

## What People Are Saying...

**"I lost 45 pounds in one year by using this amazing machine only 15 minutes, three times a week! It completely changed my life!" – Cari B., WA**

This whole body vibration system is amazing. **I can stand on it for 15-minutes and feel like I had a great one-hour workout in the gym."** –John L., NY

"I have a job that requires me to sit most of the day. At the end of the day my body aches from not moving. **I can get on the machine for 10 minutes and feel GREAT!"** – Wynn N., WA.

"My patients like it a lot! They say it's fun and they feel very relaxed and yet energized at the same time. I have also placed ailing **patients with certain spinal and musculoskeletal conditions on the machine and have had nothing but positive results."**  
– Dr. Dan, HI

**"My wife and I noticed flexibility improvements almost immediately.** At our age (53 and 45 respectively), this means less sports related injuries and faster recovery time from those that inevitably do occur. We love it!" – Chris A., WA

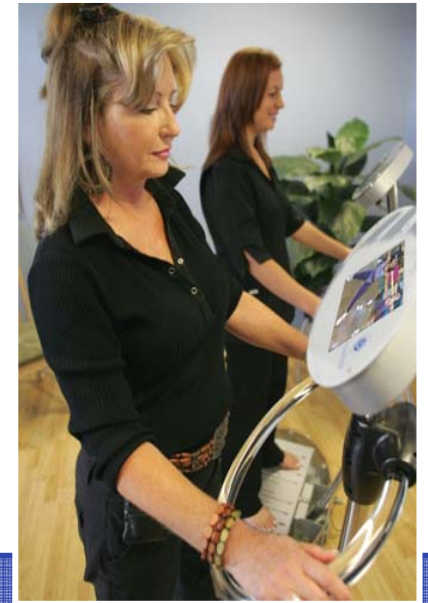
"I have diabetes and neuropathy is one of the problems that I face on a daily basis. I had the opportunity to try your system at a recent seminar for just 10 minutes. Afterwards, I was walking around the show and realized **I was able to feel my feet for the first time in six months!** In fact, the feeling lasted for weeks, even though I did not have a chance to use your equipment again. This product is amazing and **I bought one for my office!"** –Bonnie D., WA



## Style For Life

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## Can Fitness Really Be This Easy?



**Just Stand There for  
15 Minutes a Day...**

**Lose Weight. Get Fit.  
Make it Fun and Easy!**

*Style For Life*  
**Whole Body Vibration**

## America's Fitness Challenge

Americans are living longer, but our lifestyle leaves much to be desired. We face a constant time crunch, we're busier than ever, and most of us lead very sedentary lives.

For many people, this means we're:

- Overweight
- Eating more processed foods
- Stressed
- **Exercising less than we should**
- Outside the safe cholesterol zone

**The bottom line:** we face increasing health risks because our bodies don't get enough movement.

## Benefits of WBV Technology

Now there is a safe, quick and easy solution! Thanks to Style For Life's Whole Body Vibration (WBV) system, you can enjoy a wide variety of benefits.

**Just a few minutes a day can help you achieve:**

- **Weight loss** through decreased serum cortisol and stepped-up fat burning
- Core **muscle strengthening** and conditioning
- **Body reshaping** through muscle toning
- Enhanced **bone density** and **bone building**
- Improved **lymphatic drainage**
- **Reduced pain** caused by muscle strain or osteoarthritis
- **Improved mobility** (ideal for elderly or infirmed patients)
- **Improved posture** and balance
- **Anti-aging benefits:** increased production of growth hormones
- Increased **feeling of well-being** with elevated serotonin levels

## Why it Works, Why it's Better

The Style For Life machine causes your body to move up to 30 times per second. The net effect is that your muscles are stimulated faster and more efficiently than any other exercise program on the planet. And, unlike other WBV machines, our patented technology most closely simulates walking—the healthy exercise doctors recommend for virtually everyone. You'll feel better every time you do it!



## It Couldn't Be Easier!

Using the Style For Life WBV system is as simple as just standing on our platform. Just 10-20 minutes a day is enough to experience a wide range of benefits. The compact unit operates quietly, and it fits anywhere at your home or office. It's easy and convenient to use any time you want.

## Not Just Another Machine

The Style for Life program combines WBV technology with support from qualified coaches to help you maximize your results with our system. You receive four complimentary coaching sessions and an option to continue with the coaching when you purchase your system. Our trained coaches will help you customize your program to get the benefits that are most important to you.

## Read the Research for Yourself

WBV technology was developed by the Russian Space Program in the 1970s, and has been further researched over the past two decades for use by athletes in European countries .

You can read ample information about third-party studies on our web site at [MyStyleForLife.com](http://MyStyleForLife.com). Click on the "Research Documentation" link.

## Our Money-Back Guarantee

Put us to the test. We invite you to try the Style For Life system to see how this remarkable machine works. We guarantee you're going to love it!

**Our Unconditional Guarantee:** If for any reason you are unsatisfied with our program, simply return the equipment within 30 days for a full refund! (excludes shipping)

## How to Order

Please call **888.328.1488 Ext 3** or go to our website at [www.MyStyleForLife.com](http://www.MyStyleForLife.com) for our amazingly low price and details on how you can be healthier and more fit this year.