



Has Your Resolution Failed You? Experience a Fitness Revolution!

It's been a month since you made those promises to yourself to eat better, lose weight and fit into your old clothes. How has that worked out for you so far? If you're one of the 8% of Americans who have kept your New Year's resolution to be healthy, then good for you. But if you're one of the other 92% who either didn't make a resolution or have already neglected it, we have a solution for you – one that can only be found in two places, one being Palm Harbor.

Based on Science, not Hype

The result of decades of research by Ellington Darden, PhD, the X-Force Body program is a proven way for anyone to get fit in no time. Dr. Darden, renowned author and founder of the X-Force Body program, has invested over 40 years' experience testing and modifying the program of negative training machines, a carb-friendly diet, extra sleep and lots of water. X-Force Body has become the most effective fat-loss and muscle-gain program in the country. It may sound too good to be true, but this strategic diet, sleep and exercise plan has been scientifically proven and demonstrated by the incredible results of the program's participants.

The science goes beyond other fat-loss and weight-loss programs, beginning with the Swedish X-Force Body machines. These machines use negative training – or the lowering portion of each exercise – to trigger the body's natural hormones, which speed up the building of muscle and the shrinking of fat. Each machine houses a patented tilting weight stack allowing for 40% heavier resistance on the negative, or lowering, part of the exercise. This means quicker results in less time.

Get Fit in No Time

Designed for busy professionals needing to fit in workout time, the X-Force Body program requires only two 30-minute sessions per week on the machines. Once desired results are achieved, only one 30-minute workout per week is needed to maintain the fat-loss, muscle-building outcomes. The workouts, combined with Dr. Darden's verified carb-rich meal plan,



water intake and sleeping suggestions, produce astonishing results. During only one six-week program, men lost an average of 29 pounds of fat and gained approximately 9 pounds of muscle. Women dropped an average of 17 pounds and added almost five pounds of muscle during the same six-week period on the program.

The secret to permanent weight loss is to add muscle as you lose weight. This increases your metabolism and ensures you lose only fat. An increased metabolism makes it easier to keep off the fat permanently and to maintain results.

Sustainable Results for the Best Body of Your Life

Commitment is key in all major life changes, and the X-Force Body program is no different. By following program guidelines and maintenance, X-Force Body leads participants to life-changing results of a leaner body, increased strength and overall better health. X-Force Body offers free Discovery Sessions for individuals who want to learn more about the program at our Palm Harbor facility.

For more information on how to get the best body of your life, or to attend an X-Force Body Discovery Session, go to www.XForceBody.com/discovery-sessions.