

# *Now Open!*

**Exercise Defined, Inc.®**

**Owners: Kam and Vickie Hutchins**

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**The *ONLY* Licensed SuperSlow® Facility in the Houston Area is  
now open in *YOUR NEIGHBORHOOD*!!**

For more information, visit [www.sszrc.com](http://www.sszrc.com)

**Who can benefit from training the SuperSlow® regimen?**

- Women and men,
- Athletes and novices,
- Young adults to senior citizens,
- Anyone seeking improvement in their overall health and fitness.

**What are the health benefits of training SuperSlow®?**

- Increase Strength, Stamina, Bone Density, Metabolism, and HDL (good Cholesterol),
- Improve Blood Glucose Levels, Mobility, Vascular Efficiency, and Joint Stability,
- Stimulate Weight Loss.

**Who is most often attracted to the SuperSlow® approach?**

- People who are results oriented,
- People who prefer a private and personal workout environment,
- People with limited time to spend exercising. (Just 1-2 30 minute sessions per week).

**One Instructor.**

**One Client.**

**One Goal.**

**By appointment only.**

Call to schedule your complimentary new client visit, which includes a complete health & fitness goals analysis, program orientation and three complimentary workouts.

**“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save and preserve it.” – Plato**

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