YOUR BODY IS TWICE AS YOUNG AS YOU THINK!

And these five "Age-Trimming Actions" will prove it to you in as little as a single week!

This article is going to shock the life out of you — because it flatly says "kaboom" to every idea you've ever had about how "cold" or "fleeced" or "over the hill" you are today!

This article says that if you could only liberate the exact same power and energy and capacity for enjoying life that you have had up inside your body today, then you could:

look up twenty years younger, slimmer, stronger, far more attractive than you ever dreamed today

ward off the diseases of middle age that cripple your friends, and do it in less than twenty minutes each day

add up to forty health-packed years to your life — years filled with strength, vigor and vitality

cut down daily tensions — stress away that "always tired" feeling — eat better, work better, play better and sleep better, attaining the easy will

In other words, pump up to ten — twenty — even forty years of vibrant new health into your body!

And do it all — not just by eating with medicines and pills — but by working your own body into the ground with useless calories — not by depriving yourself of food and drink and burning your tired body — but simply by putting your LOCKED-UP HEALTH POWER to work — to make your body look and feel like nice.

AGE-TRIMMING ACTION #1 — Pumps swelling new power and strength into every part of your body, in less than three minutes a week!

This action is literally a brand-new way to exercise in twenty minutes a day, with break-taking results that you can see and feel the very first week!

It involves six simple movements of your arms and legs. Each takes less than ten seconds. There is no skill required — no repetition, no counting, no strain, no danger, no sweat.

They are so gentle that they can be done by an eighty-year-old; so simple that a child of five can do it; so safe that neither you nor your doctor need to fear its perils.

Or, if you are a woman, they will firm up your entire body where you need it most — in less than three minutes a week — and they're the beginnings!

AGE-TRIMMING ACTION #2 — Forges your heart to build new arteries! Helps ward off the deadly diseases of middle and old age!

This simple action alone can add up to forty health-packed years to your life!

It is probably the most effective weapon against heart attack, stroke, high blood pressure or arteriosclerosis ever invented!

VITAL NOTE!

To gain its ward-off-effectiveness, all parts of your body simultaneously, starting within five short minutes after you pick it up, and it can be done easily, as many times a day as you wish, but at least once a week — and it is so painless that even children can do it — so painless and easy that you can do it under a television set, or behind the wheel of your car, or in the bath, or wherever you are — to gain its full benefit.

Therefore, you do NOT need to read this amazing article from back to front, in order to get the maximum benefit from it.

You can read it in the middle, and it will still work for you.

You can start it in the middle, and it will still work for you.

You can start it in the middle, and it will still work for you.

You can read it in any part of the article that interests you — and it will still work for you.

And of course, you can read it from beginning to end, and it will still work for you.

But the most effective way to gain its benefit, is simply to read it once, and do what it says — to gain its full benefit.

AGE-TRIMMING ACTION #3 — Pumps off ugly fat! Shines you down in the shortest possible time! Keeps you at your handiest and best-looking weight for years to come!

This action is a new kind of diet — with diet snacks every day, and diet holidays every week!

It's probably the most satisfying diet you've ever tried. It actually lets your appetites run wild every seventh day!

It lets you eat regular, non-diet portions of all the foods you love — spaghetti, hash, cakes, pies, ice cream, chocolates and all the rest — during the diet holiday!

And then, when it puts you back on your regular routine for the other six days, it gives you a delicious "extra snack" on every one of those days, to keep from stretching your will power too far — to slim you down faster and longer if you ever overknock.

No wonder your friends may stop you on the street and say, "How did you lose all that weight?"

And it's the easiest thing you ever did!

AGE-TRIMMING ACTIONS #4 AND 5 — Shows how to build greater regularity — more resistance to infection and more stamina — for better mental outlook! Protects you against back-stabbing, life-shortening habits among ordinary people that you never dream they are making!

This is the pay-off! Now you start turning your new-found vigor and vitality into the kind of life you've always dreamed of living!