



Body tune-ups keep warranty in force for life

It's the best present in the world, one only you can give yourself.

The most beautiful clothes, the expensive makeup and precision haircut can't do as much for you as a healthy, tuned-up body.

Fitness is not confined to any one sex or age group. It's something to establish in childhood and maintain through old age.

It is one of the simplest — and most difficult — states to achieve.

There are only two main rules: You must eat right and you must exercise regularly.

Eating right, no matter which diet you choose, is simply a matter of eating foods that provide required nutrients without loading on more calories than your body can use.

There are no short cuts nor miracle diet ads.

Exercising regularly goes far beyond an occasional game of tennis. You have to make a habit of exercise in order to keep your body in tone.

Once again, there are no short cuts.

The time to begin a fitness regimen is now. Choose a reasonable diet with the help of a doctor or nutritionist. Find an exercise program you can live with.

Most of all, you have to arrive at a few self-realizations in order to make fitness part of your life.

YOU HAVE to be prepared to throw away the habits of overeating and inactivity.

You have to develop new habits. Fitness means more than a month, or even a year, of concentrated effort.

Fitness is something you must strive for the rest of your life.

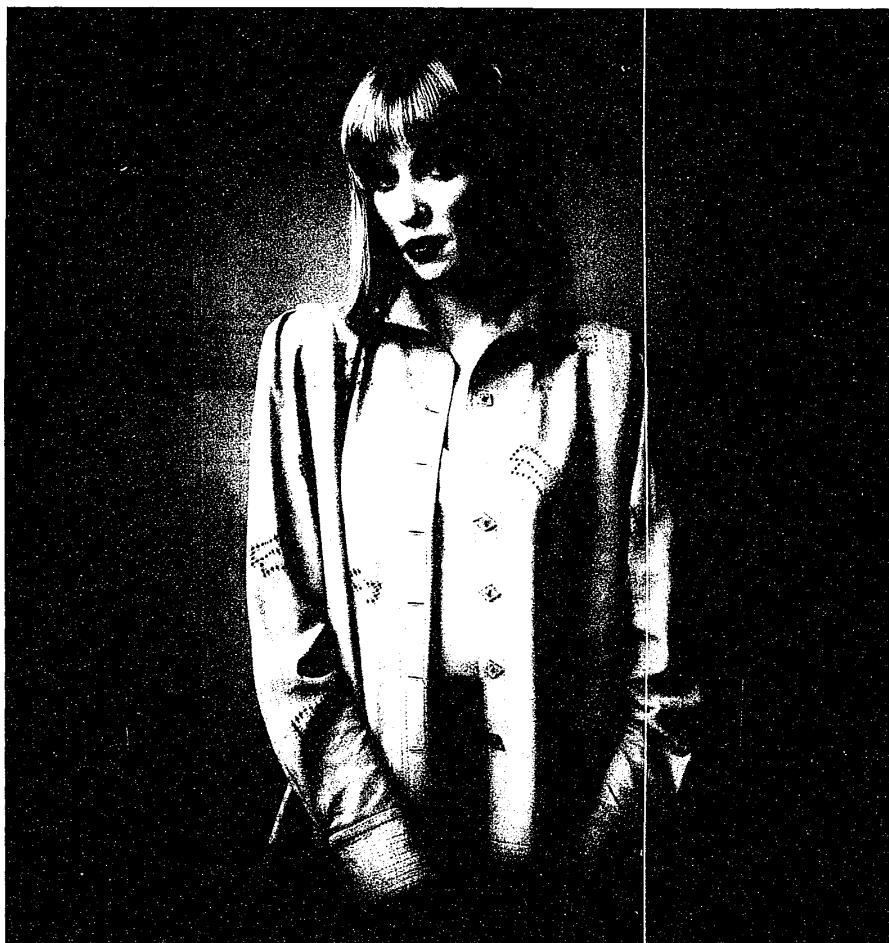
But the pursuit of fitness grows easier as you develop better habits. The end result is something to be treasured.

You don't have to be fat nor flabby, no matter what your age. Your family can and should join you in the goal.

It's hard work, takes sacrifice and never ends.

But those who discover that the only real beauty is the kind that comes from inside out think keeping in shape is well worth the trouble.

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