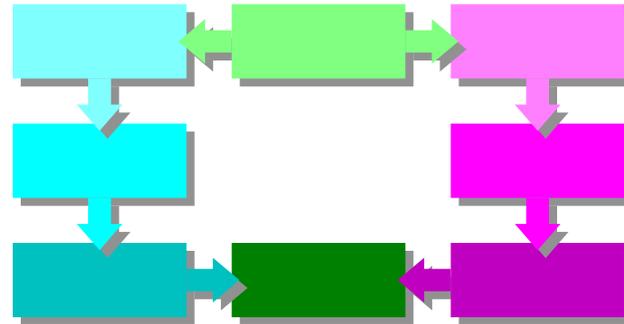


Success Fitness Club

Join Success Fitness Club's Power Walking Club

Enjoy the many benefits that Power Walking can bring to you



**You know
how to walk!**

**Nothing new
to learn!**

**Nothing new
to buy!**

What do you need to get started

A pair of shoes that fit well



A course to walking through

Perhaps some friends to take with you



Just get out there and walk!

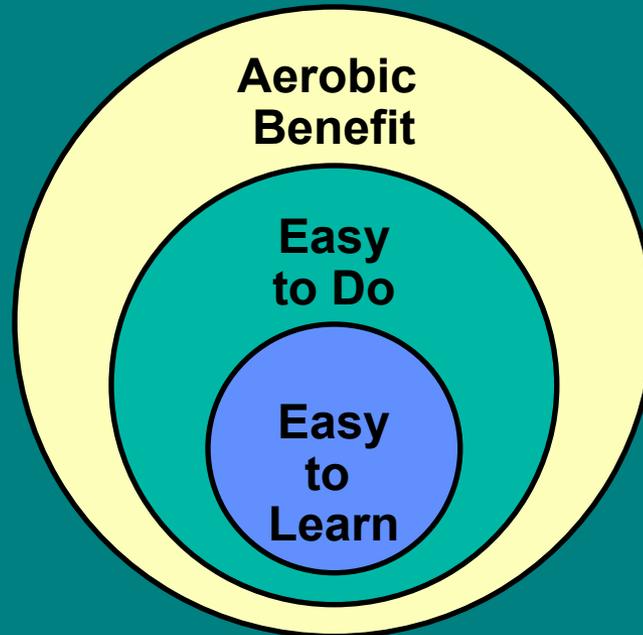
Choose Ungroup from the Draw menu to edit the flow chart.

Benefits

- Easier on your body than running
- Burn more calories than walking (or even running!)
- Gets you into great shape
- No new equipment needed

Choose Ungroup from the Draw menu to edit the flow chart.

Power Walking



Choose Ungroup from the Draw menu to edit the flow chart.