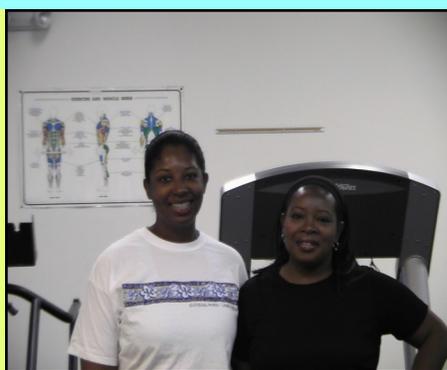


# Lose pounds in the New Year! Start Now!

## The buddy system: working out with others produces results

Since September, Ann and Debbie together have committed to working out three times a week with Complete Physique and have already lost a combined 60 pounds! Their workout program has included circuit training, functional training, kickboxing, boxing and a variety other fitness programs. I am not only excited about their weight loss, but equally impressed in the improvement they have made in performing the exercises. I have seen an increase in their energy, ease of performing the exercises and an increase in their range of motion during their workouts. Varying the program weekly has enabled them to see the pounds and inches disappear weekly! Read more about their results at [completephysiqueinc.com](http://completephysiqueinc.com)

Receive 10% off your initial buddy system package when you sign up in the month of January!



Anne Gunning (left) and Debbie Lindsay get results from their hard work in the gym.

Find out more about Anne and Debbie's great success at [completephysiqueinc.com](http://completephysiqueinc.com)

*"It's been 2 and a half months, and I've lost 19.5 lbs. I'm a lot stronger than I was when I started and training has definitely improved my endurance."*

- Debbie Lindsay

*"I do not really keep track of the number of inches I've loss, but I have gone down 4 dress sizes. I'm stronger and my cardio/stamina is a lot better."*

- Anne Gunning

### What's going on at Complete Physique?

The 2010 class schedule is out!

We accept credit cards for your convenience.

Get ready for the golf season. Golf fitness class starts February 8th.

Get your wellness evaluation free. Call for more details.