

## cLEANfit

You know what you need to do; we're gonna help you do it!

You keep your skin clean. You condition your hair. You're eating right. You're doing all you can to look and feel great. But are you missing out on an important part of a healthier lifestyle?

No matter what your age or shape, you should exercise daily. Not only does exercise tone your body so you can wear your favorite jeans, it strengthens your muscles, keeps your bones strong, and improves your skin.

There are more benefits of exercise -- increased relaxation, better sleep and mood, strong immune function, and more.



...helping you further develop your fitness goals!

@  
cLEANfit  
we are  
CERTAINLY  
on your  
side  
of the  
road!



cLEANfit

@ cLEANfit, we resent temporary fixations towards achieving your fitness goals. Almost all products and services are developed in cycles meaning the "on and off" protocol. cLEANfit is designed to work around YOUR day to day routine at your own pace as a lifestyle improvement.

cLEANfit

"because feeling fit is looking fit!"

THE DO IT YOURSELF  
GUIDE BEHIND WHAT IT  
TAKES TO ATTAIN A cLEAN  
FITNESS LIFESTYLE!



*fitness is about lifestyle!*



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Phil doesn't allow anything to get in his way, he is a lifetime member of cLEANfit. Oh...there is NO membership fee, month to month charge, or exchange of currency in any shape, form, or way. Just a promise to yourself that fitness will be incorporated in your life; the cLEANfit fitness lifestyle!

6253 Van Helsing Way  
Middle Earth, Calif. 90210  
(Corporate #)  
(800) 232-FITT

Mission Cliffs Climbing & Fitness

[www.touchstoneclimbing.com](http://www.touchstoneclimbing.com) - 2295 Harrison Street, San Francisco - (415) 550-0515

Club One At Fillmore Center

[www.clubone.com](http://www.clubone.com) - 1455 Fillmore Street, San Francisco - (415) 749-1010

Crunch Gym - New Montgomery

[www.crunch.com](http://www.crunch.com) - 61 New Montgomery, San Francisco - (415) 543-1110



...because feeling fit is looking fit....