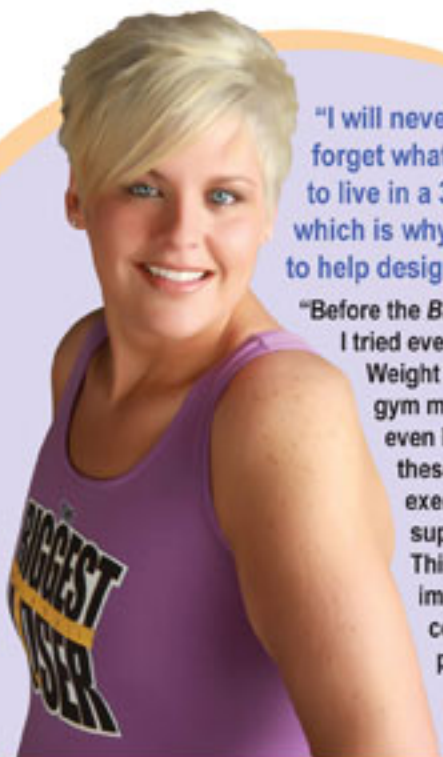




Your Weight. Your Health. Your Well-being.

# IT'S TIME TO EVOLVE!

**Evolve™** is a 12-week program specifically designed for individuals struggling with weight. Customized workouts, nutrition guidance and emotional support create a complete pathway to your weight loss success. **Evolve™** is the proven, non-surgical weight loss solution you've been searching for.



"I will never forget what it felt like to live in a 360 lb. body, which is why I was so excited to help design this program."

"Before the *Biggest Loser* I felt as if I tried everything to lose weight. Weight Watchers, LA Weight Loss, gym memberships, special diets even hypnotism . . . but none of these programs offered the exercise, diet and emotional support I needed to change. This is why I felt it was so important to have all three components in the Evolve™ program."

— Kristin Steede  
*The Biggest Loser, Season 7*



**Evolve™** begins at an  
Ellipse location near you  
April 2010!

For additional information on Evolve™  
contact [kristin@ellipsefitness.com](mailto:kristin@ellipsefitness.com)

**Call. E-mail. Log on. Stop in.**  
[www.ellipsefitness.com](http://www.ellipsefitness.com)

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