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

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

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ON THE COVER

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 SUPER SLOW 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.”

**SUPER SLOW 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! 16126 Southwest Freeway, Suite 130 Sugar Land, Texas 77479 (281) 201-2287 SSZSugarLand.com Facebook.com/SuperSlow-ZoneSugarLand/

**AS A GLOBAL LEADER IN BRINGING ADVANCED HEALTH AND EXERCISE METHODOLOGY FORWARD, SUPER SLOW ZONE IS UNIQUE. RESULTS ARE SECURED BY EXPERT PROFESSIONALS SUPPORTED BY A PROVEN PROTOCOL, AN ENTICING SEMI-PRIVATE ENVIRONMENT, AND LEADING-EDGE TECHNOLOGY. THEY ARE ACCREDITED BY THE IACET WHICH ACCREDITES THE AMERICAN PHYSICAL THERAPY ASSOCIATION, DE 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.

**SUPERSLOW ZONE DELivers RESULTS, SAFELY AND EFFECTIVELY!**