



## Empowered

You can empower yourself to be much more than ever with fitness in your life. Empowering oneself with the TotalPackage will not only help you tone your body, but it can also do the following:

- lowers stress and tension
- enhances self-esteem, focus, memory, and performance
- reduces risk of contracting preventable health problems, like high blood pressure
- slows down the aging process
- better complexion and body shape
- improves appetite, desire to eat healthy, and quality of sleep
- boosts strength and heart efficiency
- strengthens nervous system, liver performance, and immune system
- oxygen is carried more efficiently
- boosts metabolism, flexibility, motion, agility, coordination, endurance, and energy
- fortifies muscles, bones, joints, and posture

Contact your local fitness dealer or surf the web to [www.nautilus.com](http://www.nautilus.com) to get your hands on one.

