

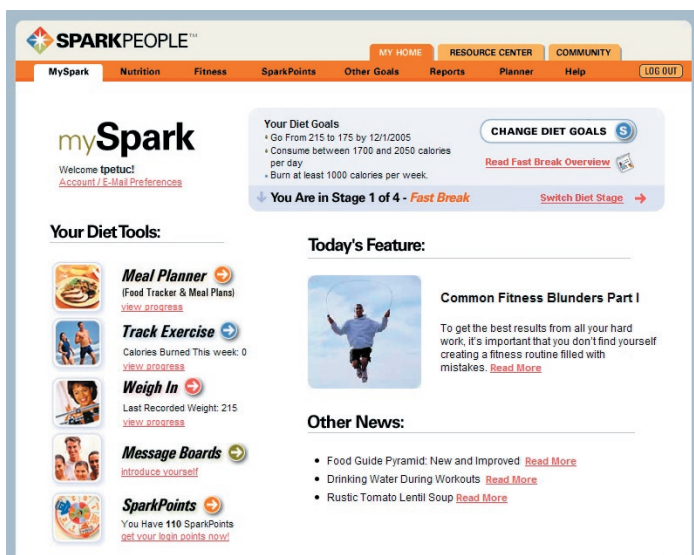
Want to lose weight? Get fit? Have more energy?

SparkPeople Can Show You How--for FREE!

SparkPeople is a personalized online weight loss and wellness program. Acting as a virtual personal trainer, the SparkPeople program provides you with an individualized plan and the motivation you need to reach your unique health and fitness goals.

The program starts with a specific “prescribed” plan and, over time, it teaches and motivates you to integrate healthier habits into your life, helping you to stop “dieting” for good and start living a healthier lifestyle. With proven tools, successful motivation techniques and support that SparkPeople provides, we help people create healthier lifestyles every day!

Complete, 24-hour access to SparkPeople is now available to you FREE of charge!



WHAT YOU GET:

- Personalized diet and exercise plan
- Daily meal plans, recipes and shopping lists
- Calorie and nutrition tracker
- Animated exercise demonstrations
- Answers and advice from Registered Dietitians and Certified Personal Trainers
- Support, motivation and accountability from an active online community
- Hundreds of articles, tools and resources to educate and inspire healthy living
- Weekly motivation and tips from “The Weekly Spark” eMagazine

How to Join...

To get your personalized plan, please visit:

WWW.SPARKPEOPLE.COM

“I love the site! I have been to others that claim to have the tools we have here, but this one is so much easier to use. And, Spark tracks things much better. Thanks so much for providing us with the tools to be successful.”
-- SparkPeople User