

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

## *SparkPeople Can Show You How--for FREE!*

SparkPeople is a personalized online weight loss and healthy living 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. 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 constant support, SparkPeople helps people create healthier lifestyles every day!

Visit [SparkPeople.com](http://SparkPeople.com) today to get your FREE customized program!

Join [SparkPeople.com](http://SparkPeople.com) **now** (it's FREE) and get everything you need to reach your goals. You'll get:

- > Personalized fitness & nutrition program AND tracking tools
- > Advice and help from health and fitness experts
- > Motivation and support from others just like you
- > Articles and tools to help you reach your goals
- > Meal plans, shopping lists and much more!

*Please place the spread the spark cards here.*

All 100% free

Join  **SPARKPEOPLE**® today  
.com

## **WHAT YOU GET:**

- > Personalized fitness & nutrition program AND tracking tools
- > Advice and help from health and fitness experts
- > Motivation and support from others just like you
- > Articles and tools to help you reach your goals
- > Meal plans, shopping lists and much more!

## **How to Join...**

To get your personalized plan, please visit:

# [WWW.SPARKPEOPLE.COM](http://WWW.SPARKPEOPLE.COM)

“I am a health care provider and recommend it to my patients often – especially since it's free. It is probably the best and most frequent prescription I write.

– *SparkPeople User*