



Smart Weight Loss!

The Smart, Safe, Old-Fashioned Way That Works and Lasts

Through April 2007, Enjoy A Special Offer!

*Enjoy a special promotion as we launch our new software-based weight loss program!
The first 12 people can take \$50 off this 3-month program, regularly \$200.
Compare to programs that typically cost this much every month, and enjoy the results of one-on-one professional coaching for both workouts and meal planning!*

Save \$50!



Interested in losing weight the healthy way, without the roller coaster of a fad diet? Our new software-based system allows you to take the fuss out of meal planning and focus on results. Ask about your home version of the software to track your eating and your exercise, and enjoy the results of professional diet and fitness coaching for your lifestyle! Special diets available for weight loss, mature women, low cholesterol, energy booster, glycemic, cancer smart, performance, bone health, heart disease, wheat free, more!

- Follow the PhD prepared meal plans, modified to your personal preferences
- Track your food, weight, exercise, and results
- Track weight, body composition, measurements, and more!
- Print grocery list and recipes

Ishman BodyCare Center, Inc.

Promoting Positive Transformation...Person to Person

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