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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 Ladies Workout Express**

**By Renee Kennedy**

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**Overview:** Offers 24 pieces of exercise/workout equipment. Half of the equipment is cardio and the other half is strength training. Each member goes through all the pieces of equipment at least one time per workout session. The workout sessions vary by the time spent on each piece of equipment. The time spent on the equipment is determined by the club each day and is conveyed to each member via CD that is played during each workout session. There are no weights to change. All the equipment is hydraulic and the club sets the tension for each piece of equipment. In other words, you don't have to think about the equipment or plan out a fitness strategy... you just go and have fun!

**Goals of the Members:** Weight loss, body toning, friendship, Doctor's orders for various health problems which some include depression, osteoporosis, diabetes, rehabilitation, and menopause.

**Cost:** A visit to the club would be necessary to determine the right program for the individual. However, generally it ranges from \$29 – \$35 per month with about \$60 in up front fees. (Very reasonably priced for anyone on a budget.) You may also be required to sign a one-year contract.

**Time Needed:** Usually starts at 3 workouts per week, and expands from there. Each workout encompasses 30 minutes per session, with a 5-minute warm up prior to working out and another 5-minute stretch at the end of the session. Some members workout 5 to 6 times a week. A day off between workouts is not necessary with Resistance Training as it is with other exercise programs.

**Gender and Age Group:** Ladies only. The age group can be from 12 on up.

**Motivation:** Offers different workout programs on a daily basis, moving equipment around, personal service, and goal setting.

**Fitness Strategies:** Aerobic, Strength Training, Flexibility

**Risk of Injury:** There is no risk of injury as long as the member follows instructions. They give each member a very thorough orientation on each piece of equipment and are always watching the

## Review of Ladies Workout Express

members as they exercise.

Nutritional Information: The staff are not certified nutritionists.

Contact Info:

<http://www.ladiesworkoutexpress.com>

(Find one that is nearest to your home.)

Thanks to Maggie Beesley owner of the Southampton, PA branch.

Come and visit the NutriCounter web site (<http://www.nutricounter.com>) for more fitness center reviews.

Please use this article on your site or in your newsletter, just be sure to include the last paragraph with our URL. Email [renee@napuda.com](mailto:renee@napuda.com) if you use it. Thanks.

### **Gentlemans Dream Lifestyle in Southeast Asia**

**By Paul Thusius**

**SINGLE GENTLEMEN DISCOVER LOVING FUN IN ASIA**

Divorced or lonely gentlemen, don't feel blue, keep reading this Great News for You!

The single gentleman of love for asian ladies have found paradise in Southeast Asia.

They have discovered love and retirement in their tropical paradise.

In Southeast Asia, especially the Phillipines, there is some good hearted ladies waiting for a respectable gentleman.

Meeting these charming ladies is fun, a lot of FUN!

So if you have just split up or haven't been dating for a while, relax as you are in a good position.

You are free to date whoever you like, that's something to take advantage of while you CAN.

You will be in a relationship again sometime and not be able to experience the variety of women you can right NOW!!

The Phillipines is a Goldmine for single men. It would be insane to ignore the potential and availability of women here.

So don't go thinking that you are desperate or strange for going to Southeast Asia.

## Review of Ladies Workout Express

Many single gentlemen go to Southeast Asia. It is the best value and effective way for meeting women today.

There are thousands of lovely ladies in the Philippines who really want to give their heart to a nice gentleman who will respect and care for them. You will get over boiled with much affection and dedication in return.

Life is FUN and EXCITTING with Filipino ladies!

There are thousands of friendly ladies in the Philippines.

Paul Thusius administers the



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