

# A New Me In 2003

**M**ake that promise to yourself.

Lose weight and shape up.

It's more than just a Resolution—

It's a way of life. Start today & save!

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**Join Now & Receive a  
6 Month Companion  
Membership  
Absolutely FREE\***

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1234 Fitness Lane

**000-0000**

**[www.yourclub.com](http://www.yourclub.com)**

\*Some restrictions apply.  
Other membership plans available.

