



## Rejuvenate the Mind, Body and Spirit



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Boost your Moral.... Metabolism.... Reduce stress.... Hit one goal after another and watch your body change while your successes soar! The body's needs are a complete process - physical, mental and spiritual involvement equips you with the tools needed to seize life to its fullest potential. Start today by being physically active, eating healthier and meditating with God. You'll experience an immediate transformation in your life as you experience a more dynamic and effective way of living.

If you have questions about the Health-e-AME Physical-e-Fit program, please contact \_\_\_\_\_ at \_\_\_\_\_. Also visit the website at [www.health-e-ame.com](http://www.health-e-ame.com).



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