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U.S. and Canadian (includes shipping)

PRESCOTT, ARIZONA RETREAT

EXPIRATION DATE: MARCH 1, 2010



One Choice Is Mine at the low price of \$7.50
This book has slight imperfections



Quick & Easy Meals and Menus is an easy-to-use tool that offers endless variety in meal planning within a framework of 1,200, 1,500, or 1,800 calories per day. The convenient extended front cover of the book serves as a handy bookmark.

Purchase one *Quick & Easy Meals and Menus* for \$18.95
get your choice of *Fitness Over Fifty* or
***Walk the Weight Away!* FREE**



Fitness Over Fifty—Studies show that people of all ages who stay active benefit from exercise. Energy, strength, balance, and flexibility are the ingredients that add up to long-lasting vitality and good health. You don't need to join a gym or buy expensive equipment. Everything you need is right inside this book.

-OR-



Walk the Weight Away! Walking is the easiest and most effective way to lose weight. It's easy, fun, free, and almost anyone can do it. *Walk the Weight Away!* features a scientific plan of action for weight-loss success.



Thera-Bands-Red is a starter band-medium weight and green is an advanced band-heavier weight. Follow instructions in *The Choice Is Mine* (on sale for \$7.50) on pages 165 and 166. *Bands contain natural rubber latex which may cause allergic reaction.*

CUT HERE

The Choice is Mine one @ \$ 7.50 = \$ _____

D-008 *Quick & Easy Meals and Menus* one @ \$18.95 = \$ _____

Choose one book for free

Free D-005 *Fitness Over Fifty*

Free D-006 *Walk The Weight Away!*

Thera-Band Set (Red and Green) one set @ \$ 9.00 = \$ _____

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