

Aerobics is Dead!

Sculpt your dream body in as little as 10 minutes a day!

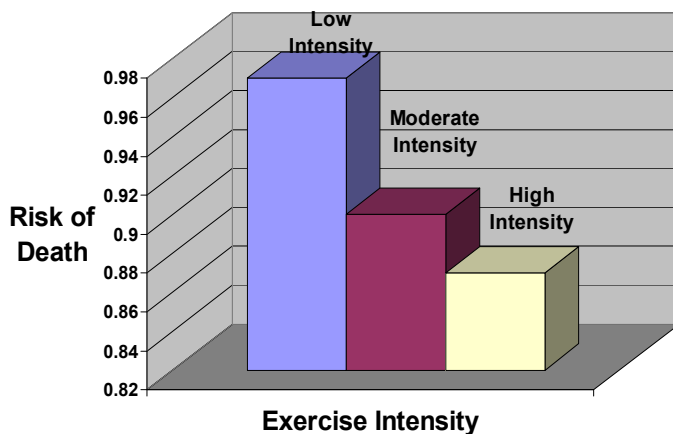
If long, grueling aerobic workouts are part of your training regimen, I have good news and bad news. The bad news is that aerobics:

- Won't make you lean.
- Won't protect you from heart disease.
- Won't even boost your energy.

Even worse, aerobic training—the kind most doctors and even the federal government tout as the path to good health—can actually wreck your body. Do enough, and aerobics will make you sick, tired and old before your time.

When you exercise aerobically, you have to keep the intensity low enough to fuel the activity with oxygen. At this low rate, you have to workout for a long time before it will do anything. This moderate intensity, long duration approach is inadequate – and will likely cause you problems.

The *Harvard Health Professionals Study* proves this. Researchers followed over 7,000 people. They found that **intensity** - NOT long duration - is the key to longevity and reduced risk of death.



And now, the *good news*... My name is Dr. Al Sears, and for over 15 years I've helped thousands of patients get into the best shape of their lives – *without aerobics*.

The technique I give them is so revolutionary the US Patent Office gave it a service mark. It's called PACE[®]. It uses short bursts of high intensity and recovery with progressive changes over time.

Imagine... no more long, boring aerobic workouts. I will show you how in 10 minutes a day you can:

- **Increase Endurance** – Go *faster and farther* – set new personal records.
- **Power-up Your Lungs** – Ramp up your energy and increase your "health span".
- **Build Super Strength** – Burn fat fast and gain lean muscle without lifting weights!

PACE[®] is remarkably effective. Here's what one user had to say:

"As a former long distance runner, I am thrilled with the PACE program. The definition in my muscles... has contributed to an increase in fitness. I now have a better understanding of what it means to be fit. Thank you for sharing this wonderful training program." -- Linda O., East Greenwich, RI

Throw away your aerobics gear and get ripped in only 10 minutes a day! Go to

www.alsearsmd.com/xxx

and learn this powerful technique *right now*. Plus, find out how to receive a special *Ms. Fitness* reader discount!