

## **Massagercize© Program**

Regular physical activity can offset the diet-related decrease in metabolism. Activity raises our metabolism, which, in turn, increases weight loss up to 10% over dieting alone. Not only do you burn more calories while exercising, but you also continue to burn calories at the accelerated rate even while resting following the exercise.

Pop in our Massagercize© CD for a self-paced at home program that tones, conditions and shapes your body. Massagercize© starts slowly by relaxing your body and then transitions to upbeat music for total body conditioning workout.

Note: Because your body undergoes some physiological adjustments during the first few days while on a low calorie weight loss program, you should not overexert yourself. It is advisable to consult your physician when beginning any exercise program.