



Changing the Way You Look at Exercise...Forever!

**PEOPLE ARE TALKING ABOUT
20 MINUTES TO FITNESS**

BusinessWeek

Don't have time to exercise? This is the workout for you

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By Aleta Davies

After dentist Steve Kafko, 53, had surgery on two vertebrae in his neck, doctors told him he would have to avoid strenuous activity for the rest of his life - and definitely no weight-lifting. But after slow motion training, "my neurosurgeon is thrilled that

I'm doing this because it is so safe and effective," says Kafko. In three months he says he has gained 1 1/2 inches in his chest and lost 1 1/2 inches in his waist. And here is the best part: The routine takes only 20 minutes, once a week and you don't break a sweat so there's no need to shower and change. Some clients, including Kafko, work out in their business clothes. Compare that with the hour or so, three or four times a week, of regular machine or free-weight work out, plus locker room time. A typical work out takes you through four to six machines, engaging both the upper and lower body and rotating among the equipment over the course of

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a few weeks to vary the demands placed on the muscles. Along with the smoother equipment, the other big plus of doing this at a specialized facility is the care that the trainers take in adjusting each machine to fit your frame. With all of this personal attention, your total time investment from walking in to walking out is under 30 minutes. The walking out is a little shaky. But by the next week, that shakiness will have turned to steel.

