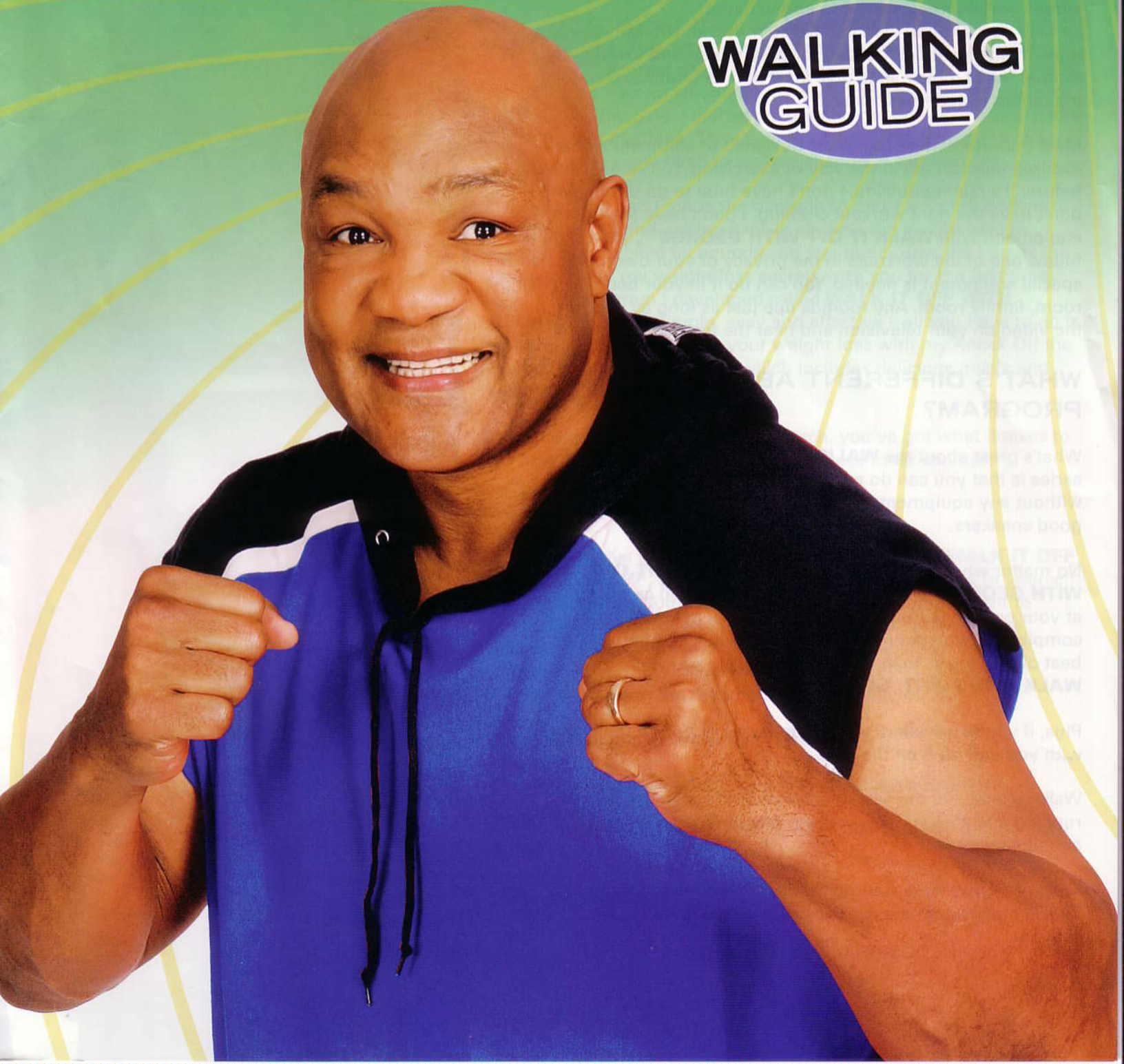


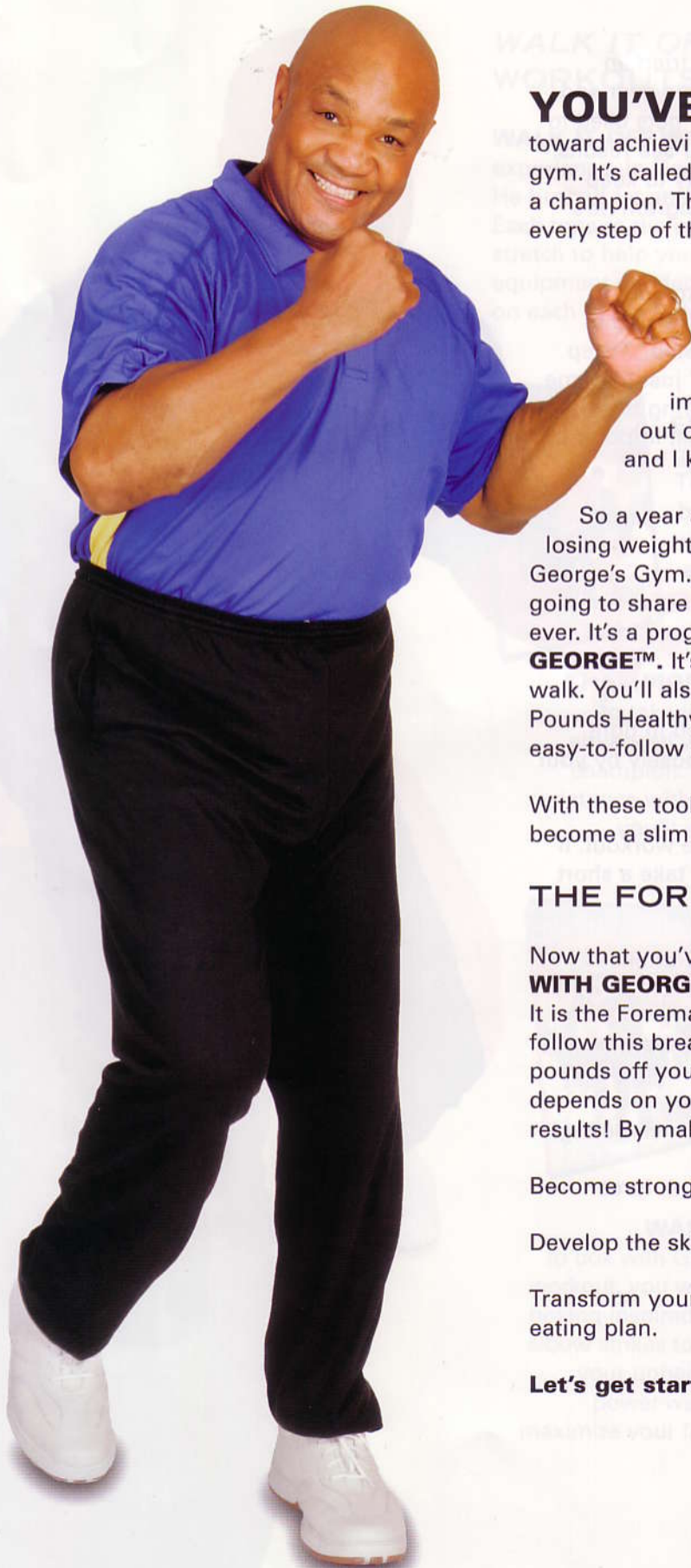
# GEORGE FOREMAN

# WALK IT OFF WITH GEORGE!

WALKING  
GUIDE



# WELCOME TO GEORGE'S GYM



**YOU'VE DONE IT.** You've taken the first step toward achieving a better you. First, let me welcome you to my gym. It's called George's Gym, and it's a place where anyone can be a champion. That's right— you can be champion, and I'll help you every step of the way.

I was a champion heavyweight boxer and athlete. You may remember seeing me on TV in amazing great shape. Over the years, I stopped working out as much and let my eating habits slide. As you can imagine, I gained weight and my body got pretty badly out of shape. Things were going in the wrong direction and I knew I had to make a change. A big change!

So a year ago I made the decision to make over my body by losing weight and getting back in shape. I did it right here in George's Gym. I lost 50 pounds and feel great. How did I do it? I'm going to share my weight-loss secrets with you for the first time ever. It's a program I developed called **WALK IT OFF WITH GEORGE™**. It's so simple, easy and effective – all you have to do is walk. You'll also accelerate your weight loss with my Knock Off the Pounds Healthy Eating Plan, which includes delicious meals and easy-to-follow recipes.

With these tools and me as your coach, you've got what it takes to become a slim new you and bring out your inner champion.

## THE FOREMAN COMMITMENT

Now that you've taken that first step and purchased **WALK IT OFF WITH GEORGE™**, you're going to make a commitment to yourself. It is the Foreman Commitment. By making the commitment to follow this breakthrough fitness and eating plan you will take pounds off your body and inches off your waist. How much depends on your own level of commitment, but you will see results! By making the Foreman Commitment you will:

Become stronger, healthier and leaner.

Develop the skills and tools for a lifetime of great health.

Transform your body by following a sensible and healthy low-carb eating plan.

**Let's get started!**