



Heather lost 52 lbs on **\*SparkPeople.com\*** and **many more in The Spark.**

*"I really live by the saying, 'you don't have to go fast; you just have to go.' For me, it's all about making the choice to take the best possible care of my body one day at a time."*

**Learn how MILLIONS, like Heather and Roni, have transformed their bodies and their lives!**

Order your copy today to...

## Join Millions Who Have Stopped Dieting And:

- ★ Lost 2-200 pounds or more!
- ★ Discovered their inner athletes
- ★ Reached life goals they never thought possible

A new book from the experts who created SparkPeople.com, America's most active weight-loss and fitness site, offers a visionary approach to weight loss that has a proven track record of 10 million pounds lost—and counting!

### **The Spark: The 28-Day Breakthrough Plan for Losing Weight, Getting Fit, and Transforming Your Life**

This groundbreaking book will connect the dots among weight loss, fitness, better health and lifelong goal achievement. You'll discover:

How to increase **YOUR** odds of success with the **27 proven secrets of success** used by thousands of successful SparkPeople members and 100-pound losers

A **28-day program** that distills the best of SparkPeople's tips and advice into a simple, fun, easy-to-follow program all-new and available only in this book!

A special workout program created by Coach Nicole, featuring SparkPeople's 10-minute exercise solution to help you fit in 10 minutes a day!

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#### **EARN 500 SPARKPOINTS**

If you buy now, you'll receive 500 SparkPoints when you get your book and log in to the **FREE Bonus Book site**. Go to page 223 of *The Spark* to get further details.



**Eat More to Lose More!**

Learn how you can **EAT MORE** of these foods and **LOSE WEIGHT!**



HEATHER BEFORE



HEATHER AFTER



LOST 100 POUNDS

Roni lost 100 lbs on SparkPeople.com



RONI BEFORE



RONI AFTER

\*Members active for 6 weeks who tracked weight online reported average loss of 6.1 pounds.



Delicious SparkDiet meal plans and a mix-and-match meal system that lets you eat more delicious foods that keep you satisfied while losing weight

The Spark's special formula—a breakthrough combination of strategies that will lead to lasting weight loss, better health and the end of dieting!

The Spark is for you, whether you're just starting out or are ready to take your program to a whole new level!

Order Your Copy of THE SPARK Now!

Sneak Peek!

Read a passage from the new book...  
(Scroll over the text to pause)

FINDING NEW SUCCESS "You might find yourself thinking 'That won't work for me.' Just keep in mind that as you take small steps...techniques that may not have worked for you in the past might start being successful as you weave different areas of your life together in a new, exciting way" - page 21, The Spark

VISIT SPARKPEOPLE.com

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