

Lose 1½ Stone In 6 Weeks!



Vibrotone,
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Only with these 3 keys will you shift stubborn fat, especially from lower stomach, hips & thighs.

This is the only plan to re-balance 'top' and 'bottom' heavy bodies.

Adrian



Before photo: 19st 5 lbs After photo: 11st 10 lbs

Bridget



Before photo: 16st 10 lbs After photo: 12st 7 lbs

3 Critical Keys



Food 3/6/10 wk dietician designed food plans based on weight, body-fat & activity level. NO shakes, pills or other gimmick type substitutions.



Exercise 3/6/10 wk plan cardio & toning exercises that compliment your personal food plans. Choice between walking, jogging, cycling, gym & circuit plans.



Metabolism Based on our precise questionnaire coupled with our precise food & exercise plans we are the **ONLY** weight-loss company that will produce **REAL** results through correcting your metabolism.

Our package includes:

- complete professional metabolism analysis
- selection of highly balanced 7 day food plans to fix your metabolism
- cardio exercise & toning plan to maximise metabolism
- nutrition supplement recommendation to help rapidly repair your metabolism
- choice of 3/6/10 wk plan for home(walk/jog/bike) or gym
- choice of 4 'effort levels' to suit your current motivation
- special motivation techniques, 'reminder' texts & email support to keep you focused

So now you know the **TRUTH** to real weight loss, don't you think it's time you did something about it? If the answer is yes, contact

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John Russell - Now System 10 Agent for Longford/Leitrim/Cavan/Boyle (3, 6 & 10 Week Programmes Available Now)

www.system10.eu www.vibrotone.ie

System 10 Clinic now available in Brooklands Integrated Health Centre, Longford. For appointment call: 087 2711623