

# SAY "I DO" *to a slimmer you*

Get fit and look stunning in your wedding dress. Sign up for **BRIDES LeBootCamp** today, and your virtual weight-loss coach and fitness trainer will help you tone up as you count down to the big day. Plus, try these tips and be extra aisle-ready!

### WALK THE TALK

Wedding prep calls? Telling a friend your love story? Exercise your legs—and lips—by walking while you chitchat.



### GLOW ON

Drink the juice of one lemon in a cup of room-temperature water each morning to detox your body.



### ENVIIOUS ABS

Sit on the floor, and keeping a straight back, raise both legs into the air so your body forms a "V." Repeat.



### Celebrity Treatment

BRIDES LeBootCamp offers weight-loss coaching with celebrity trainer Valerie Orsoni. It's a luxury service at a price you can afford, exclusively for brides-to-be.



GET GOWN-READY TODAY AT [BRIDES.LEBOOTCAMP.COM](http://BRIDES.LEBOOTCAMP.COM)

\*Offer ends 8/15/2011. Consult your physician or health care professional before starting this program to determine if it is right for your needs. Note that developments in medical research may impact the fitness and nutritional information that appears in this program. Client results that appear on this website are not indicative of guaranteed results for each individual; results will vary on a case-by-case basis.