

***Urgent Midtown Neighborhood Alert:***

## Who Else Wants To Look Fit, Enjoy Less Stress, And Experience Increased Energy?

### **Just a Quick Letter To Introduce Myself and I have ONE Important FREE GIFT Reserved Just For You.**

Dear Neighbor,

My name is Scott Lebowitz. I'm a nationally certified personal fitness trainer and my 3,000 square foot "InBalance Fitness" center is in Cooper / Young at 794 S. Cooper., only about 5 minutes from your home.

I'm pleased to tell you that many of your neighbors have been relying on me and my staff of 8 personal trainers for a more personalized approach to **stress reduction, increased energy and vitality.**

Today, just before the New Year begins, I have a very limited number of one-on-one training times available to introduce new clients to our variety of services.. But we are very particular about the people we select as clients. So I'd like to invite you personally to come in and check out InBalance Fitness for yourself during this introductory period ending January 15, 2006.

### **Why Do People Hire A Personal Trainer at InBalance Fitness? How Might You Benefit From A Lifestyle Change Through Physical Fitness?**

**Reason #1:** To insure you meet your own personal wellness & fitness goals.

**Reason #2:** Health issues change and our staff remains in touch with your doctor to combat heart disease, hypertension, arthritis, injuries, etc.

**Reason #3:** As an aid in recovery from the physical, mental and emotional stress of everyday life.

InBalance Fitness is not your average gym or fitness center. The majority of our services are highly personalized. Even our group training and group exercise classes are supervised by a trained group fitness instructor.

That's not all... at InBalance Fitness you will...

- Release muscle tension, reduce pain and increase circulation with our **in house massage therapist.**
- Relax and enjoy a soothing **Yoga Class** or a more physical **Boxing Class.**
- Expertly supervised **Cardio** memberships are available in consultation with your doctor.

Here's the deal...

Like I said, we want to help people who are serious about lifestyle change, who want a personalized program to help them get and stay fit....trim....toned....feeling better...with more energy.... vitality.... and less stress.

So, if you're serious, I'd like to invite you to make an appointment for a **Free Fitness Assessment** to find out the easiest and safest way for you to meet your fitness goals, physically, mentally and emotionally. We'll explore your dietary habits, health and fitness quotients and determine the right program of diet and exercise to fit your lifestyle and *achieve* your goals. This is a \$100 value we charge our one-on-one personal training clients at the beginning of their training.

**Now, through January 15, 2006, we're offering this assessment to a limited number of serious fitness enthusiasts at no charge** when you book at least one training session with one of our licensed, certified personal trainers.

Times and slots are limited so **call me now at 272-2205** to schedule your appointment and **take advantage of this incredible offer.**

Sincerely,

*Scott Lebowitz (signature)*  
Scott Lebowitz  
Director

P.S. Men and women of all ages can benefit from exercise. When you come in for your free assessment and first training, we'll discuss your particular health history, eating habits, lifestyle, work, etc. and I'll be able to tell you more about how a personalized, customized personal training program will specifically benefit you.

**COPY FOR CERTIFICATE  
CERTIFICATE BORDER**

## FREE DIET & FITNESS ASSESSMENT

When You Book At Least 1 One-On-One Session  
With One of InBalance Fitness' Certified Personal Trainers!

**PICTURE  
OF  
ASSESSMENT**

**Redeem this certificate for your  
FREE FITNESS ASSESSMENT  
(\$100.00 VALUE)**

InBalance Fitness at 794 S. Cooper St in Cooper / Young invites you to take advantage of this FREE FITNESS ASSESSMENT to explore your dietary habits, health and fitness quotients and determine the right program of diet and exercise to fit your lifestyle and *achieve* your goals. This is a \$100 value we usually charge our one-on-one personal training clients at the beginning of their training.

**This \$100 value is now available at no cost until January 15, 2006 to serious fitness enthusiasts and wannabees.**

**LOGO**

Name  
Address  
City                      State                      Zip  
Phone  
Email

Approved

*Scott Lebowitz (sig)*

Scott Lebowitz

Expires 1/15/06  
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