

THE RESULTS

Biometrics One-on-One is a six-week program that works! The results add up.

- ◆ Lose weight and inches
- ◆ Tone muscle and lose body fat
- ◆ Gain strength
- ◆ Increase energy and vitality
- ◆ Improve your cholesterol, triglycerides and blood glucose

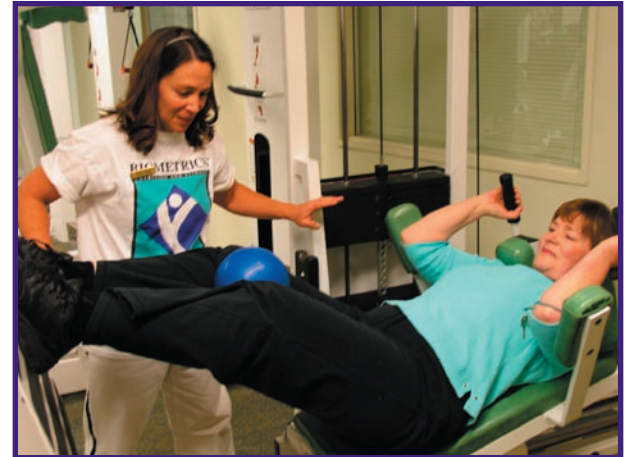


Our participants' average results:

- ◆ Inches lost in waist: 2 inches
- ◆ Fat pounds lost: 9.0
- ◆ Body fat reduction: 3.7%
- ◆ Blood sugar/glucose: -10 mg/dl
- ◆ Cholesterol: -25 mg/dl
- ◆ Blood pressure: -10 mmHg
- ◆ Increased muscle mass: 2 - 5 lbs.
- ◆ 85% increase in strength

BIOMETRICS
ONE-ON-ONE®
The Marsh, A Center for Balance,
is the exclusive Midwest provider
of this program.

Jack Stricker
the Marsh™
A Center for Balance and Fitness
15000 Minnetonka Blvd., Minnetonka, MN 55345
952-935-2202 • www.themarsh.com



BIOMETRICS®
ONE • ON • ONE

**LOOK BETTER,
FEEL BETTER,
GET MORE
OUT OF LIFE!**

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BIOMETRICS®

O N E • O N • O N E

It's about looking better, feeling better, and getting more out of life...

In an age of unprecedented technological advances, the only effective solution for weight loss remains diet and exercise. For almost twenty years, The Marsh, A Center for Balance, has been helping individuals achieve their goals with the **Biometrics One-on-One** program.

- ◆ **Biometrics is a six-week program for busy people who want results!**
- ◆ **Biometrics is a renewal program for personal empowerment, weight loss and weight management.**
- ◆ **Biometrics integrates exercise with a healthy eating plan, resulting in both weight loss and an improvement in body composition.**



THE FOOD

- ◆ The meal plan alone puts this program in a class of its own - it's simple and easy to follow! There is no counting calories or points.
- ◆ You meet with a registered dietitian who customizes the meal plan, taking into account your food preferences and your nutritional needs.
- ◆ Meals are available in our restaurant. Dine In or Take Out! Ask to see a Biometrics menu or view it online at www.DineatTheMarsh.com.

THE EXERCISE

- ◆ Connect with the same certified personal trainer for three 30-minute training sessions each week for six weeks.
- ◆ Learn the difference between exercise - and exercise that yields the results you are looking for!

THE MARSH SUPPORT

- ◆ Receive professional guidance from an exercise physiologist, registered dietitian and certified personal trainers
- ◆ You are never alone in Biometrics - our professional staff is there to encourage you every inch of the way.

BIOMETRICS MOMENTS...

“I've come to realize that your body longs to be healthy.” - Jan Rabbers

“I've had a complete transformation psychologically. My pain is 90% better... I'm more confident... I leave with a high... and it's even fun!” - Lana Issacson

“It's so simple. We've changed our way of life to be much healthier and haven't really sacrificed a thing.” - Gary Peterson

“Many people think Biometrics is a weight loss program, which is part of it. But the benefits go far beyond weight loss.” - Jeanne Lukas

Enroll Today!

Call Cece McCan at 952-930-8508 to learn how this program can fit into your life and budget.

Complimentary information sessions available each month - call to reserve your spot.