the social, emotional and spiritual aspects of health. It focuses on promotion or maintenance of good health rather than correction of poor health.

Wellbeing is a state of mind! It's a contented state of being happy and healthy and prosperous. The standard definition of well-being is "a state of being well, healthy and contented." The first step to physical, mental, social and even emotional well-being is to "know yourself completely".

Wellness encourages activities that lead to well being. Physical wellness is about building endurance, flexibility, physical strength and cardiovascular health. It is about how your dietary habits and food choices are influencing your wellbeing. But Wellness is much more than just physical:

- It refers to the choices and decisions to achieve a more successful and balanced life.
- It's embracing a lifestyle that strives toward the highest potential for well being.

I put the best wellness and wellbeing resources for you in www.bodyformind.com. Subscribe now for a FREE weekly ezine that will blow your mind with surprising secrets, tips, and breakthroughs. Discover how to boost your energy, skyrocket your sex drive, lose weight without diet, get fit, sculpt your body, sharpen your brain, look and feel years younger and attract anyone you want by following mind and body transformation.

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The Law of Attraction

The most exciting discovery I've learned in my life is the Law of Attraction. I've read many variations of this law, but put is simple, it's about "Give Before You Receive".

If you've ever felt the sensational feeling of giving without expecting anything in return, you know what I'm talking about. It can be a gift without expecting reciprocation, a donation, or other contribution. Many times you just get a surprising windfall without even connecting it to your giving action. It's so powerful.

Surprisingly, the most exciting gifts you ever give to your beloved ones are not tangible. The most rewarding gifts are those that come from your heart. Amazingly most people appreciate far more inspirational, motivational and empowering intangible gifts. This can be a book that can change the path of their life, an idea that will inspire them or knowledge that will grow and develop them spiritually, emotionally, and socially.

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You've just inspired, motivated, and changed the lives of people who will keep it in mind and appreciate it forever.

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You can make money by referring this ebook to everyone you know and receive every 2 weeks (on the first and 16th of every month) a check for every person you referred who buy the Anti-Aging Fitness Program “Change Your Body and Be Admired”.

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Click 'OK' to automatically save the PDF, 'Cancel' if you want to save it under a different name or in a different location.

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Write the subject line “Perpetual Wellbeing – 4 Steps to Ageless Sex-Appeal”.

Add a short content sentence:

“I happened to find this inspirational mind and body ebook that has some great ideas on how to transform yourself to a sleek, sexy and energetic roll-model. Feel free to send it to all your friends and loved ones”. Sign with your name and send.

You are a winner anyway. You are rewarded by giving an inspirational gift. The additional money is a secondary reward.

Welcome to the first step of internet entrepreneurship. Learn more by enrolling to the Anti-Aging Fitness Affiliate program at www.fitnessantiaging.com/affiliates/ .

Never SPAM to send this program. Spamming is an illegal action.

Good luck!

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Get Rid of Your Weight Scale

Are you ready for the big news?

Do you dream about losing weight, being healthier and sexier but have never achieved that before?

Now it's your turn. I'll show you a way to look and feel great in any age. This is an opportunity to make a tremendous change in your life. I will give you the tools and the knowledge to overcome any kind of obstacles you have met before. There is only one way for you to succeed where most people fail. You must take ownership of the **Perpetual Wellbeing** lifestyle. And that isn't very difficult because it all just makes sense....

It gets more and more difficult to look and feel great when you reach middle age. Your energy production drops. Your metabolic rate slows down. Your fat storage accelerates.

What's the first thing that comes to your mind when you think about how to stop this vicious fat storing? Diet...right?

Wrong!

Diets won't do any good for you. No matter what diet you start, 95% of all diets are doomed to fail. With such very low rate of success, why start a diet? Even if you succeed in losing weight permanently, you will be smaller in size but you won't be in good shape. Haven't you seen "successful" dieters that look awful after they lose weight?

Dieters that have lost weight shrank in size but haven't improved their "body composition". Body composition is the ratio between "body fat" and "lean body mass".

Body fat is obviously the amount of total fat in your body. Lean body mass is your body weight without the body fat. Isn't that simple? This is the only way you should measure your shape. Don't mess with Body Mass Index (BMI), Weight to Height, and don't even watch your weight. You should manage your body fat percentage. That's it!

Your muscles are the main variable in your lean body mass. The rest of your organs hopefully don't change :-). Therefore lean body mass is a good estimate for your lean muscle mass. That's the theory.

Now, what does it mean for you?

On a typical weight-loss diet, you will lose about 65% fat and 35% lean mass. When you go off the diet, which most people do because it's so unsatisfying, you gain the weight back.

But listen carefully. You don't revert to your original body composition. You gain back 80% fat but and only 20% lean mass. Evidently, every diet makes you fatter because it worsens your body composition. It increases your fat and decreases your muscles.

Does that remind you something? Isn't muscle loss and fat gain is one of the indicators of aging? Sure they are! Therefore, diets speed up your muscle loss and hence speed up your aging. How do you offset the aging process?

You guessed it right. Muscle gain and fat loss. That's exactly the opposite of the aging process (muscle loss and fat gain).

Here, women usually tend to object. They want to lose fat without gaining muscle. They don't want to get “bulky”. That's a mistake.

When women gain muscle they don't get "bulky" because they have different hormone combinations than men. Muscle gain gives women a great shape like actresses and models. Celebrities get their great figures at the gym. Ask Madonna and Angelina Jolie. They don't lose fat at "Weight Watchers" meetings where people come to "vent" about how impossible it is to lose weight.

Amazingly, muscle gain causes women to be more feminine and men more virile. This is the beauty of our body's nature. This is how you can reverse your age.

Work your body composition!

No more dieting!

Gain muscle and lose fat.

Step 1 - Unleash the Power of Your Mind

Your mind power is the single most important, most powerful prerequisite to achieve any change you want in your life.

This life changing practice was applied by the most successful people in the world. It can help you transform to a great looking person. It also can help you to change every other aspect of your life.

Let's look at how the human mind works. Scientists have proven that your mind has 2 parts: the **conscious mind** and the **subconscious mind** - the part that is aware and the part that is unaware.

The powerful part of the mind is the subconscious. You may not be aware of it, but it's recording everything that it "sees and hears".

The most amazing thing is that the subconscious mind has no filter on it. It lets in anything and everything. It is the basis for your beliefs. The thoughts, impressions, and sights you're exposed to, are implanted into your subconscious mind. Anything that goes into your subconscious mind often enough tends to become a belief.

The mysterious fact is that beliefs that have originated in your subconscious mind tend to convert themselves into your reality. You grow to be what you believe you are.

If you believe that you look young, sexy, sleek, and healthy, you will be like that.

If you believe that you're fat and unsuccessful, you will be like that as well.

Study after study proves this concept. Napoleon Hill dedicated half of his life to prove this formula for wealth creation and he published it in his best seller book "Think and Grow Rich" (in the top ten best sellers for more than 50 years...). The same principles are used to "**Think and Grow Fit**".

What does all that mean to you?

You can change your reality by "programming" your subconscious mind. It sounds overwhelming, but it is the most simple and the most effective process you will have ever done for yourself. Here are some of the steps you can take to "reprogram" your subconscious mind:

Set up your goals

Define clearly what you want to achieve without limiting yourself to your current reality. Goal setting is a very precise and specific process. You translate your wishes to measurable objectives. If you want to have a great body, for instance, set your "body composition" target. Let's say you want to achieve 15% body fat. This is your target.

Read your goals loudly twice a day

By reading your goals you actually "burn" them into your subconscious mind. Since your subconscious mind doesn't distinguish between reality and imagination, it will accept your goals as your subconscious truth.

Visualize your success

If you want to win an attractive athletic body, find a photo of the person you want to look like, and add it to your goals. Look at it and imagine yourself with the same body.

You may laugh of these 3 techniques but too many people became drop-dead gorgeous, successful professionals, rich business people or self-made millionaires, following these techniques. Try them in any aspect of your life. The results will blow your mind.

These 3 techniques are taken from the 12 power-mind-motivators of the Anti-Aging Fitness Program "Change Your Body and Be Admired".

Most people fail to change themselves because they follow fad diets, gurus, or popular trends, without engaging the most powerful force in the world to help them: The power of their mind.

Don't repeat their mistakes. Learn how to successfully convert your dreams to your reality.

Step 2 – Nourish Your Body to Become Younger

The formula to get into your best shape ever is hidden behind health scams and misinformation. The more health foods we find on the supermarket shelves, the more obesity spreads. Have you ever stopped to ask why?

The truth is we're educated to eat a low fat diet to stay healthy. So, most "health" foods contain very low fat or no fat at all. But on the other hand "health" products are packed with sugar. Take for example fat-free fruit yogurt, energy bars, granola bars, "light" cereal, and more. Even fitness products such as protein bars are loaded with sugar.

Most "light" or "fat-free" products make you fat and sick because the products usually contain lots of sugar or even worse, High Fructose Corn Syrup. You can hardly find processed foods that don't contain High-Fructose Corn Syrup.

Your blood sugar jumps to the sky immediately after eating foods that contain sugar or high-fructose corn syrup. Your pancreas exhausts itself secreting insulin in "emergency" mode trying to lower your blood sugar to a normal level. In this "panic" mode your pancreas secretes more than your body actually needs...just in case.

All this sugar is converted to fat in your body. But that's not all. The drop in blood sugar after this process causes you to crave more of it. You're not just hungry but you're hungry for foods that elevate your blood sugar again.

The over secretion of insulin also makes you very tired as well. Many people feel tired after lunch and think it's because they eat meat.

Wrong!

You don't feel tired because you eat meat. The simple sugars and carbs in your food steal your energy. What a vicious cycle!

To play this game, first balance your blood sugar. How do you do that? Substitute all sugar and high fructose corn syrup products with Xylitol or artificial sweeteners. Replace simple carbs with complex carbs.

For example, make your cheese cake with Xylitol or Splenda instead of sugar. Eat sweet potato instead of potato, brown rice instead of white rice and whole grain bread instead of white bread.

Try it for a while and you won't believe the results. Isn't that easy? The first week is the most difficult. An addictive mechanism will cause you to crave sugar or other simple carbohydrates. But the combination of the 4 steps mentioned here – mind, exercise, food and supplements - guarantee your success.

The Perpetual Wellbeing eating program beats any diet you've ever heard of. No hypes. No gimmicks. It's the whole truth nobody has ever dared to tell you.

There are 4 components to the eating lifestyle. These 4 components will transform your body into a fat burning machine:

How Much to Eat?

You need an abundance of food to manipulate your homeostasis mechanism. Eat as much as you want of the right foods. In this program, you have plenty of delicious foods that you can eat as much as you want.

How Often to Eat?

3 meals a day guarantees fat storage. If you want to lose fat faster, eat 6 times a day to avoid unstable blood sugar levels and prolonged periods of amino-acid deficiency.

The blood sugar "rollercoaster" makes you feel tired between meals, and more prone to body fat storage.

Eating six times a day stabilizes blood sugar levels and ensure a constant supply of amino acids and energy to your body. Low and stable blood sugar levels reduce the risk of diabetes. You feel much more vibrant and alert. Over secretion of insulin by the pancreas causes dizziness and tiredness after high-carb meals.

What to eat?

Unlearn what you have learned about all-protein and no/low-carbohydrate diets. Low carb diets create a condition called ketosis which affects your urinary frequency and your heart health.

The low-carb hype makes you lethargic. You don't have energy because you block your source of fuel. Your body needs enough carbs to have lot of energy. You won't become fat if you eat the right carbs.

The full version of the Anti-Aging Fitness program contains 3 lists of food:

1. White - fat burning foods you can eat as much as you want and burn fat 24/7
2. Grey - foods that you control their quantity
3. Black - foods that you rarely eat

Get the full lists at www.fitnessantiaging.com .

How to Eat?

Every meal contains a specific combination of protein and carbs. Protein synthesis requires energy. Eating protein and carbs together converts carbs to energy rather than to fat.

Don't count calories. Don't weigh your food (yes, there are people that weigh their food!). Don't count quantities. Don't measure portion sizes. Eat when you're hungry.

Your mind sends an abundance signal to your body that shuts-down the fat-storage mechanism. Enjoy your food, have fun, and let the right mix of the right foods do the job for you.

Step 3 – Spice Up Your Life With Supplements

Supplements can make a difference in your health if you know what to take and you don't just follow fad supplement trends, the commercials or the advice of the health shop sales person.

You don't need to spend fortune on powerful supplements. Here are the fundamentals of powerful supplementation. These fundamentals have two functions: fighting free radicals and boosting energy.

How Can You Neutralize Free Radicals?

The effective way to fight free radicals is to significantly increase the antioxidants in your body. Your body produces antioxidants naturally or gets it from food like fruit and vegetables.

Antioxidants attack free radicals by attaching to the unpaired electrons and neutralizing them.

There are 2 kinds of antioxidants:

1. The type that patrol the body, blocking the formation of free radicals.
2. The type that disarms the already existing free radicals before they bind with healthy molecules.

Studies show that fruit and vegetables are not as rich in antioxidants as they were a few decades ago. It's impossible to get adequate level without supplementing with a multi-vitamin, vitamin C, and vitamin E.

How Do You Boost Energy Production in Your Cells

You can increase your cell's energy if you supplement your food with energizers. Energizers are a select group of vitamins and minerals that increase the energy production in your cells. The midlife energy slump that is part of the aging process is very much a result of the wearing down of the body's energy system. The net effect is that as we age, our bodies are being called upon to do the same amount of work with less and less energy. The supplements I call The Energizers achieve their effect by restoring the body's energy system and enhancing the body's ability to either produce or utilize energy.

The energizers not only restore flagging pep and endurance but also play a larger role. The Energizers strengthen every system in your body, including your immune system, your cardiovascular system and your nervous system. The Energizers also work together to rev up metabolism. As a result, you'll lose fat, gain lean body mass and achieve a trimmer, sleeker body. Operating in tandem with my Age Loss cuisine and exercise routine, The Energizers will have a dramatic impact on how you look and feel.

Supplements aggressively fight free-radicals and elevate energy production. For this, you can use inexpensive, over the counter, main stream supplements.

There are 4 proprietary shield protection envelopes:

1. **Basic Shield** – multi-vitamin and 2 major antioxidants
2. **Enhanced Shield** – Basic Shield + advanced antioxidants for enhanced protection
3. **Super Shield** – Enhanced Shield + energizers and co-enzymes
4. **Ultimate Shield** – Super Shield + insulin management and minerals

The basic shield consists of 3 components:

1. **High potency multi-vitamin.** This is different from the outmoded A-Z multi-vitamins of the past. High-potency multivitamins contain higher doses of essential vitamins and minerals than are called for in the RDAs.
2. **Vitamin C** - the recommended dosage is 2,000 mg (1,000 in the morning and 1,000 in the evening). The recommended dose is 2,500 mg but you consume 500 mg from other sources.
3. **Vitamin E** – 400 IU in the morning and 400 IU in the evening.

These 3 regimens, taken together twice a day (half dose) morning and evening, form a powerful combination. There are other tricks you need to know. For example, how to take antioxidants and energizers so that they will perform effectively; and why it is crucial to know which supplements are water soluble and which are oil soluble.

The other 3 important shields are presented in the Anti-Aging Fitness Program “Change Your Body and Be Admired”.

Step 4 – Get Fit and Beat Your Body’s Aging

You've probably heard many times how important exercise is. That's right! But exercise means different things to different people. The most recommended exercise you will find in medical resources is...walking.

How many people changed their bodies and got fit just by walking? The truth is...it's a lot of bull...

If you want to reverse your age, look great and feel great, you need to do more than just walk. A good exercise program consists of 2 elements:

1. Resistance Training (or "weight training")
2. Cardio Training (or “aerobics”).

Don't repeat the mistakes of 95% of the people...

You have learned that cardio is the activity you must spend most of your time at to get fit ("burn your calories"). Recent discoveries in the fitness science have changed this outdated belief. Weight training has become the major age fighter.

"Anti-Aging Fitness" puts the first priority on weight training and the second priority on cardio training. The ratio is about 80% for weight training and 20% for cardio training.

Weight (Resistance) Training

Here are some age symptoms that training offsets and reverses:

Muscle Loss:

Muscle loss is the most noticeable aging symptom. Muscle loss makes you weaker and doomed to injuries and unattractive posture. As a result of muscle loss, your metabolic

rate declines because muscles are the biggest fat burner. Therefore you start to accumulate body fat, which increases your risk of heart disease, diabetes and stroke.

You can offset this vicious cycle of muscle loss if you...rebuild your muscles back. The only effective way to gain muscle is weight training. That's true for men and for women. Diets don't support muscle gain. Slimming pills and fat burners don't build your muscles either. Even cardio activities such as jogging, biking, and walking don't build your muscle.

When you gain muscle you speed up your metabolic rate. You burn more fat, get a dream body which makes you look much younger than your age.

Bone Loss:

The less noticeable symptom of aging is a loss of bone density. Unfortunately, by the time you are diagnosed with bone mass loss, it can be too late because you've already developed osteoporosis. The common medical advice you usually get is to supplement with calcium and vitamin D. Your doctor will probably recommend that you exercise (not more than walking or...dancing). Usually you get this advice from overweight doctors that are doomed to develop degenerative diseases even more than you are.

Supplementation doesn't solve bone mass loss! Bone mass loss relates to hormonal imbalances and women are at much greater risk than men especially if they're post-menopausal. The most effective cure is the least revealed one. Weight training will restore your bone mass and dramatically reduce your osteoporosis risk. Don't wait to start when you're already sick. Start now!

Hormone Decline:

The third symptom of aging is the decline in your hormone levels. Your hormones are decreasing at a "free-fall" pace when you are over 40. Your sexual hormones are at their peak when you're 20-30 and they decline every year after. Men's testosterone declines

puberty but its rate of decline is faster after 40. Women's estrogen levels drop down pre-menopause (sometimes known as “perimenopause”).

The unrevealed secret that only a few athletes and bodybuilders know is that weight training increases the secretion of hormones. That’s why men and women who exercise with weights look younger than their age.

Weight training makes you look really great. Women are usually concerned weight training will make them look “bulky”. They perceive weight training as a "men's activity". No more. It's clear cut that women can change their physique dramatically without increasing testosterone. The reasons are still unknown but it has been proved in many studies.

If you want to change your body and your life you need to do some resistance training. The benefits are enormous. You will look 5, 10, even 15 years younger than your age. Your energy, stamina and vigor will skyrocket. Weight training increases your endorphins and pheromones which stimulate you all day long even when you wake up one hour earlier and skip coffee.

Not all weight (resistance) training programs are designed equally. To get the hormonal secretion effect that makes you many years younger, follow a specific technique that is revealed in Anti-Aging Fitness.

Many of the exercises that you remember from your childhood or adolescence are obsolete. Take sit-ups for example. Sit-ups are the less effective exercise for abs because your hips take some of the motion and because of the risk of low back injury.

Cardio Training

Most people exercise because they want to "burn calories". This is based on the theory that if you burn more calories than you consume, you will probably lose weight. That's right...partially.

Studies show that there are other factors much more effective than calorie balance like managing blood sugar levels, raising metabolic rates, working with your body type and changing your body composition.

It's not just calorie consumption. Not all calories are built equally. 1000 calories of sugar aren't equal to 1000 calories of vegetables. The sugar peaks your blood sugar level while the same amount of calories consumed as vegetables won't affect your blood sugar at all.

The same thing is true with calorie burning. One hour on the treadmill burns roughly 800 calories. You need many hours to burn all the food you eat if you're following the calorie balance theory. But gaining 20% more muscle will burn the same calories even without doing any cardio at all. This is how powerful weight training is. You gain muscle, speed up your metabolic rate and get a rush of hormones that make you look and feel much younger than your age.

Should you engage in cardio at all? Cardio's main goal is to improve your....cardio condition. That means improving the strength and efficiency of your heart and lungs while improving your vigor, energy, stamina, and endurance.

Cardio training shouldn't target only calorie burning. Millions jog slowly because they have been told that long duration/low intensity cardio training is the best way to burn fat. It's definitely not the most effective way.

What's wrong with long duration/low intensity cardio training for fitness purposes?

- It's time consuming. It's difficult to commit regularly to such demanding activity.
- It causes you to lose muscle rather than gaining muscle. You achieve the opposite result. You slow down your metabolic rate and you accelerate your aging.
- It is based on calorie balance of "input" and "output". In an hour you burn only around 800 calories.
- You stop burning fat when you stop your activity.
- Your cardiovascular capability doesn't improve because the heart rate is low.
- Your lung capacity doesn't improve because you don't train in the anaerobic zone.
- It's b-o-r-i-n-g!

The right cardio is short duration high intensity training. The optimum time is 20 minutes. The intensity of the training should be up to 85% of your maximum heart rate. The first few minutes are below 85% for warm up and the last 1-2 minutes can be even 90% of your maximum heart rate (heart rate over 85% also boosts your free-radical production. Don't stay there for too long!).

You can learn more about using heart rate monitor, high intensity cardio training and effective interval training, in the Anti-Aging Fitness Program.

Short Duration High Intensity cardio training is the most effective fitness routine:

- It takes a short time and you don't do it more than 2-3 times a week.
- It builds muscle. Just look how sprint runners are built compared to marathon runners.
- It improves your cardiovascular and lung capability
- It burns your fat long hours after you're off because the anaerobic features (like weight training).
- It's easy to stick to, because it's short and interesting
- It has a positive mind motivator benefit. Finishing a training session is very rewarding.

So lets look at what we have got so far.

The way to look great doesn't go through diet or weight loss but through **body composition** change.

You can achieve Perpetual Wellbeing following these 4 simple steps:

1. Start your route to success with powerful **mind motivators** to put you on track and connect your mind and body for maximum results in the shortest time possible. **Set Goals, repeat them loudly daily and visualize your end results.**
2. Nourish your body with **high protein, low Glycemic Index carbs** and zero sugar or high fructose corn syrup **6 times a day**. Eating as much as you want of the right foods will change your body like magic.
3. Supplements will spice up your life. **Antioxidants** fight free radicals and **energizers** boost your cellular energy production.
4. Achieve your desired body with **resistance training** and **short duration high intensity cardio**.

Find your way to Perpetual Wellbeing following the revolutionary Anti-Aging Fitness Program “Change Your Body and Be Admired”.

Take it one step further...

"How to Get the Sexy, Sleek, Attractive Look You've Always Dreamed Of"

Picture yourself 10-20 years younger, good looking, magnetic, fit and energetic. Imagine yourself surrounded with adoring friends, appreciating family members, and respecting colleagues. Wouldn't you want to become a popular role model and gain more money, love, success and happiness?

What if there's a way you could drop 5 years, 10 years – even 20 years off your age, and get in your best shape ever. Wouldn't you like it?

This cutting edge Anti-Aging Fitness Program is the first of its kind to combine fitness innovation and anti-aging breakthroughs.

Studies show, without a doubt, that if you get fit you become more successful and enthusiastic. You gain self-confidence, self-esteem, and well being. You achieve higher social status and have more fun.

These studies show that if you are in good shape you are less likely to have depression, anxiety, tension, and you're never lonely or bored.

The problem is, after you turn 30, 35 and definitely 40, you're doomed to suffer a **“middle-age syndrome”**:

- You are embarrassed with your **flabbiness** and feel uncomfortable with your body shape. Your metabolic rate slows down. You start to accumulate fat even if you keep a healthy diet and exercise. You feel **unattractive** and **ashamed** of your body

- You're annoyed by a declining **libido** and you're disappointed with lower **sex drive**. Studies show sexual activity declines from 3 times a week in your twenties to 1 per week in your late thirties. By 40, you have a 50% chance of having a problem getting an erection whenever you want, or a 45% chance of having intercourse difficulties due to vaginal dryness.
- You are **tired** more often with chronic **fatigue** and feel paralyzed sometimes by a **lack of energy**. It causes you to blame your work, eat more than necessary and drink more stimulants like coffee, coke, or energy drinks.
- Your health gets worse and you're **frustrated** with being sick so often. Needless to say you're exposed to **killer diseases** like heart attack, cancer, diabetes, and stroke.
- You are facing **early aging** with a more **wrinkled** sagging face. Your body's posture and your body language look as if you're older than your true age.

Why following the traditional “Diet and Exercise” hype hasn't solved the “middle-age syndrome”?

The reason is your body **resists** any changes you apply. It prefers the equilibrium of its current comfort zone. Aging enhances this resistance and make changes even more difficult.

Listen closely. You could spend a bundle on doctors, pills, injections, surgeries, slimming solutions, and fitness clubs. You could try every fad diet. You can exercise like crazy. But all of that isn't going to do you much good if you don't know how to bypass your body's limits, obstacles and barriers.

The good news is you're going to learn the **truth** about how to **get fit in any age**. As you read on, you'll discover how you'll beat the “middle-age syndrome” faster than you've

ever imagined. If I can show you a way to change you to a **trim, athletic, sexy, good looking and admired person**, are you willing to spend an entertaining 5-10 minutes to learn the magic?

Changing your body is a **science**. There are certain **immutable** laws that govern transformation. Once these laws are followed, you'll achieve your goals with mathematical certainty.

- You get a **sculpted, toned, ripped body** with a **flat tummy** or **6-pack abs** that attract **admiring glances** from everyone at the swimming pool
- You **explode energy, vitality, endurance** and **stamina** that get you noticed by anyone at your workplace
- You **boost** your **sex drive** to enjoy more and longer love making and amaze you partner in bed
- You **get fit** and exceed your expectations in physical activities or sport events
- You're very **sharp** and **focused** like a laser beam, **acknowledged** and **recognized** by your colleagues, managers or your employees
- You're healthy, you **feel and look younger** than your age and you **attract** everyone like a magnet with your radiant **liveliness**

Unleash Your Body's Mysterious Energy

Everybody knows you're communicating in 3 different ways:

1. **Verbal communication** exchanged through discussion, telephone call, or video conferencing. This happens in your **conscious** mind.

2. **Body communication** (or body language) exchanged non-verbally through your eyes, smile, and posture. Studies show 80% of first impressions are set up on the first 10 seconds, even before one word is exchanged. This happens in your **subconscious** mind.
3. **Energy communication** is exchanged between body energies. Your mind is not involved in the process at all. Have you ever felt uncomfortable with someone without any noticeable reason? Your body's shape affects indirectly your energy communication. As more **comfortable** you're with your body, as more **confident** you are. Consequently you're more **respected, appreciated, recognized, and acknowledged** by your friends, colleagues, family, and yes, even your spouse or significant other.

Think about yourself entering a room full of people, with **upright** tall posture, **energetic** steps, **vibrant** eyes, a big **confident smile** on your face, and wearing a good looking suit on your **trim** body. How long will it take you to **win friends** or even find a great date?

Changing your body **rewards** you endlessly in every social aspect of your life.

A Powerful Mind Resides in a Powerful Body

Most people applying change in their life are doomed to fail. Take diets for example. "**95% of fad diets fail,**" says Julie Garden-Robinson, nutrition specialist at North Dakota State University. "Put another way, only about 5 percent of dieters are able to maintain a significant weight loss."

You cannot change your body without changing your mind first. Your mind is divided to two parts: A conscious mind and a **subconscious mind**. The conscious mind is your rational thinking processor. The unconscious mind is an unfiltered recorder of every event, thought, emotion, and feeling you're experiencing. The subconscious mind is your

night dream producer and responsible to many of your habits and behaviors.

You can learn how to program your subconscious mind and easily change undesired patterns in your life. There's a way to "convince" your subconscious mind that the change you're looking for already happened. Then your behavior "automatically" changes toward the **desired** behavior.

Imagine yourself a **determined super achiever** with **strong will power** and a **decisive mindset**. Wouldn't it make you a **cheerful** person enjoying the **zest of life**? This is the fast track to **body change** and **social recognition**. In just a few minutes you can get 12 Power Mind Motivators to reprogram your mind for **success**. They're the mind preparation and gate opener to body transformation or to any change you'll like to apply in your life.

"You Look Drop Dead Gorgeous! How Did You Do That?"

This is what you're going to hear in just a short while. Your reply won't have any relation to diet. Diets don't work. You don't need statistics. Just look around you. How many of your friends have changed their body permanently with diet? Probably none, zero, zilch, nada!

Last month 1.3 million searched for "weight loss" and 0.7 million people searched for "diet" in Yahoo search engine. That's 2 million only on yahoo. It's around 10 million all over the internet (Google other search engines). These are shocking figures given only 5% succeed keeping their weight. Would you start a new treatment, investment, business, or relationship with 5% chance of success? I bet you wouldn't.

What Holds You Back?

Restriction diets fail because they act against your body. You have an automatic balancing mechanism called **Homeostasis**. This is a positive mechanism but it has an

adverse impact when it comes to diets. The homeostasis defines every change as a threat and **resists** it. Try to starve your body, as calorie restriction diets do, and you'll find that your body is accumulating fat for "emergency storage". Amazing! Isn't it?

Don't Look Awful

The second reason your diet fails is because it aims for weight loss. You typically lose 65% fat and 35% muscle when you diet. But when you go off the diet, you gain 80% fat and 20% muscle. At the end of the cycle, even at the original weight, you're **flabbier** and **older**. You lose muscle when you're aging and you're losing muscle when dieting. **Diets accelerate your aging.**

The only way to change your body forever is stop dieting. Throw your weight scale and start to watch your "body composition". That's the ratio of "body fat" to total "body mass". Your goal is to gain muscle to **offset** your aging process. Muscle gain increases **metabolic rate** and enhances fat burning. That eliminates the diet's rollercoaster and makes you **look great forever.**

The Washington Post reported on Jun 13, 2005 that a team of researchers, from the United States and Britain, led by Dr. Tim Spector of St. Thomas Hospital in London has produced the first direct evidence that **fat accelerates aging.**

Undoubtedly, if you want to **reverse your age** you need to **burn fat**. Therefore you should manipulate the homeostasis by providing your body enough food to stop this **vicious fat storing**. That's true! Abundance of the right foods accelerates your fat loss in a safer and enjoyable way.

In just a few weeks you'll be **astonished** how your body is sculpted to a model's figure or a top athlete's shape. You will **trim** your waist and win a flat tummy. You even get a **6-pack abs** no matter what age you are. Envision yourself in front of your mirror **unbelieving** it's your body. The most memorized experience of people who changed

their body was the **amazing feeling** showering their **sleek** body that looks and feels like it doesn't belong to them.

Love your body and others will love your body as well. Start losing fat like a fat burning machine immediately at www.fitnessantiaging.com .

Boost Your Sex Life to Exciting New Levels

Studies report that men face accelerating decline in testosterone on their forties (andropause). Women face accelerating decline in estrogen on their fifties (after menopause). So, why do **sexual activities decline** significantly in the thirties?

Don't accept the usual stress and busy lifestyle explanations. It's a lot about your **physique**. The more flabby or overweight you are, the less **sexy** you feel. The body and mind are connected. Uncomfortable feelings about your body will diminish your **sexual desire**. Change your body and win back your **libido**.

Your body change **boosts** your hormonal secretion and **skyrockets** your **passion**. Imagine yourself **enjoying sex** a couple of times a day, every day no matter how old you are. Imagine how you can **spice** your life with the **vigor** of a 20 year old. **Amaze** your love mate in bed with **hard rock** erections and get pleasure from long, passionate nights.

The secret is not a supplement or a pill. Nutrition that increases nitric oxide and exercises that boost Growth Hormone (HGH) change your sex life. Start your sexual journey right now at www.fitnessantiaging.com .

Double, Triple, or Even Quadruple Your Energy

Your **fatigue** is not just a result of a hard work or a demanding job. You're not **tired** just because you don't get enough sleep. You're are not running out of energy because you're aging. You're aging because you're running out of energy.

“Armed and Dangerous” **free radicals** are **gone amok** and they **steal** your energy. Free radicals are atoms or molecules in which at least one electron is unpaired. This causes an instability (a stable atom contains a balance of paired electrons which encircle the nucleus). This instability causes the electrons to be very reactive – they bond easily with healthy molecules, damage your body and **speed up** your **aging**.

Your most common free radical is oxygen radical. It occurs when an unpaired electron interacts with oxygen in the mitochondria - the tiny structures in your cells that provide energy (your “cellular power plants”). When free radicals are formed, they reduce the power of your “cellular power plants” to produce energy.

Free radicals gradually **shut down** your “power plants” like **turning-off** a dimmer light. The **decline** in energy drops your **metabolic rate**. You accumulate fat. You lose muscle mass, bone mass and facial collagen. You are tired even when you have over-slept. Your glands don't have energy to produce hormones, as a result, your sex-drive drops and you age faster.

Visualize yourself starting the day packed with energy. Everyone sees the **vitality** on your face. You're so **productive** at your work that every task takes half of the time. You're **alert, sharp** and ready for action all day long without drinking even one cup of coffee.

In any activity you're performing, you demonstrate **vigor, endurance and stamina**. You look young and feel young because you find the way to fight free radicals and boost your energy production in your cells. A combination of nutrition, supplements and exercise will boost your energy to new heights. You feel like you have additional **engine** enhancing your power. Boost your energy production to peak condition right now at www.fitnessantiaging.com .

How to Receive Exciting Complements From Everyone

Imagine you're losing weight, losing fat and achieving your fitness goals. What's the single most important secret that makes the **WOW** effect wherever you go? Being **fit** makes the difference for you. This is your **magic button** to receive non-stop, **infinite complements** from everyone.

Being fit makes a huge difference between just **looking good** and **looking great**. You look younger, and you feel younger. You slow down your aging forward and you reverse your aging backward. It's just **awesome**.

The most exciting news about fitness is you don't follow the old school of calorie balancing. Yes, that's right! You've been taught that you need to eat less calories than you spend. I've got some news for you. There are more effective and efficient ways to get fit. You probably don't have hours to spend on the treadmill to "burn" the calories you eat. Long cardio training doesn't improve your heart capability because it's low intensity. You lose muscle. It's boring!

Find out the new **cutting edge** techniques that will make you fit as an athlete in less than 35 minutes per day. The new techniques transform your body to a 24/7 **fat burning machine**. You burn fat when you sleep contrarily to old school of thought, that you burn fat only when you're jogging, biking or walking.

But that's not all. Studies demonstrate that new innovative fitness techniques boost your **Human Growth Hormone (HGH)** level and therefore the secretion of the hormones testosterone and estrogen. The new fitness technique provides you everything you can wish of fitness:

- **Reverses** muscle loss and **gain new muscles**
- **Restores** your **bone mass** and avoid osteoporosis

- **Increases** metabolic rate and **burns fat** non-stop.
- **Improves lung capacity** and efficiency
- **Strengthens** your heart
- **Amplify endurance** and **stamina**

Picture yourself continuing your **adolescent** activities to middle age and further.

Conceive yourself starting a new activity that you haven't expected to start at your age like rollerblading, windsurfing, kayaking, or wakeboarding. Your body is **fit** for sport activities now. Even your current activities, as tennis, golf, and sailing – will **improve** dramatically. You don't do sports to get fit. You get fit to do sports

Next time the lift won't work, you will jump the stairs... 2 at a time. Get your best shape ever with the Anti-Aging Fitness Program.

Fire Your Physician...You Don't Need a Replacement

Maybe the coolest thing about **Anti-Aging Fitness** program is the enormous affect on your health. This might be the best insurance you've ever bought, neither to say the cheapest one :-). As we are all looking for **vanity** we tend to forget the great benefits waiting for us at the backdoor. **Health** is the most significant one.

- You reduce the frequency of illnesses to minimum and skip most of the colds and flu viruses. Your **immune system strengthens** significantly
- You lower the risk of **killer diseases** as heart attack, cancer, diabetes and stroke
- You extend your **longevity** and reduce the chances of degenerative diseases and dependency on geriatric health care
- You stop suffering **back pains** after mastering special exercises
- You balance your **blood pressure** because you flex your stiffening arteries
- You lower your **cholesterol** and **triglycerides**.

- You elevate your **hormone** levels to slow your aging, improve your health and explode your sex life

Imagine yourself falling sick with one of the riskier diseases or degenerative illnesses. Your life changes in a matter of minutes. Instead of having fun enjoying life to the fullest toward your 40's, 50's, 60's and above, you spend your time and money on medical treatment or even worse if you lose your life.

Don't wait any more and start now your journey to a new health in a new brand body at www.fitnessantiaging.com .

The Secretes of a Real Transformer

Dear Friend

I'm Dov Oshri. I was never obese, but like you, I was fighting my weight for years trying to look in my **best**. But when I hit 40 it became impossible to lose weight. I was on starvation diet and I continued slowly to gain weight. I was running, swimming and working out at the gym, but didn't get any results.

The more I was dieting and exercising, the more my body resisted the change. When I was 42 I decided to find a solution. I started to read every fitness program I found. None of them worked for me, but I learned something from each one of them. I found out their mistakes and corrected them to perfection.

In just 4 years, with **passion, enthusiasm, and excitement** I became an expert in body transformation. I know what works and what doesn't. I haven't planned to be a health guru. But everybody noticed the dramatic changes in my body, energy, posture, behavior, and confidence and asked for my advice.

The secrets I will share with you work for everyone like **magic**. The **surprising** fact is that you don't need to invest too much time to achieve amazing results. Actually I was too busy and had a very busy lifestyle as the Vice President and later on the Chief Financial Officer (CFO) of Nasdaq corporations (NASDAQ: ORBK ,STTS).

Do you wonder how many hours I exercise to look so fit? Some guess I spend 2 hours exercising every day. They are shocked to hear that my program works great with 4 hours per week averaging 35 minutes per day. I'm sure you can find 35 minutes a day if you know that in a short while you will have a **model's body**.

There are many fitness gurus out there. But how many gurus transformed after 40? Most of them are professional fitness trainers that spend life time at the gym? Don't you prefer to learn from somebody like you that changed when he was 43 years young without spending day-in and day-out exercising?



40 Years Old

Before Anti-Aging Fitness Program



45 Years Old

After Anti-Aging Fitness Program

You Have an Exceptional Opportunity to Change Your Body and Your Life

- "Anti-Aging Fitness" is the only program of its kind in the world. You won't find any other program like it. This is the only **holistic** approach that connects **mind and body** to **ultimate body change**. You'll achieve **tremendous** results in the **shortest time** possible.
- You get 100% **alternative anti-aging** in its best – no doubtable Hormone Replacement Therapies (HRT) and no miracle pills. All recommended supplements are mainstream over the counter in line with the *American Academy of Anti-Aging Medicine*. You must give a try to the **4 shield proprietary** supplement program. You can get amazing results with inexpensive supplements that you can buy in your health shop.
- You succeed in this **progressive** program in any shape and any age. The program consists of 3-4 levels of progress. One of them absolutely fits you. No previous experience needed. You can get **impressive** results just by following the **4 pillars** of the program like a 4W drive vehicle off-road. Each one of the wheels adjusts to the surface and the vehicle conditions. Take one wheel out and you stop. The same happens if you drop one of the 4 pillars of "**Anti Aging Fitness**" – Mind, Fitness, Nutrition and Supplements.
- Your body is unique and not all programs built equal to your body's type. Run away from any program that offers one type of solution for all. It's not for you. Find out your body type and how to **customize** your nutrition plan to your body's needs.
- **Lose weight without diet**. You'll never be hungry anymore for a single moment. Find out eating **secrets** that you've never heard before. Eat as much as you want of the right food as many times as you want. **Abundance** of food is the only way to **manipulate** your **body resistance** to lose fat.
- It's **simple** and **easy**! **Anti-Aging Fitness** is a very practical program. It's **straight to**

the point, brief, and easy to follow. You won't find a heavy professional language to impress you as in other books.

- Expect **fast results**. Get fast results. The program is very **effective**. If you follow the program you'll see substantial changes after a short time.
- Your **time** is valuable. This program was designed for corporate executives that travel frequently and have a **very limited time** for fitness. The common problem is you may have so much fun that you workout longer than needed. The workouts are **pleasurable** because of the **endorphins** and **pheromones** that flood your blood stream.
- Discover how to **increase** your **hormone** levels naturally and safely. You won't need Hormone Replacement Therapy (HRT), injections or medicines. Studies have proved that a **special technique** can increase growth hormone (HGH) significantly, hence spicing your lifestyle and sex-life. Feel again **loved, desired** and **sensuous** as your body changes day after day.
- Find out the 12 **power-mind-motivators** that when **mastered** you achieve every change you want in your life. These secrets are perquisite to change your body, lose fat, or any other life's change. The most **successful** people have used these techniques as described in Napoleon Hill's books ("Think and Grow Rich"). This is the first time ever these principles are converted to **health, body and mind motivators**. How you would like it if you achieve **self control, confidence, and pride** even before your transformation has been completed?

Win Your Best Shape Ever

Get ready to receive nonstop **admiring glances** everywhere. Don't procrastinate. Act now. Every day passing you're getting a day older instead of a day younger. Get the Anti Aging Fitness Program right now.

Volume 1:

Change Your Body & Be Admired

How to Get the Sexy, Sleek, Attractive Look You've Always Dreamed Of

Part 1 – Turn Back the Clock

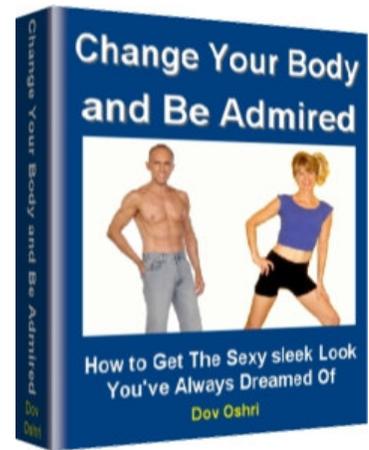
Part 2 – Unleash the Power of Your Mind

Part 3 – Nourish Your Body to Get Young

Part 4 – Spice Up Life with Supplements

Part 5 – Get Fit and Beat Your Body's Aging

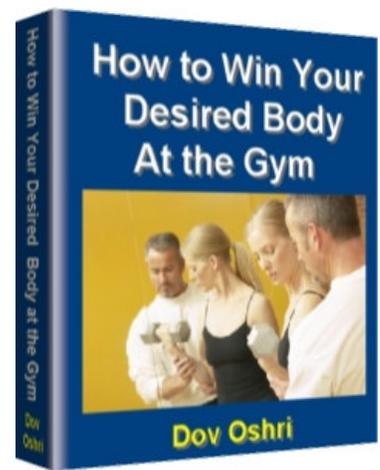
Part 6 - Put it All Together



Volume 2:

How to Win Your Desired Body at the Gym

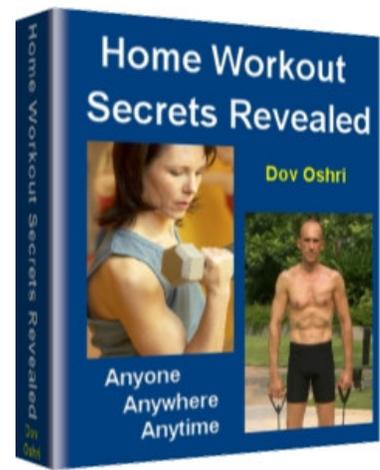
- The tips and tricks that will magically change your body
- What your personal trainer would never teach you...
- How to boost HGH with strength training
- The most comprehensive program with 100 exercises and 200 photos



Volume 3:

Home Workout Secrets Revealed

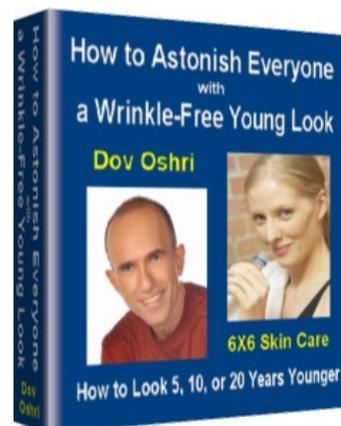
- Anyone, Anytime, Anywhere
- Stretching, body weight, Swiss ball and tubing exercises
- Fitness at the comfort of your home, hotel or outdoors
- Your best ever relationship bonding system
- Your private gym is a mattress, fitness ball, tubing band and...your furniture
- 50 exercises with 100 photos



Volume 4:

How to Astonish Everyone with Wrinkle Free Young Look

- 6X6 Anti-Aging Skin Care
- 6 Regimens in 6 Minutes a Day
- Discover How to Look 5, 10, even 15 Years Younger than Your Age
- How to slow down fine wrinkles
- How to boost your skin vitality
- Discover how to improve the unattractive texture of your facial skin
- How to avoid the misinformation scam



You also will get the following bonuses:

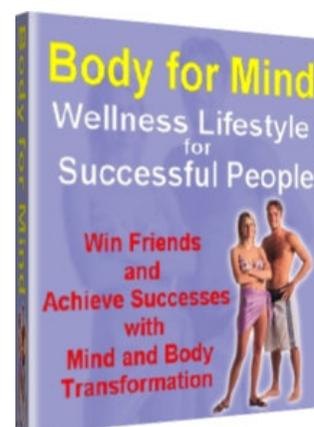
Healthy Computing - Stay Healthy and Avoid Injury While Working Long Hours on Your PC:

- How to overcome discomforts and ailments related to working long hours in front of computer
- Find out how to set up your workstation to prevent eye problem
- Avoid neck and back pains implementing ergonomic concepts (corporations pay millions for these information to avoid employee claims.
- Get 3 FREE software packages to improve your health and efficiency



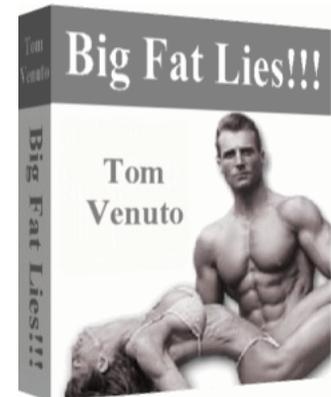
"Body for Mind" - Wellness Lifestyle for Successful People :

- Power Mind Motivators - The science of getting what you want
- Fitness tips that help you achieving your physique goals.
- Nutrition wisdom that melts your body fat and attracts everyone to you
- Supplements tricks that you'll never hear from your doctor. Take the short cut to ultimate health
- Exciting sex secrets you never heard about. Bed will never be the same...



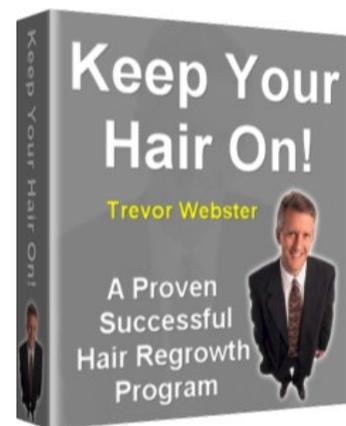
Big Fat Lies!!!, *Tom Venuto*

- A shocking expose of the 12 biggest scams, cover-ups, lies, myths and deceptions in the diet and weight loss industries
- Navigate through today's jungle of misleading and conflicting information.
- Find the whole truth behind the greed, information overload and conflicting advice



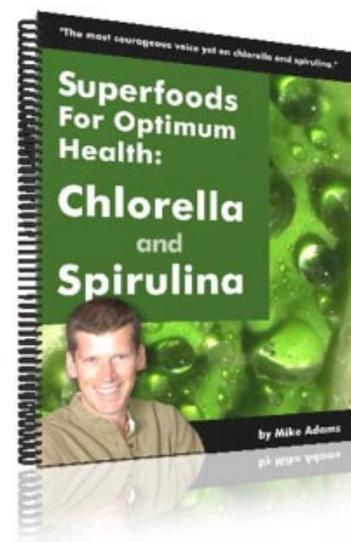
Keep Your Hair On, *by Trevor Webster*

- Don't put up with hair loss or baldness
- 97% of those who tried this Natural Hair Regrowth Treatments Program - both men and women - had new hair regrowth within six months.
- Works for male balding and women balding.
- How to improve your blood circulation to overcome hair loss
- Secret exercises to relieve tension



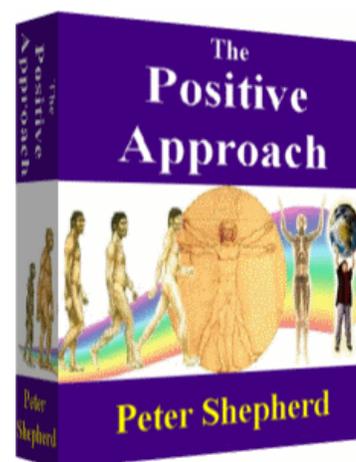
Superfoods for Optimum Health: Chlorella and Spirulina, *by Mike Adams*

- Provides 12 times more digestible protein than beef.
- Rebuild nerve tissue in the brain
- Kill breast cancer tumors outright
- "The perfect food" for the human body
- Critical nutritional for high-protein / low-carb diets.
- Regulate blood sugar & reduce cravings for carbs
- A group of students improved their academic scores by 81% from taking a tiny dose for six months



The Positive Approach, by Peter Shepherd

- Become clearer about your life vision - and how to consciously transform your life for the better.
- Learn how your beliefs shape your life experience
- Become aware of exactly how you are creating your reality
- Make real progress toward manifesting your vision



Limited Time Special Offer

Anti-Aging Fitness Program is usually sold for \$97. You can get it now for limited time only for \$47. Hurry before the price returns to its original \$97.

RISK-FREE, 60 day, Iron Clad Money Back Guarantee

I insist that you take "Anti Aging Fitness" at my own risk. I'm so excited to share with you my secrets, that I want you to give it a try with a **Risk-Free, 60 day Money-Back Guarantee.** There's absolutely NO RISK on your part.

If from any reason you're not satisfied with the results and you don't improve your shape and health by leaps and bounds, you can return Anti-Aging Fitness Program for an immediate 100% refund of your buying price, no questions asked.



Finally, because you're entrusting me with your time and confidence, I want you to keep the bonuses – free of charge – even if you return the program.

Anti-Aging Fitness...is YOURS In Just 5 Minutes

There's no time to lose. Each and every day you lose muscles, accumulate fat, and suffer dropping energy, declining hormones, and deteriorating vigor, stamina and health.

Get your hands on Anti-Aging Fitness Program today. You'll melt away fat from your body rapidly, lose weight permanently, look younger than your age and get into the best shape of your life - without fat-burning pills, dieting, or Hormones Replacement Therapy.

You have nothing to lose - except stubborn body fat and excess weight. Get your Anti-Aging

Program today with absolutely no risk!

Perhaps you've yearned for a strong, lean body with an awesome shape and definition, and yet secretly believed it was simply beyond your reach - and that it was reserved for those blessed with the right genetics, not you. Finally, Ant-Aging Fitness gives you the key to unlock the perfect physique that lives dormant within your own body. Now is the time to seize this opportunity.

Order Now the Anti-Aging Fitness Program at www.fitnessantiaging.com

Get fit for Life

Yours truly,



Dov Oshri

Your Age Fighter