

# Lose Weight Feel Great

All in the comfort and privacy of HOME!

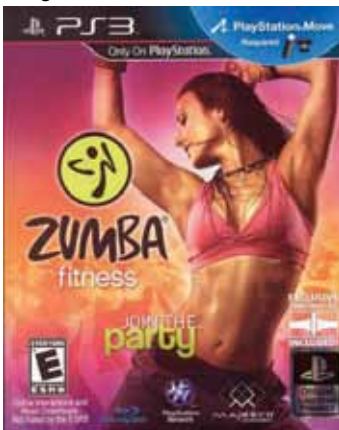


PlayStation®Move



Ready to shed holiday lbs? What if you could do something fun, and in the process successfully lose weight? Well, it doesn't get much more fun than dancing! Check out Zumba fitness for the PS3 Move.

The popular Brazilian aerobic exercise program that mixes Latin music and international dance steps comes to the world of games for the first time in Zumba Fitness. Players can tone their muscles and build strength and endurance as they practice nine different hip-swaying dance styles, including Reggaeton, Merengue, Salsa, and more! There are 30 different music tracks, each corresponding to a unique dance routine. Four different difficulty levels cater to dancers of all skills, and multiplayer fans can join up to three friends for co-op dancing! Although also available for Wii and Xbox, Zumba for PS3 Move allows up to 4 players to dance! Fun and Effective, check out Zumba fitness for Move!



KINECT™  
for XBOX 360



Kinect for the XBOX 360 brings games and entertainment to life in extraordinary new ways without using a controller. With Kinect, technology evaporates, letting the natural magic in all of us shine.

With Your Shape- Fitness Evolved, experience the most advanced fitness technology your way. It will help you work up a sweat with the most advanced fitness technology available. You'll be able to personalize your workout, challenge your friends, and share your progress online while achieving real results. And they're all designed by fitness experts to provide precise and effective real-time feedback.

Easy to use and instantly fun, Kinect gets everyone off the couch and moving, laughing and cheering!



Wii Fit Plus



By now, many of us have a Wii system. The Wii Fit Plus is a great way to tone up!

Jillian Michaels: Fitness Ultimatum 2011 is the only official video game series developed by Jillian Michaels. The game features her voice, likeness, and exercise form, taking personal training to a whole new level. The game is designed by Jillian for all levels of fitness, from beginner to advanced, with workouts catering to everyone.

Jillian Michaels: Fitness Ultimatum 2011 also features a large selection of exercises using the optional Wii Balance Board and Wii MotionPlus, where players can monitor their fitness goals with Fitness Ultimatum's resolution-based tracking system and all new High Intensity exercises that offers the most challenging workouts in the series.

\*Of course, encouragement and information from a knowledgeable source is always important in losing weight and shaping up.

Check out the resources at your local gym to get the best tips and support on nutrition and fitness!

Have a healthy new year!