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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Review of Bally Total Fitness

By Renee Kennedy

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Overview:

Bally is truly a total solution to getting healthy. They offer gyms with name brand fitness equipment, personal trainers, and exercise classes. They also help you understand nutrition and plan a healthy diet. They have tons of information available online including free fitness and diet planning tools.

Goals of the Members:

Any type of fitness goal will fit with Bally. Whether you aim to lose weight, tone up, or build muscle, Bally can help you.

Cost:

There is an up front fee and a monthly fee. The up front fee may be around \$100. The monthly fee is between \$40 to \$50. However, they are always running specials – you will need to check with your local center to discover what those specials are.

Time Needed:

A minimum of three times per week around an 30 min. – 1 hour per session. You will develop a personalized schedule based on your goals.

Gender and Age Group:

Age 13 and up, men and women.

Motivation:

They offer a contest called The Bally® Rapid

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Results Challenge® that offers an exercise plan and a dieting plan including meal replacement products. They also offer a free fitness log. (Even if you aren't a member you can sign up online for this tool!)

Fitness Strategies:
Stretching, Weights, Strength Training, and Aerobics.

Risk of Injury:
Limited if you follow the directions of the trainers.

Nutritional Information:

They provide nutritional information and they have experts to answer your questions on their site. At each facility they have personal trainers that will help you plan your diet. They also offer software that will help you manage your diet and exercise plans. They also sell a variety of "health" food products.

Contact Info:
To find a location nearest you, check out their web site at:
<http://www.BallyFitness.com>

For more fitness center reviews come to the NutriCounter web site at:
<http://www.nutricounter.com/news.htm#reviews>

Renee Kennedy is the editor of the monthly ezine NutriCounterUpdate. Come and visit the NutriCounter web site at <http://www.nutricounter.com/news.htm> for an extensive selection of articles on health, nutrition and exercise.

Popular Atlantic City Casinos

By Adel Awwad

Atlantic City, the East Coast counterpart of Las Vegas, is the second most popular gambling destination. The majority of its casinos are located along the Boardwalk and in the Marina District. Some of the more popular casinos in Atlantic City include Bally's Atlantic City, Harrah's Atlantic City, Caesar's Atlantic City, the Trump Taj Majal Casino Resort, and the Borgata Hotel Casino and Spa.

First, Bally's in Atlantic City has over 80,000 square feet of casino gambling and more than 2,000 slot and video poker machines. There are three popular attractions at Bally's, including the Wild Wild West Casino, the Claridge Casino, and Coyote Kate's Slot Parlor, with its delightful 19th century Victorian

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decor. Entertainment at Bally's ranges from table games and slot machines to heavyweight boxing matches and live country music concerts. Harrah's Atlantic City is a huge casino, with over 112,000 square feet, and 3,712 slot machines. A number of the World Series of Poker satellite tournaments are held at Harrah's, as well as open blackjack and monthly poker tournaments.

Next, Caesars is one of the largest casinos in Atlantic City, with over 124,000 square feet and 3,400 slot machines, as well as all the popular table games, including Poker, Roulette, Baccarat, and Craps. Caesars is well known for its elegant environment, professional dealers, and exceptional customer service. The Trump Taj Majal is extremely popular and has been named the best casino in Atlantic City. It has over 4,000 slot machines, 210 table games, and a baccarat pit. The Trump Taj Majal features a smoke-free poker room, the first of its kind to appear on the casino gambling scene. The casino hosts the United States Poker Championship tournament here, as well. The Borgata Hotel Casino and Spa is one of the newest casinos in Atlantic City and is known for its exciting daily no-limit hold'em poker tournaments, the PowerPrize jackpot, and frequent cash giveaways.

In addition, Atlantic City has several other popular casinos, including the friendly Showboat, with the Mardi-Gras Casino and the highly popular House of Blues poker room. The casino at the Tropicana Hotel, the largest hotel in Atlantic City, has often been called the "luckiest casino" in the world. The Tropicana offers 24-hour entertainment, with all the authentic Asian games, slot and video poker machines, and a number of poker tables and tournaments.

Discover the popularity of the casinos in Atlantic City and experience non-stop action and fun.

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