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EDITION

# Living

## MAGAZINE



Become One of **“The New Strong”** at  
SuperSlow Zone Sugar Land Wellness Studio



SUPER SLOW ZONE CLIENTS:  
LISA KELLY, LAURA WESSON  
AND PAT BIXENMAN

# Become One of "The New Strong" at SuperSlow Zone Sugar Land Wellness Studio



L TO R: MAEVE KING (GM) AND OWNERS: JOHN LINDSEY, SHERYL ROCHE AND KEN ROCHE

## Real Results. 20 Minutes. Twice a Week. No Sweat. Period.

BY ANNETTE BROOKS PHOTOGRAPHY BY KELLEY SWEET PHOTOGRAPHY

Age has advantages, but causing us to be healthy, active, and fit isn't on that list. If you're feeling tired, lethargic, weak, and even flabby, it may be due to muscle loss, which begins around age 30 and accelerates in our 50s. As if this wasn't bad enough, our bone density suffers too, resulting in a risk of fractures that can produce chronic pain, long-term disability, and worse.

### BECOME ONE OF "THE NEW STRONG"

Suffering from just one or two of these symptoms is disheartening, and you can feel your health and well-being spiraling downward. Exercise can help reverse these processes, but most of us don't get the amount we need. Reasons include being too busy, concern about injury, and that sweating is unpleasant, just to name a few.

Sound familiar? You need to check out SuperSlow Zone Sugar Land. Two weekly 20-minute one-on-one appointments with your certified instructor is all it takes to build and maintain strength. In fact, people worldwide are enjoying what SuperSlow Zone calls ActiveLiveability™. They are not burdened with old myths about exercise and can safely and efficiently develop strength and bone health without spending hours pounding away in a gym. These people are "The New Strong" who enjoy life on their own terms. Are you ready to join them? Read what

Laura, Pat, and Lisa have to say about SuperSlow Zone.

LAURA'S FEELING FIT AND HEALTHY WITH LESS PAIN ... AND IT'S SAFER THAN GYMS!

A busy bank executive and the mother who enjoys playing tennis, bicycling, walking, and yoga, Laura says SuperSlow Zone gives her a time-efficient workout, keeps her from losing muscle mass, and with a certified instructor beside her the whole time, there's less risk of injury than at a traditional gym.

"SuperSlow Zone works! I can get in and out in around 20 minutes a couple of times a week without distractions. I'm noticeably stronger and I feel more fit and healthy," says Laura. "I can do yoga poses more easily and experience less back pain. It's a good, efficient workout under guidance, and the staff is knowledgeable and friendly."

PAT SAYS "SO LONG!" TO HIS "GYM RAT" DAYS

An active executive in his early 50's who mountain bikes, snow skis, hikes, and plays tennis, Pat says SuperSlow Zone helps him stay in shape and remain healthy, so he can do the things he loves.

"I don't have time for a gym. I stop by SuperSlow Zone on my way to work and wear my office clothes while I'm there. There's no changing, no sweating, and no showering required afterward," Pat shares. "SuperSlow Zone gives me a quick and highly

effective workout that has built better strength than I had while hitting a gym all the time."

LISA GETS BETTER RESULTS WITH SUPERSLOW ZONE THAN WITH OTHER PROGRAMS

Lisa, a tennis player and occasional golfer, initially joined SuperSlow Zone to accompany her father who needed to gain strength after a stroke. Soon she "fell in love with SuperSlow Zone" and now looks forward to her biweekly workouts with one-on-one instruction.

"I've lost weight and inches, and I can see and feel significant muscle definition in my arms, shoulders, abs, and legs," says Lisa. "None of the strength training programs I tried before were as convenient or provided such quick and noticeable results. I am stronger and more confident, and I can hit the tennis ball harder thanks to SuperSlow Zone."

SUPERSLOW ZONE IS FOR EVERYONE

SuperSlow Zone Sugar Land wellness studio will help you achieve a more active lifestyle. Call to make an appointment. Ask about their free no obligation consultation and sample workout!

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## SUPERSLOW ZONE DELIVERS RESULTS, SAFELY AND EFFECTIVELY

As a global leader in bringing advanced health and exercise methodology forward, SuperSlow Zone is unique. Results are ensured by expert professionals supported by a proven protocol, an enticing semi-private environment, and leading-edge technology. They are accredited by the IACET which accredits The American Physical Therapy Association, GE Healthcare, and similar prestigious organizations.

SuperSlow Zone offers two doable, innovative programs. Strength and Balance Program only takes 20 minutes twice a week under the expert supervision of a certified instructor. Sessions can be completed in your attire for the day with no sweat and no shower required. The Strong Bone Health Program provides hope for those with osteopenia/osteoporosis without medication. It takes one fifteen minute session per week.

