

How to Sit and Get Fit

Now you can get the benefits of exercise without taking extra time to workout

Turn harmful sitting into healthy active sitting

You can now sit and get fit and get the benefits of exercise without taking the time to workout. This is important because major medical studies show sitting is a leading cause of health problems in the U.S. and is even harmful to those who exercise.

With The Life Chair™, you can turn sitting that's harming your health into "active sitting" that will help you live longer and improve the quality of your life.

How could something seemingly as harmless as sitting be this dangerous to your health? It will make total sense to you once you know the reasons.

It all starts with the fact that sitting produces negligible muscle activity which causes many health problems.

Lack of muscle activity reduces blood circulation and digestive system function. This causes many nutritional problems including lack of nutrients to the cells, lack of cleansing of toxins, the build-up of triglycerides (bloodstream fat), the build-up of plaque in the arteries, and build-up of toxins in the colon.

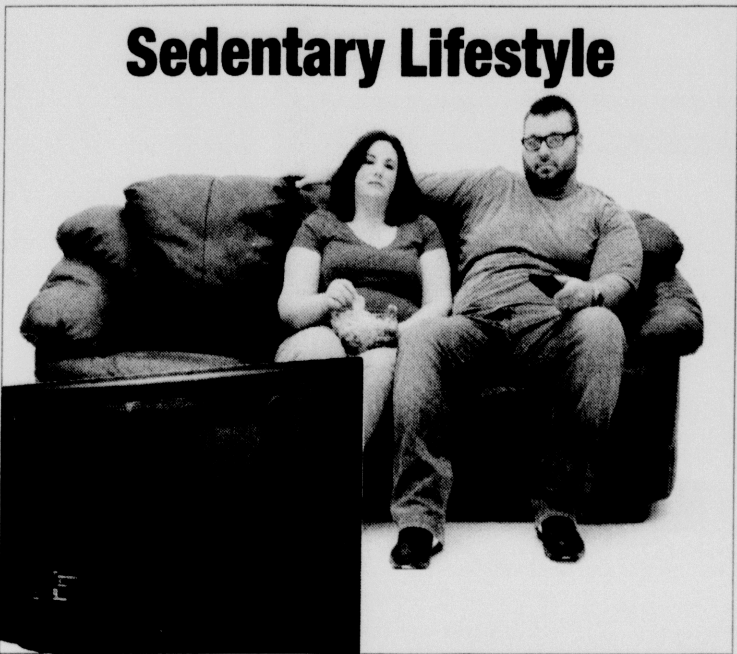
Long periods of sitting causes loss of muscle mass. This is because the body is programmed that you **USE IT OR LOSE IT**. When you break a bone and put your arm in a cast, the muscles wither quickly. Astronauts who go into space for a short period of time, because of weightlessness, experience reduction in muscle mass and in bone mass.

Sitting causes blood to collect in the lower body which can cause blood clots. It also causes food in the digestive tract to collect in the lower abdomen causing disruption in digestive tract function and toxins collecting in the colon.

In a nutshell: **SITTING CAUSES YOUR BODY TO TOTALLY MALFUNCTION.**

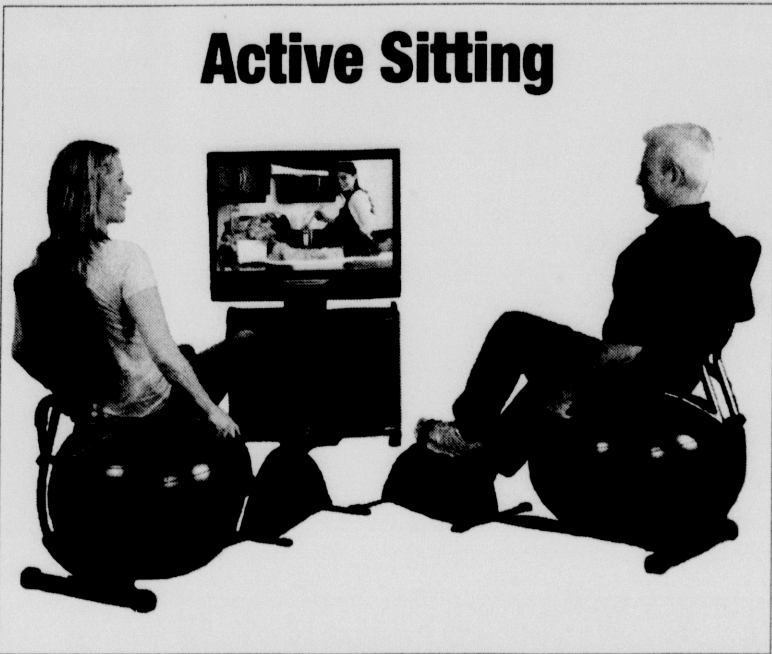
But when you engage in "active sitting" with the Life Chair™, the opposite happens. The body perceives that stronger muscles are needed so it strengthens and firms the muscles. This in turn strengthens and maintains or increases bone mass. To maintain and increase muscle and bone mass the body must activate organs. Therefore organs become more productive and healthy. It is a positive chain reaction.

The Life Chair™ pro-



Sedentary Lifestyle

Major medical studies find that sitting is a leading cause of health problems and death in the U.S. Even those who exercise are not immune to the harmful effects of sitting.

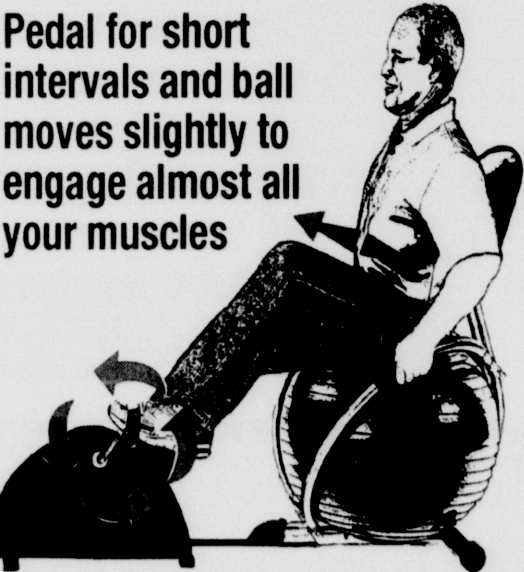


Active Sitting

With the Life Chair™, instead of harming your health by sitting, you can improve your health - to live longer and enjoy a higher quality of life. You do it in total comfort as you ride on air and lean against a plush padded backrest.

HOW IT WORKS

You Sit and Get Fit



Pedal for short intervals and ball moves slightly to engage almost all your muscles

- 1. Strengthen your heart and cardiovascular system**
- 2. Burn an additional 75 calories per hour to lose weight**
- 3. Shrink and firm thighs, abs, hips and waist**
- 4. Stronger core for better balance, breathing and posture**

Quality engineered with forged steel frame and commercial grade ball to support 350 lbs. Full 2 year warranty. Pedals detach and chair rolls away for easy storage.

vides adequate muscle activity while sitting which you hardly notice. It gives you the benefits of exercise without going to a gym or disrupting your work or daily entertainment. You don't have to take the time to exercise.

The Life Chair™ is super comfortable. Many users say it is more comfortable than regular chairs. You sit on air with a plush padded backrest. You do not pedal all the time. You only pedal in short intervals or when you want.

With The Life Chair™ you can burn an additional 75 calories with "active sitting". Depending on how much you sit to read or watch TV you could burn up to 70,000 calories in a year and lose 20 lbs. You will also shrink and firm your thighs, abs, hips and waistline. Your heart and cardiovascular system will be strengthened

and your energy and mental clarity will improve.

The Life Chair™ consists of a patented method to have an exercise ball in a configuration that forms a comfortable chair. It also has what has been found to be one of the best muscle activity and circulation

Scientific studies prove benefits of physical activity vs. a sedentary lifestyle:

- Live Longer
- Strengthen Heart
- Lose Weight
- Tone Muscles
- Higher Energy
- Mental Clarity
- Better Balance
- Sleep Better
- Reduce Stress
- Elevate Mood
- Lower Blood Pressure
- Lower Cholesterol

Do a web search for "The Benefits Of Physical Activity" and read Harvard and Mayo Clinic Reports

providers which is a pedal device.

The exercise ball encourages muscle activity virtually all over the body. But you hardly notice it. This is because while you are comfortably sitting, your body is constantly maintaining its balance on the exercise ball. This causes beneficial muscle activity, especially in the most important area which is the core of your body. This will improve your balance, breathing, posture and lower back health.

The pedal device offers you the option of pedaling whenever you want. This adds a great deal of muscle activity and circulation

benefits.

You can now replace sitting that's harming your health with "active sitting". You'll get the benefits of exercise without taking the extra time to workout. This will help you live longer and improve the quality of your life.

Today people in this area can get The Life Chair™ at a major discount if they order in 72 hours from the date of this publication.

The regular price of The Life Chair™ is \$339 plus \$39 shipping and handling for a total of \$378.

But, for this 72-hour discount, people in this area can save \$120 by making 3 easy payments

of \$79.95 plus \$18 shipping and handling. See the claim form on this page.

100% Risk Free 60 Day Trial. The Life Chair™ is backed by our 60-day triple guarantee. We are so confident that you will love your Life Chair™, that after using it for 60 days if you are not satisfied we will 1) Refund the full product price 2) Refund the shipping and handling 3) Pay the cost to ship it back to us.

There is a strict limit of 2 Life Chair's at this discount price - no exceptions please. Those readers ordering after 72 hours from the date of this publication must pay the regular price.

Altoona area to be one of the first to get limited U.S. supply of Life Chair™

For the next 72 hours or until supply runs out, households in Altoona can get The Life Chair™ at a major discount. The regular price of Life Chair™ is \$339 plus \$39 shipping and handling for a total of \$378. But, for this 72-hour discount, readers can save \$120 by making 3 easy payments of \$79.95 plus \$18 shipping and handling. There is a strict limit of 2 Life Chair's at this discount price - no exceptions please. Those readers ordering after 72 hours from the date of this publication must pay the regular price.

100% Risk Free 60 Day Trial. The Life Chair™ is backed by our 60-day triple guarantee. We are so confident that you will love your Life Chair™, that after using it for 60 days if you are not satisfied we will 1) Refund the full product price 2) Refund the shipping and handling 3) Pay the cost to ship it back to us.

• To order by phone, use a credit card or debit card, and call the Life Chair™ Hotline at **1-800-679-5970**, Monday through Friday 6:00 am - 3:00 am, Saturday 7:00 am - 12:00 am and Sunday 7:00 am - 11:00 pm, EST. Give operator your Offer Code: K2123

• To order by mail, fill out and mail in this form.

Charge my: ☐ VISA ☐ MasterCard
☐ Am. Exp./Optima ☐ Discover/Novus
Account No. _____
Exp. Date ____/____/____
Signature _____

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____

MAIL TO: Life Chair™
Offer Code: K2123
7800 Whipple Ave. N.W.
Canton, OH 44767