

JOINT EFFORT NEWS

Joint Effort Offers

FIRST FITNESS SUDDENLY SLIM!

Take time to work,
it is the price of
success.

Take time to think,
it is the source of
power.

Take time to play, it
is the secret of
perpetual youth.

Take time to read, it
is the foundation of
wisdom.

Take time to be
friendly, it is the
road to happiness.

Take time to dream,
it is hitching your
wagon to a star.

Take time to love
and be loved, it is
the privilege of the
gods.

Take time to look
around, it is too
short a day to be
selfish.

Take time to laugh,
it is the music of the
soul.

Take time to
forgive, you will set
the prisoner in you
free.

Are you interested in...

- ◆ Improving your health
- ◆ Losing extra weight and inches
- ◆ Detoxing your colon and liver
- ◆ Increasing your energy level
- ◆ Improving your sleep quality
- ◆ Diminishing allergies
- ◆ Enhancing your mental clarity
- ◆ Reducing or eliminating medications
- ◆ Just feeling better overall???

Have you ever looked in the mirror and realized that age has taken its toll? Well cheer up! Thanks to the collaboration of anti-aging scientists and

physicians, this program corrects 5 major body issues in just 10 days. **First:** lowering blood sugar through careful attention to the glycemic index. **Second:** correction in body toxicity. **Third:** control of parasites, candida and intestinal fungi, which is vital for management of many health issues. **Fourth:** the 10 day program will also correct the major chemistry issue of acid/alkalinity. **Fifth:** last but not least, the 10-day body makeover will turn up the burn on the fat while enhancing metabolism the all-natural way, yet controlling appetite.

For additional info check out the First Fitness website at either:

www.firstfitness.com/je1
www.firstfitness.com/je2

To find out more contact us at:

**2835 Dublin Blvd. 533-1318 or
2989 Broadmoor Valley Rd. 527-9331**

Christian Welch P.T. Joins the Team

Joint Effort is pleased to announce the addition of Christian Welch. Christian is a graduate of Texas State University. He has been practicing Physical Therapy for the past 7 years, 4 of those here in Colorado. Christian's concentration has been in the area of orthopedics and he has specialized in cervical and lumbar spine rehab along

with shoulder biomechanics. Christian brings with him a background in injury recovery and worksite ergonomics that complements our workers' compensation program. His leisure time includes outdoor activities with his wife and 4 young children. Learn more about our team at:

www.jointeffortrehab.com

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