



IN SHAPE FOR LIFE

SuperSlow Zone at Inside • Outside Spa
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sszonenews

MINUTES A WEEK • IN SHAPE FOR LIFE

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SUPERSLOW
zone

MINUTES A WEEK • IN SHAPE FOR LIFE

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Non-Invasive Extreme Makeover *Charles B. Christian, Jr. MD*

"Non Invasive Extreme Makeover"

PUTTING IT TOGETHER

The SuperSlow Zone Comprehensive
Center Concept (Model C)
By Charles B. Christian, Jr. M.D.
Medical Director
Inside Outside Wellness Center and
Medical Spa Part owner

One of my favorite songs is "Putting it
Together," a piece written by Barbra
Streisand and the first song on the
Broadway Album:

Bit by bit, Putting it together

Piece by piece,

Only way to make a work of art

Every moment makes a contribution

Every little detail plays a part

Having just a vision's no solution
Everything depends on execution!

Bit by bit, Putting it together

Piece by piece,

Working on the vision night and day

All it takes is time and perseverance

And a little luck along the way

Putting in a personal appearance

Gathering supporters and adherents

Having just a vision's no solution

Everything depends on execution!

I don't think I have ever heard the
following words come out of one of
our new clients, but I think this is what
most of them are trying to say when
they come to us.

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**Charles B.
Christian, Jr. M.D.**

is the Medical Director
of Inside Outside
Wellness Center &
Medical Spa. He has
worked in San Antonio
for over 21 years as a
Cardiothoracic Surgeon.

SuperSlow® Gets More National News Coverage

Benefits of Fighting Back with SuperSlow as Reported in April 2006 Vogue

After only one month of SuperSlow®
high-intensity strength training, the
April 2006 issue of Vogue magazine
reported that Jancee Dunn realized her
back felt more stable, inspiring her to
continue her new-found disciplined
exercise program. By the end of month
two, after diligently adhering to her
personally-designed strength training
regimen and sensible nutrition
recommendations, Jancee reported
fitting into smaller sized clothes and
regaining back mobility without a
conscious effort. Best of all – it was
pain free. These remarkable results are
in direct opposition to recent findings
published in American Journal of
Public Health which stated that most

people who performed exercises
specifically for their backs seemed to
make their conditions worse.

A SUPERSLOW® WORKOUT AS REPORTED IN MARCH 2006 ARTHRITIS TODAY

*Published by the Arthritis Foundation
By Linda Richards*

Get the benefits of strength training
sooner by taking your time. SOME
THINGS ARE BEST DONE SLOWLY,
AND WEIGHT LIFTING IS ONE OF
THEM, SAY SOME FITNESS EXPERTS.
Traditional weightlifting involves brief,
intense workouts focusing on **SuperSlow**

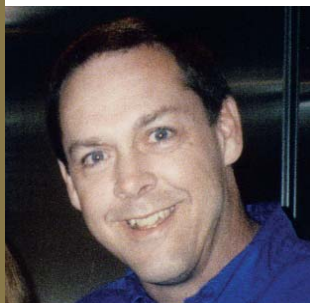
Zone • Cary Siebenberg, Co-Manager
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Dan Carter

Is the owner of the SuperSlow Zone in Scottsdale, Arizona. He can be reached at www.superslowzone.com/USA1028.

"After more than 22 years of evangelizing the rewards of high-intensity strength training, I have been fascinated by results experienced by those who dare to challenge their bodies to improve. SuperSlow now provides a detailed process with which to safely apply proper exercise for any individual. I was so impressed by this process that I ended a 22-year career with a Fortune 500 company to begin a new profession as a SuperSlow instructor and studio owner. My previous position as sales manager, teacher, public speaker and troubleshooter has been beneficial in making SuperSlow of Scottsdale not only a place for excellent exercise instruction, but a place to teach and certify other SuperSlow instructors."



Governor: *A control that maintains a steady speed in a machine (as by controlling the supply of fuel).*

SuperSlow students understand exercise intensity as the cornerstone of producing rapid, long-lasting physical change. Muscle mass and other concurrent positive physical changes, such as extraordinary levels of functional ability and injury resistance are two of the many benefits. An exercise program which can continue much longer than 20 minutes lacks the required intensity, and produces minimal, short-lived results. The goal becomes finding ways to increase intensity by maximizing muscular contraction.

Two techniques to accomplish this goal involve minimizing the negative effects of muscular contraction on blood pH, and maximizing dissipation of body heat.

Muscle cells produce a substance called ATP (adenosine triphosphate) to fuel muscular

contraction. This metabolic process is most efficient at a blood pH of 7.4. As we reach the last 40 seconds of an exercise, lactic acid, a byproduct of fatiguing a muscle faster than it can recover, causes pH to fall as low as 6.9. The "burn" we feel results from this increasing level of lactic acid. Though we call this burn "the good stuff" (our goal being to fatigue the muscle as deeply and quickly as possible) the body views it as a threat to survival.

It defends itself, in part, by governing ATP production, thereby compromising optimal muscular contraction. To overcome this governing process, the SuperSlow student is taught to over-breathe or breathe like a sprinter during the last repetitions of each exercise. This process blows off CO₂ (carbon dioxide), slowing the drop in pH, allowing the metabolic processes which support muscular contraction to continue.

The majority of body heat results from friction caused by muscular

contraction. In its quest to maintain a temperature of 98.6°, evaporative cooling or sweating is the body's last line of defense to cool itself. By the time this occurs, the body has already compromised muscular contraction to govern the source of heat. The SuperSlow studio is cooled to 68° with fans placed at each exercise to move body heat away from the student. This cool environment maximizes heat dissipation allowing optimal muscular contraction.

By breathing fast and staying cool the SuperSlow student minimizes the body's governors, achieving the goal of fatiguing the muscles as deeply and quickly as possible, guaranteeing the best results in minimum time.

Other sources of information:

SuperSlow The ULTIMATE Exercise Protocol – *by Ken Hutchins*

Heat Production and Dissipation During Exercise – *by Ken Hutchins*

Ultimate Exercise Seminar Video – *by Dr. Doug McGuff*

In the Zone for Summer Recipes *Kathy G. Wise RD LD LDN and SSZ Zone Diet Co-Director*



Kathy G. Wise

is a Super Slow Zone owner and Zone Diet Co-Director. She is a registered dietitian with extensive experience in creating nutrition programs for hospitals, corporations and individuals. She draws on her scientific expertise and her lively sense of humor as she makes good nutrition fun, simple and meaningful for everyone.

Years ago the diet was dictated by the season. Certain fruits and vegetables weren't available year round. You would have to wait until summer to get plump tomatoes, luscious strawberries, juicy melons, tender green beans, sweet peppers and all the other fruits and vegetables that the season brings. Along with the great tastes comes a wide variety of nutrients. They are loaded with vitamin C, vitamin A, beta-carotene and other carotenoids, as well as fiber and many phytochemicals. Make sure you take advantage of what the season has to offer by choosing fresh fruits and vegetables at every meal.

Stay in the Zone, lose body fat and maintain optimal health by including fruits and vegetables with your lean protein at meals and snacks. So get started today, because summer is the perfect time to think health.

Dinner is a breeze if you take advantage of outdoor grilling. Try grilling some fresh salmon with dill and lime. Serve with grilled peppers and fresh green beans. Another great choice is a petite steak rubbed with fresh garlic and grilled. Make some tasty grilled vegetable kabobs using favorites like mushrooms, orange and green peppers, and cherry tomatoes brushed with a little olive oil and fresh herbs.

Start off your day with some sliced strawberries, blueberries, raspberries or other sweet berries with your favorite high fiber, low sugar cereal and low fat milk. For lunch, try a quarter of a cantaloupe stuffed with some low fat cottage cheese topped with a few slivered almonds. Or stuff a plump, ripe tomato with tuna, green peppers, cucumbers, fresh green onions, tossed with light mayo and served with half of a

"Dinner is a breeze if you take advantage of outdoor grilling."

Chicken marinated in a red wine sauce or Italian dressing is quick and delicious. Serve with a mixed green salad tossed with some low fat Feta cheese, strawberries and fresh pineapple chunks. Add a glass of freshly brewed iced tea or a glass of wine and you've got a well balanced, easy meal.

Here are some ideas to get you started:

whole wheat pita. Chicken salad made with a few grapes, chopped apples, walnuts and light mayonnaise served with melon wedges and a few rye-crisp crackers makes a delicious treat. For picnics, try a grilled turkey burger with grilled vegetables with cheese and tri-berry salad. (see recipes pg. 8).

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"Super Slow trainers don't care how many reps you do. The point is to get to muscle failure and then hang in there a bit longer than you think you can. It's those last seconds of effort that trigger the workout's extraordinary results."

Business Week



James L. Hickey,
EVP, SSZ

EVP of Business Development
for SuperSlow Zone.

He can be reached at
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The SuperSlow Zone® Advantage: The SSZ Instructor!

Information provided by James L. Hickey, EVP, Business Development SSZ

Personal supervision is a key factor to fostering motivation, focus and accountability. SuperSlow Zone instructors are professionals that have completed a thorough and comprehensive certification. The training program requires absolute knowledge of the exercise method, anatomy, physiology, goal achievement and safety.

The International Association for Continuing Education and Training (IACET) has officially approved the certification and education programs sponsored by SSZ. IACET has granted SSZ its highest status, that of Authorized Provider platform upon which to issue certification continuing education units for SSZ education programs.

Since 1968, IACET has been recognized as the steward of the formal standards and international definition of the usage of the term CEU: Continuing Education Unit; used by colleges, universities, corporate training programs, and other officially registered and licensed education programs.

The SuperSlow Zone instructor knows how to get you the results in the fastest possible time by creating the workout that your body responds to best. The SuperSlow way means the spotlight is on you, and your goals are the instructor's goals as well.

Let's get ready to exercise! The SuperSlow Zone way!

Real Life Stories from SuperSlow Zone® in Northville, Michigan *Tammy Krozal*

Tammy Krozal, R.N. (Hip Replacement)

Meet Tammy Krozal - Tammy is 44 years old and a registered nurse suffering from muscle spasms and leg cramping following hip replacement surgery in January 2003. Read about her experience after just 2 weeks of working with Michelle Voineag's SuperSlow Zone in Northville, Michigan.

Here is her story ...

My name is Tammy Krozal. In January 2003, at the age of 41, I underwent hip replacement surgery and had suffered problems with muscle spasms and cramping in my left leg since then.

Unfortunately for me, traditional physical therapy did not help me, but then in February 2006, I visited Michelle Voineag's SuperSlow Zone in Northville, Michigan. As a registered nurse, the SuperSlow® method made total sense to me.

After only two weeks at SuperSlow Zone:

1. I have had no more muscle spasms.
2. I feel my overall health is much better.

SuperSlow Zone is extremely beneficial for the following individuals:

- those that are health challenged,
- those who don't like the gym atmosphere, or
- those who need more than what physical therapy has to offer.

I am especially grateful to Michelle and all her help. **Thanks Michelle!**

With gratitude,
Tammy Krozal

Tuesday, June 27, 2006

If you want to know more about SuperSlow Zone and Real Life Stories, Contact:

Michelle Voineag
SuperSlow Zone
mvoineag_usa@superslowzone.com



Michelle Voineag

is the owner of the SuperSlow Zone in Northville, Michigan. She can be reached at
mvoineag_usa@superslowzone.com



Eric Dubke (Athlete/Knee Injury/Fat Loss Success)

Meet Eric Dubke - Avid sportsman reliving his glory days and sidelined with an old knee injury forcing him to give up most sporting activities. The prognosis: tolerate the pain for as long as possible then get a partial knee replacement, until he came in for his first visit to Michelle Voineag's SuperSlow Zone in Northville, Michigan.

Here is his story ... The Ultimate Exercise Program

As someone who has participated in a wide variety of sports, including golf, baseball, softball, water skiing volleyball, racquetball, squash, handball, football, collegiate hockey, weight lifting, etc, I am no stranger to exercise and 2-hour sessions in the gym.

A couple of years ago, complications from an old knee injury forced me to give up most sporting activities and visit an orthopedic doctor for multiple injections to help ease the pain. The prognosis for me was to tolerate the pain for as long as possible, then get a partial knee replacement.

When I received information regarding Michelle Voineag's SuperSlow Zone in Northville, Michigan, I was very skeptical. How could 20 minutes of exercise begin to compare with 2 hours in the gym? How could one set of 2 minutes possibly compare with 4 or 5 sets for each exercise?

Since January 2006, when SuperSlow Zone of Northville opened, I have been doing two sessions a week, missing only two sessions during Easter vacation. The workouts are incredible - every muscle in my body feels pushed to the limit each and every session.

Now, after six months:

- My knee is feeling better than it has in the last 2-3 years.
- I am stronger than I have been in a long time.
- I have lost 22 lbs.
- I am back to walking/playing 18 holes of golf.

The SuperSlow® Protocol has helped me come a long way, and I know it will keep me on track to reach my personal goals.

Eric Dubke
6.14.006

Hutchins' Corner

The Ultimate Exercise Protocol, defines "exercise" as: "The process of performing work of a demanding nature, in accordance with muscle and joint function, in a clinically-controlled environment, within the constraints of safety, meaningfully loading the muscular structures to inroad their strength levels to stimulate a growth mechanism within minimum time."

– Ken Hutchins,
founder of
SuperSlow®
Strength
Training



Chris Krumins (Arthritis/Osteopenia and Foot Surgery Recovery)

Meet Chris Krumins - She is 53 years old and has arthritis and osteopenia. Most of 2005 found Chris still trying to recover from three foot surgeries when she came in for her first visit to Michelle Voineag's SuperSlow Zone in Northville, Michigan.

Here is her story ...

After nearly a year of inactivity due to three foot surgeries, I knew I had to do something if I was going to regain some strength. At only 53, I was beginning to walk like an old lady. Recovery started slowly, because just about everything hurt - my back, my knees, my hip - when I tried to increase my level of activity. My dream was to be able to walk through the grocery store without pain.

When I looked into a SuperSlow Zone that opened in my neighborhood in Northville, Michigan, I knew my list of excuses for failing to act no longer had any merit:

1. **I have arthritis and osteopenia:** Strength training is recommended for arthritis and osteopenia.
2. **I hate to sweat:** Michelle keeps the temperature cool and the fans on each piece of equipment in the work-out room.
3. **I find exercise tapes to be boring:** I can tolerate just about any exercise routine for three minutes.

4. **I've wasted enough money on memberships at gyms I don't go to:** There is no membership fee.

5. **I'm generally too tired to go anywhere after work:** I can stop on my way home from work - I'm in and out in about half an hour.

After just a few weeks working with Michelle at the SuperSlow Zone, I could feel myself getting stronger.

Now, after three months:

- I'm amazed at how much stronger and more flexible I am.
- I have greater range of motion in my arms.
- I'm not limping anymore.
- I can power-walk for nearly three miles without even feeling tired.
- I even have better posture as my back and abs are stronger.
- I now look at travel brochures with the confidence that I'd be able to keep up.

Next year, I hope to retire. If there isn't a SuperSlow Zone in the vicinity where I decide to live, I may have to open one myself!

I would recommend SuperSlow Zone for anyone who doesn't have time to exercise, has aches and pains, doesn't want to join another gym, or just wants to improve his/her quality of life. The instruction is one-on-one; the workout is focused; the regimen is safe; and the results ... amazing!

Lanee Blaise (Busy Mom wants help with keeping her shape and helping her back problems)

Meet SuperMom Lanee Blaise ...

From her husband's point of view - Kerlin Blaise, Business Owner and Former Detroit Lions Player

"I have seen a major difference in my wife's attitude. She has NEVER wanted to exercise, but SuperSlow Zone was a great, easy way to get her started. The short, 20-minute sessions really helped motivate her. The program has shaped her body, and she looks great!"

Here is Lanee's story in her own words ...

My name is Lanee Blaise. I'm a busy mom who hates to exercise, but I knew that I had to do something to keep my weight under control and to help with the back pains that I was experiencing every time I lifted my children.

As much as I wanted to be healthy and fit, in the past I have had NO success with gym memberships, because:

- I would always pay the initial fees, but I would NOT make time to actually go.
- I had no idea what to do with the weights and equipment.

Two months ago, I visited Michelle Voineag's SuperSlow Zone in Northville, Michigan that opened in my neighborhood. During that visit, Michelle explained the SuperSlow Zone difference.

By contrast, at the SuperSlow Zone, I would:

- Be set up for a specific routine.
- Have a scheduled appointment.

- Work with a SuperSlow Certified Instructor who would expect me to:
 - show up
 - work hard.

For the past two months, I have met with Michelle, my wonderful instructor at the SuperSlow Zone, twice a week for only 20 minutes each session. I show up each week - on time - and she does not let me get distracted and quit. This method works for me, because I cannot slack off!

Now, after two months I can already see the results:

- A lighter, more toned body
- A stronger back.

Before coming to SuperSlow Zone, I had NEVER, EVER strength-trained with weights. After two months, I have already doubled my weightlifting load for my arms and my legs. Now, I can proudly go around flexing my muscles for my husband and lifting my kids in the air, sort of like a SuperMom!

It's funny, but actually paying for and scheduling set appointments has caused me to FINALLY take the initiative to walk around the block a few times a week and try to eat smaller (somewhat healthier) portions of food at mealtimes. I am determined to make this all worth it!

I am proud of myself and my progress since starting SuperSlow Zone - this is a program so simple and non-time-consuming that even I can stick to it!"

If you want to know more about SuperSlow Zone and Real Life Stories, Contact:

Michelle Voineag
SuperSlow Zone
mvoineag_usa@superslowzone.com

A SuperSlow Zone Owner's Commitment to Her Extraordinary Clients! *Michelle Voineag*

I'd like to speak about every single client, because they are all special, but that might take a little bit too long! It should be very clear how I feel about my clients, and I think I'm learning how they feel about SuperSlow®. The nicest example of how I feel is that I now have three clients who are interested in becoming instructors - even if only part time because they have other careers. That's very cool - because that's how much they love the product!

After spending so many years disgruntled with Corporate America, I thought that I would really like to change the course of my life to be able to help people be healthy and fit.

Having struggled personally with different types of exercise, I had tried everything - getting injured in the process - then had to start all over again. I thought that if I was having those issues, I figured others would be also. So I started researching information on different types of exercise programs that were available on the internet and came across SuperSlow® and started reading about it and having phone interviews. The next step was to go to Florida to meet all of the folks involved with SuperSlow Zone to see if it would be something I was interested in.

I was surprised at the intensity of the workout and certainly how little time was required for each workout - which is very short compared to what other people do. The safe and brief workouts seemed like something that could be done by other busy people

like me. With that in mind, I decided to open a SuperSlow Zone.

At first, there were challenges for opening. It was the dead of winter in the middle of flu season, and it was a little bit frustrating. When you strongly believe in something and you are trying to find a way to convince somebody, you can't always do it just by talking to them. You have to get them in the door - that was the hard part - I had to give them a present for Christmas. It was a gift certificate to come in and work out at SuperSlow! I don't know that they were that happy to get that for Christmas, but they came in and have worked out twice a week all the way through now, except for one week. They have been very diligent and happy with their results. They keep coming back for more.

Rewards were evident from the beginning, starting out meeting all different types of people and hearing their stories - it was more than I ever anticipated as a fulfilling thing to do with my life. It has been really great helping people.

The clients' appreciation of me was something to which I had to become accustomed, because I don't have any of those memories from my corporate life. Here are some examples of what I'm talking about:

- I have clients that I train during meal times where I might not get a chance to eat and they bring me something to eat; sometimes it may be fruit.

Michelle Voineag

is the owner of the SuperSlow Zone in Northville, Michigan, where she resides. She came from Corporate America where she traveled and moved extensively both domestically and abroad. The business world demanded most waking hours and the rest would be spent getting in as many workouts as possible, trying everything, often over-training and getting injured in the process. Becoming increasingly disgruntled with the business world, the battles with trying to be fit & the determination to fight the aging process, she decided to look to make a major life change-enter SuperSlow.

On a personal note, Michelle loves to travel, be out in nature as much as possible, hiking, bike riding, etc; healthy cooking, music, spending time with children and animals, as well as volunteering & participating in various charitable events.



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High-Level Teen Athletes Benefit from SuperSlow®

at the Rohnert Park, California, SuperSlow Zone and Lake Mary SuperSlow Zone



John Fiori

is owner of SuperSlow Zone in Rohnert Park, California. John can be reached at jfiori_usa@superslowzone.com



Tammi and the Lake Mary Girls' Soccer Team

Allison Yawczak, a 14-year-old playing volleyball at a high level in Northern California, wanted to increase her vertical leap for shot blocking at the net.

SuperSlow Zone Instructor, John Fiori, accepted the challenge to see if he could help Allison achieve her goal.



Allison and John Fiori

She was very focused during her workouts and performed the routine as prescribed. He trained her for 6 weeks, twice a week, using 4 different machines. He measured her leap at the beginning of the 6 weeks; it was 20 inches and measured her jump every week. At the end of 6 weeks she had increased her vertical leap by 5 inches!

At one point I asked Allison if she had noticed any difference since training with me. She said, "Yeah, the coach doesn't yell at me as much now."

Later, here's what Allison had to say about her SuperSlow Zone Instructor, John Fiori: "With just two 10-minute workouts a week with John at SuperSlow Zone, I had a lot more energy, gained inches on my vertical jumps, and most importantly made more of my blocks in volleyball."

If you want to know more about SuperSlow Zone and SuperFit Teens, contact John Fiori, owner of SuperSlow Zone in Rohnert Park, California.

jfiori_usa@superslowzone.com

Dedication-Determination-Discipline Teenage Girls Benefiting from SuperSlow® at the Lake Mary SuperSlow Zone®

"SuperSlow makes us super fast," say the 14-yr old girls of the IUS (Inter-United Soccer) Elite soccer team from Orlando, Florida - one of the best girls youth soccer teams in the country. Many of whom, in preparation for state finals - the ultimate goal - have incorporated SuperSlow strength training as part of their training regimen over the past 4 months.

Coach and SuperSlow Zone co-owner Cory Sheffield says, "SuperSlow has improved the athleticism of my girls and given the team an edge by making them stronger on the ball as well as greatly reducing their risk of injury. I'm also a big advocate of SuperSlow, because it teaches them focus and discipline. These are intense teenagers, and at SuperSlow Zone, every move they make is done in slow motion, with a heavy emphasis on coordination, form and control rather than speed." We strongly encourage the team to not only use SuperSlow strength training during

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The amount of time your muscles are “under tension” (time under load) is recorded by a stopwatch rather than the customary repetitions. Your time, weight, proper positioning, and joint movements are constantly monitored and recorded by your SuperSlow instructor.

High-Level Teen Athletes Benefit from SuperSlow® ...

Contd. from page 6

soccer season as part of the overall training program, but also to continue off-season to ensure they stay in optimum shape.

Here is what some of the IUS Elite soccer team members have to say about training at the SuperSlow Zone in Lake Mary, Florida:

“My kick is so much stronger from working out at SuperSlow Zone. Lots of the other players and parents have been complimenting me and I feel stronger.” *Mallory Bates, age 14*

“I like doing SuperSlow because it's a fun environment. I like that you have to push yourself. It's gotten me stronger and fitter. During games I feel like I have a lot more endurance”.

Jordyn Sheffield, age 13

“I really enjoy SuperSlow because I have fun.

The equipment is great and the instructors are awesome. I definitely feel stronger and more confident about the way I look and I feel more physically fit.” *Megan Lynch, age 14*

“I like SuperSlow because I know that, every time I workout, I am getting stronger and it helps me to keep from getting injured when I get knocked around in tough games. It really helps me with my lower back and I feel stronger and healthier.”

Saskia Bryant, age 14

If you want to know more about SuperSlow Zone and SuperFit Teens, contact Cory and Tammi Sheffield, co-owners of SuperSlow Zone in Lake Mary Florida:

tsheffield_usa@superslowzone.com

Lake Mary Opens *Tammi Sheffield*

Dear SSZ Clients,

If you find something of interest in this article that your SuperSlow Zone doesn't offer yet, we encourage you to ask for it. As you will read below, customer requests weigh heavily in implementing additional integrated services! Email us at help@superslowzone.com

When we first opened the SuperSlow Zone doors in Lake Mary, Florida, in early March 2006 (five months ago), we were really excited to see how the community was going to respond to us and how they would think we compared with other fitness facilities in the area.

So far, the feedback that we've received from our clients has been wonderful. The 20 minute, twice-a-week workout is very appealing to busy people. They just don't have the time to put into exercise because of the demands of their families and careers. Many of our clients have told us that, with SuperSlow, we have made it easy for them to fit exercise into their

busy schedules. This is important, because when busy people find the time to exercise, they find that they actually become less stressed and more energetic, which enables them to become more productive in every aspect of their lives. Our clients have truly experienced how valuable it is that we offer a safe and effective service that allows them to get in, get out, and get results – fast!

Sometimes new clients tend to be a little skeptical, wondering if 20 minutes, twice a week, is really enough to help them achieve their goals. Those clients have been pleasantly surprised by the physical improvements that they have seen after just a few short months.

What's really exciting are the clients who express concern about even starting a workout routine due to chronic knee, shoulder, or back pain, and, after a few weeks they find that they are actually getting relief for the first time in years. There is no better referral than a client telling their friends that SuperSlow has improved their quality of life.



Tammi Sheffield

is co-owner of SuperSlow Zone in Lake Mary, Florida. She can be reached at tsheffield_usa@superslowzone.com

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Grilled Vegetable Salad with Cheese

(serves 4)

Ingredients

- 2 Japanese eggplants (about 3 oz. each) trimmed and cut lengthwise
- 1 yellow squash, sliced lengthwise
- 1 zucchini sliced lengthwise in 1/4 inch strips
- 1 sweet red pepper, sliced lengthwise
- 1 portabella mushroom, sliced lengthwise
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1/2 teaspoon fresh or dried thyme and marjoram
- 8 black olives
- 2 tablespoons minced fresh parsley
- 4 ounces fresh grated mozzarella cheese
- 1 tablespoon balsamic vinegar

1. In a small bowl, combine oil, lemon juice, garlic, salt, pepper, thyme and marjoram.
2. Toss vegetables in mixture until well coated. (Save marinade for later)
3. Set grill about 4 inches from heat. Cook eggplant first for about 2 minutes, turn and then add the remaining vegetables. Cook for about 2 minutes on each side or until vegetables are tender.
4. Arrange hot vegetables on serving plate, add black olives. Sprinkle with cheese and parsley.
5. Add balsamic vinegar to marinade mixture and drizzle over vegetables.

Note: Slice vegetables large enough for grill or use a grill basket. If you prefer you can broil vegetables about 6 inches from heat and cook 1 or 2 minutes longer.

NUTRITION FACTS: 175 calories, 4 grams sat. fat, 13 grams total fat, 8 grams protein, 9 grams carbohydrate, 441 grams sodium

Better Burgers in the Zone

(serves 4)

Serving size: 1 burger

- 1 LB. lean ground turkey breast
- 1/4 small onion, minced
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1 egg, lightly beaten
- 1 tablespoons all-purpose flour
- 1/2 cup grated Parmesan cheese

1. In a medium bowl, combine the turkey, onion, parsley, basil, oregano, salt, and pepper until well blended. With a fork, blend in the egg and flour. Shape the mixture into 4 burgers, about 1/2 inch thick.
2. Spray a medium skillet with non-stick cooking spray; heat. Cook the burgers, turning occasionally until fully cooked, about 5-7 minutes on each side. Sprinkle each burger with 1/2 Tbsp. cheese before serving.

NUTRITION FACTS

Calories	169	Sodium	277mg
Calories from Fat	45	Carbohydrate	2g
Total Fat	5g	Dietary Fiber	0g
Saturated Fat	1g	Sugars	1g
Cholesterol	114mg	Protein	28g

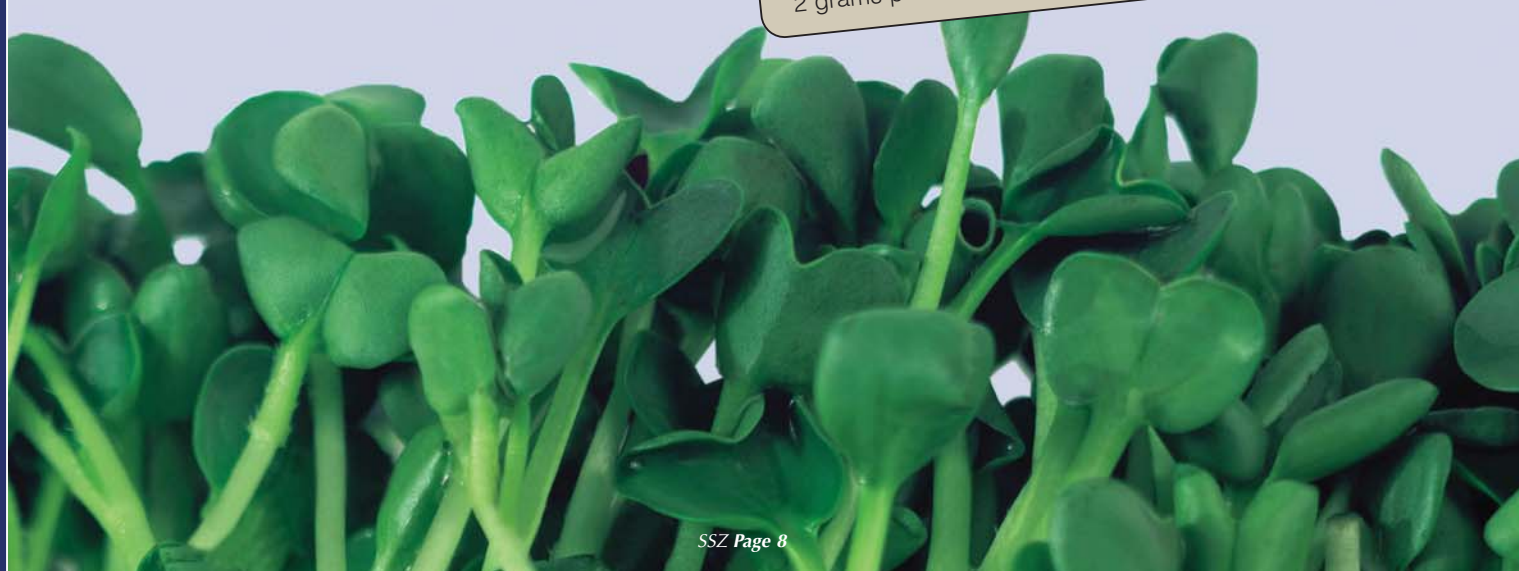
Tri-Berry Salad

(serves 8)

- 1 pint blueberries, washed and drained
- 1 pint strawberries, washed, drained and sliced
- 1 pint raspberries, washed and drained
- 1/4 cup chopped walnuts
- 2 teaspoons sugar
- Light topping (optional)

Toss fruit in a medium size bowl with sugar and walnuts. Let refrigerate for 1 hour and serve with 1 tbsp. light topping.

NUTRITION FACTS: 74 calories, 12 grams carbohydrate, 2 grams protein, 3 grams fat



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Success Stories from SuperSlow Zone in Lake Mary, Florida:

1. Male - *Went from chronic knee pain to pain-free.*

I have one client who has suffered with chronic knee pain for as long as he can remember. Initially, his first few workouts did cause some aggravation. He would have more discomfort than usual for a couple of days between workouts, so we tried different exercises to avoid further irritation, but kept pressing on. It definitely paid off, because he is now virtually pain free for the first time that he can remember.

2. Female - *Hates exercise and tried everything to lose weight - after 3 weeks using SuperSlow, lost 6 pounds.*

Instructor, Kim Bates, has a client who says she has tried everything to lose weight. She hates to exercise but came into SuperSlow Zone very open-minded. Within about 3 weeks, she came in with a huge smile on her face. She had gotten on her scale for the first time since starting SuperSlow because she noticed that a pair of her shorts were loose that had previously been so tight that she had to suck in her stomach to get them on. To her delight, she discovered that she

had lost 6 pounds! Since then, she has continued to consistently lose body fat.

Take for example those who suffer from reduced range of motion or reduced flexibility. I specifically have a couple of clients in mind who have rotator cuff injuries. They are usually very nervous about doing any exercises that involve overhead movements, overhead press or pull down for example. I usually ask them to try very low weights, working only within a pain-free range of motion. They are amazed to find that with every session there is a slight increase in their range of motion and before they know it, they are able to perform the exercise throughout a full range of motion without any discomfort!

A professional service focused on you and your goals!

I definitely think that one of the main reasons we've had such a positive response from the community is our customer service based approach. People are impressed with the professional atmosphere focused on them, not just a social gathering with a lot of people standing around talking.

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Non-Invasive Extreme Makeover *Charles B. Christian, Jr. MD*

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"I want help with all the major health issues facing me today and I want to look and feel better. But, I have no idea how to do this!"

We in turn say to them, "We're going to make you look better and younger, feel better and younger and live longer." In short, "A Whole New You!" At that point, we have their attention!

The concept of a comprehensive center (SuperSlow Zone plus a 'med-spa') delivers on these promises, but "Putting It Together" is the challenge. As a physician interested in preventive medicine services I had a pretty good idea of what was needed.

Ken and Brenda Hutchins and Madeline Ross have given me, in SuperSlow, a very effective and time-wise strength training strategy which virtually everyone can work into their lifestyle and which meets all of their needs for "exercise."

Dr. Barry Sears' well-thought-out Zone Nutrition program is a perfect strategy for applying a reduced-calorie diet for weight loss and will markedly reduce one's risk for chronic diseases. In addition, the anti-inflammatory aspects of the diet, along with Omega 3 fats, will often improve - very rapidly - a variety of acute problems.

These powerful strategies are available to each of us in the SuperSlow Zone and are the cornerstones for helping our clients. They are so effective that proper application of them can perhaps solve or markedly improve 80-90% of a client's health problems! We want all the SuperSlow Zone clients throughout the world to know this!

At our SuperSlow Zone, we ask our clients to commit to us for a minimum 4-month period. We have seen dramatic changes in their strength, while many aches and pains disappear, and their golf - should they play - gets better! If they apply the Zone Diet principles and follow our diet prescription, they may experience a dramatic change in their body composition losing fat and gaining muscle, which we document with DXA Body Composition Scanning.

However, part of "Looking Better and Younger" is what your skin looks like. When we opened 2½ years ago, I did not think that in a 4-month period we could profoundly affect the health and appearance of our client's skin. That has all changed and now we offer our clients a "Non Invasive Extreme Makeover," which markedly improves a variety of skin problems.

Our clients are concerned about changes in general that occur with aging and sun exposure. Pigmentation, small blood vessels, a flushed appearance on the cheeks, and fine-to-medium wrinkles can now be effectively treated, and breakout problems virtually disappear.

The "Makeover," which is a tailored program for each client based on their concerns and problems, is 16 Sessions - one per week - and in its basic form consists of:

- 6 Intense Pulsed Light Treatments,
- 7 Microdermabrasions, and
- 3 Laser Treatments.

Intense Pulsed Light is a procedure which uses a bright flash of visible light. In a usual case, it is delivered over the entire face and requires about 150 Pulses of light. The light is absorbed by pigmented lesions, usually browns and reds (blood vessels) and is converted to heat which then destroys the lesions. It is very effective and requires a series of 6 treatments with at least 2 weeks between them. Between treatments, we perform Diamond Microdermabrasions and a special procedure - the Javani Procedure - to moisturize the skin immediately afterward.

Another part of the "Non Invasive Extreme Makeover" involves the use of a 1064 Ng YAG laser for the treatment of spider veins of the legs and some of the little vessels on the nose.

Our results are so remarkable, because we insist that no client may start the "Non Invasive Extreme Makeover" without a commitment to a comprehensive program of skin products consisting of cleansers, exfoliation, moisturizing/hydrating and sun protection.

We have found that the synergy of combining SuperSlow® Strength Training, Dr. Barry Sears' Zone Diet™ and the "Extreme Makeover" have helped us fulfill the promise of a "Whole New You!"

If you find Dr. Christian's 'Non-Invasive Extreme Make Over' program interesting, email us at help@superslowzone.com about the possibilities of your SuperSlow Zone working with a med-spa so you can access the 'Non-Invasive Extreme Make Over' program.

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- Another client gave me a gift certificate to get my hair done. It's very nice to be appreciated.

Again, as we continue to circle back to the beginning, it is just a great feeling - even better than I anticipated. I have no problem waking up in the morning and getting in there early and staying in there till 8:30 at night, if that's the only time somebody can get in, or if it's the only time I have available. It just feels good to be there for them, helping them reach their goals every time I see them, hearing every little thing they may have to tell me that is different and better about their lives.

Success Stories from SuperSlow Zone in Northville, Michigan:

Female - Road to recovery after several operations - regains her strength

One client came to me with very little strength after having several operations and spending most of her time in bed for the better part of a year.

When she started, she wasn't able to lift her arms up to wash her hair. The joke between us was that I was going to have to go to her house in the morning and help her get ready!

Her goal was to be able to ride her bike again this spring. She has come a long way after just being with me since February 2006 (five months). Not only can she ride her bike, but now her strength is much better than it was and she can do all types of things that she couldn't do before:

1. She can walk at a good pace for 40 minutes in the park.
2. She can walk up the stairs with one foot in front of the other, instead of stopping at each step.

She has been doing her walking and bike riding for more than a month now. That is a great, great thing for her and the quality of her life is even better than she thought it might be.

Male - Former athlete, early 40s, feeling tubby and facing knee replacement

Another client with several challenges has been with me since the beginning of January. He is an overweight, former athlete in his early 40's facing knee replacement surgery.

In the beginning I really had to do some convincing, because he had trouble believing that he didn't have to workout for three hours a day in a gym. However, once he made the commitment to try it, it didn't take that long - maybe three weeks for him to really believe in the workout. It never got easier, which is the whole idea; that was very surprising to him. His workout was always a challenge and he was always pushing.

Now, he is a believer because of his successes:

1. He has not needed injections in his knee since starting SuperSlow.
2. He has lost 22 pounds since starting in January and is looking to lose more.
3. He has reduced the amount of pain medication.

He played all kinds of sports, but hockey was the main sport that he played from youth, through college and into his adult life, until he had to stop playing about a year ago. Now he is hoping that he will be able to play again.

Male - Former athlete, early 40s, advances his 7-year stroke recovery

I have a young man that suffered a stroke in his mid-30s, about 7 years ago. He was in a coma for a period of time and lost a lot of muscle and he had continuous pain in the back of his legs to the point where he would just fall to the floor in pain and roll around.

His mother saw the article in Vogue and called. They had tried a lot of different doctors and physical therapy and nothing seemed to make any difference. So, after reading the article they thought that they would give it a try.

Now 41, his mother and dad drive quite a long distance to bring him in twice a week to exercise. He has not been coming long, but he is already starting to have fewer episodes of pain, and it also gives him something to look forward to.

An athlete before his stroke, he would really like to be able to run again, play golf and things like

that. I am working with him and I hope that he can become pain free at some point, or at least have less pain and get stronger so he can walk and run.

Although he hasn't been with me long enough to have the head-turning success story, he has improved enough to inspire both his mother and his sister to do SuperSlow. So all three of them will be piling into a car and coming together twice a week, and I will work all three of them. There has been a shared change in their lives that bring them all together at the SuperSlow Zone!

Female - Early 60s, severe osteoporosis, several broken bones - regains strength

A new client started a few weeks ago - a woman in her early 60s with osteoporosis - who had suffered several broken bones.

She is just starting, so she is beginning to build up a little bit of



strength. It is an interesting experience with her, because I walk her in and out to her car for safety.

It has been a very interesting and positive experience having her as a client because:

1. She has never done any exercise in her life.
2. She is very excited about coming.
3. She enjoys the results enough to keep coming twice a week.
4. She recently attended a dinner to benefit a Detroit-area hospital, and sat at a table with doctors. She gave out a pile of my business cards and told them what I was doing.

5. She has also spoken to her physical therapist who is excited about meeting and working with me.

She is due to get a DEXA scan, which we will use as a baseline. We will be able to compare it against subsequent follow-up measurements.

If you want to know more about SuperSlow Zone and Real Life Stories, Contact:

*Michelle Voineag
Owner of SuperSlow Zone in Northville, Michigan
mvoineag_usa@superslowzone.com*

Lake Mary Opens *Tammi Sheffield*

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- SuperSlow Zone purposely designed customer reception so that clients don't see the instructors doing paperwork and making phone calls. Clients come in and they go through their initial consultation in a private room; then we show them the changing room and restroom before heading right into the training room. When they're finished with their workout, they make a quick stop at the water cooler and take the same path out. Everything they see is all business - everything going on in here is professional, productive, and focused on them.
- Recently someone else remarked how they liked the "subdued" atmosphere. I think it is a nice balance of clean, crisp and organized with an overarching feeling of warmth. A few of the extra touches include wall sconces in the training room and background music and aroma therapy in the reception area to create an inviting retreat from the hustle and bustle of a busy day. It's warm and inviting to all the senses, but doesn't have a spa-like overkill that induces sleepiness.
- The training room is clean and distraction free. There's no waiting for equipment, because your instructor knows exactly where you're going next so you don't have to. Every supervised session is focused on you and your goals.

SuperSlow Zone raises the bar!

Unfortunately, the fitness industry doesn't always have a great reputation, but the SuperSlow Zone truly raises the bar on the fitness industry in general. People can see it and feel it as soon as they walk in our door.

1. One distinction that definitely sets us apart from any other facility is our team-based approach. This ensures consistency. The reason consistency is so important is:
 - a. If a client talks to any of our instructors, they will get consistent information, instead of contradicting, confusing information.
 - b. This builds trust and value in our product.
 - c. This consistency enables us to guarantee that our clients will receive the same exceptional customer care regardless which instructor they work with.

3. Most importantly, during every supervised workout 'client focus' is key. Your goals are your instructor's goals. We ensure client satisfaction with regular check-ins to assess if they are on target to achieving their established goals.

SuperSlow Zone offers integrated services!

We continue to add services that our clients request.

■ **Massage**

Most recently we have added massage therapy services, which compliment our strength training program.

Adding this service enables us to refer current clients for massage or to introduce those that come in initially for massage to the synergistic benefits of combining SuperSlow strength training with massage therapy.

■ **Diet and Healthy Eating**

Clients want to know what to expect from SuperSlow strength training, so in every initial consultation we tell them that if they put forth the effort in their exercise, they can expect to become stronger by building lean muscle. But when they ask about losing weight, we let them know that those results are 90% diet. Many of our clients are asking for help with weight loss. With that in mind we are planning to add the Zone Diet services in the near future. We want to ensure our clients get the best results, so our Zone Diet Lead will also be a Licensed Dietician.

SuperSlow Zone Customer Appreciation

We realize that our clients can go anywhere for their fitness needs and one way we let them know that we appreciate their business is to schedule special events and / or rewards for our customers throughout the year. That just lets them know they are appreciated for continuing to choose us.

1. Rewards systems - we have a reward system set in place for client referrals from our existing clients.
2. Another way we plan to express our gratitude is our Quarterly Customer Appreciation Celebration. Because they are really our VIPs, we plan to have an open house/happy hour featuring:

- a. Good food and spirits.
- b. Drawings from neighboring businesses.
- c. The opportunity to share training notes with other clients and discuss results and success stories.
- d. Most of all, to have fun!

We are excited to keep working with our happy clients and to have them continue sharing SuperSlow with those who matter most in their lives. We are looking forward to sharing SuperSlow with the Lake Mary community for years to come.

"Some of our clients come to us with health challenges, and we have found them extremely rewarding to work with."

2. Another distinction that clients notice at the SuperSlow Zone is that our instructors dress as professionals - not muscle-heads. Our professionalism and services ensure that our clients keep choosing us when it comes to their fitness solution.

SuperSlow Gets More National News Coverage

Contd. from front page

repetitions, or the number of times you perform a single exercise. In that type of workout, weights go up, down, up, down, with about two seconds' time in each direction. With a method called slow weights or slow-cadence lifting, the lifting and lowering motions are drawn out to about - 10 seconds each. Because the muscle is taxed over a longer period with each repetition, fewer repetitions and shorter workout times are required. Only one or two short sessions per week are the norm.

Several studies show greater muscle strength and endurance increases with the slow approach than with the traditional approach. Pushing a muscle to work hard, like when you lift weights, activates muscle fibers, which respond by growing stronger as well as bigger, if pushed hard enough over time.

Gaining more strength in less time and with fewer repetitions appeals to everyone, but the slow method of weightlifting offers something more to people with arthritis: more control of motion throughout the entire movement, causing less pressure on the joints and preventing pain, "People with stiff or impaired joints who need extra protection when they exercise are the ones who benefit the most," says David Fischer, MD, a

rheumatologist in Palo Alto, California. He has recommended dozens of patients do this type of resistance training.

Founded by Ken Hutchins in 1982, the SuperSlow® Exercise Protocol is central to certification requirements to become a Certified SuperSlow Instructor. Command of this information engenders SuperSlow Certified Instructors everywhere the skill to elicit stellar results for anyone under their direct supervision.



About the Newsletter

We welcome and encourage any feedback that you may have about our newsletter as well as suggestions or requests for topics in upcoming issues. Newsletters are issued on a quarterly basis; however, newsworthy articles, studio updates and/or health and fitness alerts will be provided periodically on an ad-hoc basis.

Sincerely,

The SuperSlow Zone Team

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SuperSlow Zone welcomes your referrals

Did you know that over 90% of our new clients come from referrals from current clients as well as area medical professionals? Many people have not heard of SuperSlow or have trouble understanding the benefits one can receive from one or two 20-minute strength training sessions per week. Besides looking and feeling better, many clients improve their resting heart rate, increase their bone density, and relieve low back pain to name just a few of SuperSlow Zone's benefits. It is difficult for people to wade through the morass of "fitness" information they are barraged with each day via TV infomercials, radio, newspaper and the Internet and then differentiate truth from fad and scam. Here is where you can help! Tell your friends, co-workers and family about the benefits you receive from SuperSlow. Tell them how it is based on sound science and backed by over 20 years of great results. Tell them how safe and efficient the workout really is. Tell them about the clinical environment and the professional and knowledgeable SuperSlow Instructors you work with. Finally, tell them how great it is to know that your fitness needs are being met in just one or two 20-minute sessions per week!



SUPER SLOW
z o n e

MINUTES A WEEK • IN SHAPE FOR LIFE

Check us out on the web at www.superslowzone.com
Franchise information available
1.866.779.6631 (1.866.SSZZONE1)

Referral Bonus

Remember, refer a friend, family member or coworker to SuperSlow Zone and if they sign up for a SuperSlow strength training package, you will receive **two bonus sessions!**