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MATTER NO. 0323212  
  
TITLE BODYFLEX EXERCISE PROGRAM  
  
DATE RECORDED: FEBRUARY 8, 2003  
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PAGES 1 THROUGH 48

VIDEOTAPE -- BODY FLEX

FEDERAL TRADE COMMISSION

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VIDEOTAPE:

PAGE:

BodyFlex Infomercial

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FEDERAL TRADE COMMISSION

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In the Matter of: )  
BodyFlex Exercise Program ) Matter No. 0323212  
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February 8, 2003

The following transcript was produced from a  
live tape provided to For The Record, Inc. on August 29,  
2003.

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C

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A -- B Y

4

C :

5

A A B +.

6

MALE ANNOUNCER: The following is a paid presentation for BodyFlex.

8

GREER CHILDERS: Size matters, size really matters. Size is the only thing that matters. And to tell you the truth, smaller is better.

9

10

11

UNIDENTIFIED FEMALE: Size really matters to me.

12

13

SHERRY SHEPPARD: Size matters. It does.

14

UNIDENTIFIED FEMALE: Size definitely matters.

15

ALICIA NURICK: Size matters very much.

16

CAROL SURPRISE: The size does matter.

17

UNIDENTIFIED FEMALE: Small is always better.

18

SHERI DEPTULA: Smaller is definitely better when it comes to size.

19

SHERRY SHEPPARD: If I had to choose between big and small, I'd choose small.

20

FAYE WEISS: When you try on a bathing suit in a three-way mirror, size matters.

21

22

C : B A A A

23

B A B Y u B

24

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Waldorf, Maryland

1 C : z 20 A 10 1/2

2 ERIKA WEAKLEY: I've gone from a size 20 to a  
3 size 10/12.

4 C : z 14 A 4

5 DAWN HALASZ: I went from a size 14 to size 4.

6 C : B A A A

7 A 200 u

8 UNIDENTIFIED FEMALE: I lost 200 pounds at age  
9 50 and if I can do it, anybody can do it.

10 C : C

11 A : 57

12 GREER CHILDERS: I'm Greer Childers, the  
13 creator of BodyFlex, the revolutionary exercise designed  
14 for weight loss, inch loss and more energy in only 15  
15 minutes a day. Now, I'm not going to tell you you can  
16 look 20 when you're 60, but what I am going to tell you  
17 that today at almost 60, I look better than I ever did in  
18 my twenties. So, for all you skeptics out there, I would  
19 invite you to listen to what I have to say about BodyFlex  
20 Plus, the next step.

21 MALE ANNOUNCER: For over 20 years, Greer  
22 Childers --

23 C : C

24 MALE ANNOUNCER: -- has been sharing the secret  
25 of her amazing weight loss program that --

1 C : A A

2 MALE ANNOUNCER: -- guarantees you'll --

3 C :

4 MALE ANNOUNCER: -- lose four --

5 C : 4 A 14 B

6 MALE ANNOUNCER: -- to 14 inches across your  
7 body --

8 C : 7

9 MALE ANNOUNCER: -- in only seven days.

10 C : 20

11 MALE ANNOUNCER: Over 20 million people have  
12 learned the secret and experienced life-changing results  
13 of --

14 C : A B

15 MALE ANNOUNCER: -- fast inch loss and  
16 transformed their bodies through the power of aerobic  
17 breathing.

18 C : A B B A

19 ( m A) A A A

20 m, A u A

21 B A m A u A .

22 MALE ANNOUNCER: And it's so easy virtually  
23 anyone can do it.

24 C : A B A

25 MALE ANNOUNCER: Now, you can learn the secret

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Waldorf, Maryland



1 know why it worked, I didn't know how it worked and,  
2 furthermore, I didn't care. I just know for the first  
3 time in my life I had hope. I looked at myself in the  
4 mirror and I thought, I'm getting smaller.

5 You know, I know that basically we women are  
6 all the same. I mean, we want to look good and we don't  
7 want it to take very much time and we want to do it as  
8 inexpensive as possible and with as little time involved  
9 as we can possibly find. BodyFlex is a system that fits

1           B           A m   A           u A .

2                   DORTHY ALBEE: I can't believe the results  
3 after a week. I think I'm still in shock about that.

4                   C   :   A 9   A   B    1

5                   C           zz AA

6                   A   :   36

7                   JOYA FRAZZETTA: It was unbelievable to lose  
8 nine inches in one week.

9                   C   :   A 12           z    A B

10                   Au

11                   A   :   30

12                   (           m           A)    u A m           . A

13                   A    A           m,           A

14                   u    A B           A m    A           u A .

15                   SHERI DEPTULA: In 15 minutes a day in the  
16 first week, I had already lost weight.

17                   C   :   B           A A    A

18                   A 42   u

19                   SHERI DEPTULA: And in six months, I had lost  
20 all the weight, and four years later, it hasn't come  
21 back.

22                   C   :   B           +

23                   MALE ANNOUNCER: BodyFlex is an accelerated --

24                   C   :   A    B B   A

25   +

1                                   A B

2                   MALE ANNOUNCER: -- aerobic breathing technique  
3 combined with resistance training that produces bigger --

4                   C : A u A

5                   MALE ANNOUNCER: -- faster results.

6                   C : B +

7                   B A

8                   GREER CHILDERS: The secret of this program  
9 comes in the BodyFlex breathing. Let me explain.

10                   C : C

11                   A : 57

12                   GREER CHILDERS: We all know we have to become  
13 aerobic to burn body fat. But what is aerobic anyway?  
14 Most people think that it's running or jogging or  
15 Jazzercise or movement of some kind, but the truth is,  
16 the word "aerobic" simply means increasing oxygen to the  
17 body through breathing.

18                   C : A B

19                   B

20                   A

21                   A B

22                   A u

23                   B A

24                   GREER CHILDERS: So, the aerobic part of all or  
25 any exercise comes in your breathing, not the activity

1 you're involved with. And we here in Western  
 2 civilization, of course, are shallow tidal (phonetic)  
 3 breathers. We use less than one-fifth of our lungs to  
 4 breathe on a daily basis.

5 Now, this may not seem very important to you,  
 6 however, two things you need to know about exercise.  
 7 One, oxygen is the key ingredient in burning fat. Now,  
 8 listen, two, oxygen is the key ingredient in giving us  
 9 that energy that we want so desperately and don't have.  
 10 So, you see, the two things we need the most and don't  
 11 have are provided in this program.

12 ( u B .)

13 C : A m A um

14 B

15 A

16  
 17 GREER CHILDERS: All exercise works exactly the  
 18 same. You have to oxygenate the blood, you have to let  
 19 the oxygenated blood get to the areas that you want to  
 20 affect and the ability for the working muscle group to  
 21 utilize the oxygen you deliver to it. That's how it all  
 22 works, everywhere.

23 So, BodyFlex is a system that we've  
 24 streamlined. You can do it sitting, standing or even  
 25 lying down. It produces energy, it burns excess body fat

1 and it tones all at the same time.

2 C : B A

3 B B

4 A : 36 z : 14 A 6

5 BECKY EVANS: It's hard to tell somebody  
6 because you know you're going to get that reaction.  
7 Yeah, I just breathe differently. And they say, well,  
8 you can't. It's too easy. And I said, I know, it is  
9 easy and it's simple to do.

10 C :

11 A : 44 z : 32 A 16

12 u A m . B

13 B A Au 7 B 7 . A A B A

14 m, A u A

15 B A m A u A .

16 SHERRY SHEPPARD: On BodyFlex I lost 200 pounds  
17 and 153 inches total. And that's just amazing to me.

18 C : B A

19 z 16 A z 8

20 u A m . B

21 B A Au 7 B 7 . A A B A

22 m, A u A

23 B A m A u A .

24 UNIDENTIFIED FEMALE: My big changes have been  
25 from the top of my head to the bottom of my toes and

1 that's the truth. But if you do BodyFlex and you do it  
 2 as she instructs it, you lose overall.

3 C : B + A B

4 GREER CHILDERS: This is the product that takes  
 5 BodyFlex to the next level. It's called the Gym Bar by  
 6 BodyFlex --

7 C : A B B A + A B

8 C u A u B A A A

9 A m.

10 GREER CHILDERS: -- and the magic of it is you  
 11 combine BodyFlex breathing with the secret of the  
 12 BodyFlex bar.

13 C : A u A

14 GREER CHILDERS: Now, I've had all the  
 15 directions printed in picture form right on this bar.

16 C : B B -u

17 B A u B

18 B A

19 u Bu

20 A A A

21 A u B

22 Bu A A &

23 GREER CHILDERS: I've covered all areas that we  
 24 women have problems with. Now, listen to what they are.

25 I've covered our biceps and I've covered our



1 done sitting down, you just put this simply under your  
2 feet like this and the process is the same. You're going  
3 to lift it and drop it.

4 The magic of this program is the BodyFlex  
5 breathing combined with the Gym Bar by BodyFlex. You  
6 know that studies have shown that aerobic breathing,  
7 combined with resistance training, gives you bigger,  
8 faster results and that's certainly what we're after, a  
9 winning combination.

10 C : . C , . .  
11 B BA , m C A  
12 B uA z A B A A A  
13 u m A m. A B A Au B m A B  
14 Au A B uA B B u  
15 B A u A m B A 3m .

16 DR. DANIEL COSGROVE: With the BodyFlex System,  
17 even compared to other exercise programs of this same  
18 duration, you will burn more calories while you're using  
19 it, but even more importantly, you're burning more  
calories the whole rest of the day while you're not using



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Waldorf, Maryland  
(301) 870-8025

1                   GREER CHILDERS: Four to 14 inches in the first  
2                   seven days. What more could someone ask for in a fitness  
3                   program?

4                   C       :   C    B    Au



1 so I've worn it today and I've had this in my closet for  
 2 a couple months.

3 C : AB -B AA  
 4 A 6 3/4 A B 1

5 LORI MITCHELL-BARNETT: I never ever would have  
 6 thought with the amount of effort that I had to put in  
 7 that I would have gotten this kind of results.

8 C . . A , . .  
 9 C A AuA

10 DR. RON ROTHENBERG: We have very hard core  
 11 data here. The group lost seven inches average of the  
 12 different measurements that we took. What this means is  
 13 a significant fat loss. That's how they lost the inches,  
 14 by losing fat.

15 UNIDENTIFIED FEMALE: Seven-and-a-quarter  
 16 inches.

17 C : C u  
 18 A 7 1/4 B 1

19 CAROL SURPRISE: And it was easy to do. That's  
 20 what's so nice.

21 UNIDENTIFIED FEMALE: Yeah. So, are you  
 22 excited?

23 CAROL SURPRISE: Yes.

24 C : A A  
 25 A : 47 A 8 B

1 DORTHY ALBEE: And that's only after a week.  
2 That's pretty cool.

3 UNIDENTIFIED FEMALE: This is unbelievable.

4 C : A 8 A B 1

5 A A

6 A : 37

7 DORTHY ALBEE: It's been excellent, very easy.  
8 The Gym Bar is great. Everything's right on the front of  
9 the Gym Bar. You can't go wrong.

10 C : A 7 1/4 A B 1

11 C u A : 48

12 CAROL SURPRISE: Having discovered the Gym Bar  
13 and the breathing exercises, I can't see any reason why  
14 anyone wouldn't want to try it. It's so simple, it's  
15 fast and you do get results.

16 C : . A , . .

17 C A A AuA

18 DR. RON ROTHENBERG: I could not be sitting  
19 here saying this is great and I'm going to be using it  
20 for my patients if I didn't see these kind of results.  
21 It worked.

22 GREER CHILDERS: The way BodyFlex works is it's  
23 designed to work fast. I mean, four to 14 inches in the  
24 first week is unbelievable. And the only reason I did it  
25 was because I didn't believe that it would even work. I

1 thought, oh, four to 14 inches the first week, I'm sure.  
2 So, basically I did it because I wanted to prove them  
3 wrong. But to my surprise, I was the wrong one. I ended  
4 up getting 10 inches off my body in the first seven days.  
5 So, that's fast.

6 C : A A

7 B +

8 MALE ANNOUNCER: Are you a size 20 and want to  
9 be a size 12?

10 UNIDENTIFIED FEMALE: With BodyFlex, I lost 200  
11 pounds.

12 MALE ANNOUNCER: Are you a size 14 and want to  
13 be a size 4?

14 C : u A m . A A

15 A m, A u

16 A B A m A u A .

17 DAWN HALASZ: I'm thrilled -- are you  
18 kidding -- to be thin.

19 C : u A 7

20

21 4 A 14 B

22 u A

23 B +

24 MALE ANNOUNCER: Well, now, in just seven days,  
25 you can lose from four to 14 inches guaranteed with

1 BodyFlex Plus.

2 C : 20 m

3 MALE ANNOUNCER: Over 20 million people have  
4 learned the BodyFlex secret. Now, you can, too.

5 C : B A B

6

7 Bu A

8 B A

9 MALE ANNOUNCER: The secret of BodyFlex lies in  
10 the power of oxygen to burn fat. With BodyFlex  
11 breathing, you'll supercharge your blood with fat-burning  
12 oxygen and you'll lose inches fast --

13 C : u A

14

15 4 A 14 B

16 u A 7

17 ( m A) u B u 6

18 A A

19 MALE ANNOUNCER: -- so fast that BodyFlex  
20 guarantees you'll lose four to 14 inches across your  
21 target areas in the first seven days.

22 C : A

23 A

24 A

25

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24  
25

A m

4 1/2 14 5

MALE ANNOUNCER: That's the upper abs, lower abs, waist, hips, thighs and upper arms. That's right, four to 14 inches in the first seven days.

C : A

( m 1/2) A 5

5 1/2 1/2 7 5 7 . A 1/2 1/2  
m, 1/2 u 1/2  
5 1/2 m 1/2 u 1/2 .

ANN WYLES: I lost 10-and-one-quarter inches in one week.

C :

( m 1/2) A 5

5 1/2 1/2 7 5 7 . A 1/2 1/2  
m, 1/2 u 1/2  
5 1/2 m 1/2 u 1/2 .

FAYE WEISS: I lost 13 inches in a week.

C :

( m 1/2) A 5

5 1/2 1/2 7 5 7 . A 1/2 1/2  
m, 1/2 u 1/2  
5 1/2 m 1/2 u 1/2 .

DODI TAPAYA: I lost seven-and-a-quarter inches



1 in a week.

2 C : ~~A~~B -B ~~AA~~

3 LORI MITCHELL-BARNETT: I lost six-and-three-  
4 quarters inches.

5 C : B ~~A~~

6 SHARON BORST: I lost over seven-and-a-half  
7 inches.

8 C : u ~~B~~

9 MARIJO LURANC: I lost seven inches in a week.

10 C : C u

11 CAROL SURPRISE: I lost seven-and-a-quarter  
12 inches.

13 C : ~~A~~ A

14 DORTHY ALBEE: Eight inches in one week.

15 C : ( m ~~A~~) ~ u ~~A~~ ~~B~~ m

16 B + ~~A~~ m ~~A~~ .

17 GREER CHILDERS: You're allowed to live a  
18 normal life. This program is not about food. Hallelujah  
19 for once.

20 C : B B ~~A~~

21 MALE ANNOUNCER: The secret is how BodyFlex  
22 breathing is combined with --

23

24 C : B  mB

25 MALE ANNOUNCER: -- Greer's patented Gym Bar

1 and, best of all, the entire program is done while  
2 sitting down.

3 C : A B A + A B  
4 A u A

1                                    u                                    Au !

2                                    MALE ANNOUNCER: Your BodyFlex System includes  
3 Greer's patented Gym Bar with its unique rolling feature  
4 that adds approximately five pounds with each roll.  
5 There's nothing like it to firm and sculpt your body.

6                                    When you're done with your Minutes a Day  
7 workout, just tuck the Gym Bar in your attractive carry  
8 bag. Slide it into a drawer or take it anywhere you go.

9                                    C ;                                    u    Bu

10                                    MALE ANNOUNCER: Greer is so confident you'll  
11 lose inches, she includes a tape measure in every kit so  
12 you can see with your own eyes the amazing inch loss.

13                                    GREER CHILDERS: People continually say to me,  
14 oh, we can't lose anything in seven days. I said, oh,  
15 really, well, here's a tape measure, go see for yourself.  
16 The tape measure doesn't lie. Either you're smaller or  
17 you're not.

18                                    C : A m

19                                    \$

20                                    MALE ANNOUNCER: Other programs may cost  
21 hundreds of dollars and still not guarantee these kinds  
22 of results.

23                                    C : 3 m A \$19.95

24                                    u &

25                                    B B m A :

1 B ( ) u , CA ( )

2 . . B m

3 14:01 ( B u A ) m A A C

4 B B u A

5 C

6 B +

7 1-800-473-9911

8 MALE ANNOUNCER: But when you call right now,  
9 you can receive BodyFlex for just three easy payments of  
10 \$19.95. At that price, how can you afford not to try  
11 BodyFlex?

12 But wait, if you call within the next few  
13 minutes, we'll make one payment for you. That's right,  
14 you'll make just two payments of \$19.95.

15 C : u A 2 m A \$19.95

16 u &

17 B B m A :

18 B ( ) u , CA ( )

19 . . B m

20 14:01 ( B u A ) m A A C

21 B B u A

22 C

23 B +

24 1-800-473-9911

25

1                   MALE ANNOUNCER: And when you call for this  
2 special TV offer, we'll include Greer's own personal  
3 success plan, a quick start guide full of Greer's tips to  
4 help you maximize your inch loss. And, remember, if for  
5 any reason in 30 days, you're not completely satisfied  
6 with your BodyFlex results, return it for a full refund  
7 of the purchase price.

8                   GREER CHILDERS: You have nothing to lose. If  
9 this program doesn't do for you what I say it's going to  
10 do, send it back to me. I'll send you all your money  
11 back. No questions asked.

12                   MALE ANNOUNCER: You get all this, the BodyFlex  
13 step-by-step instruction video, Greer's Minutes a Day do  
14 along video, Greer's patented Gym Bar, tape measure,  
15 carry bag and Greer's personal quick start guide to  
16 maximum inch loss all for just two payments of \$19.95 if  
17 you call within the next few minutes. Call to start  
18 losing your inches now.

19                   GREER CHILDERS: Use the tape measure, prove me  
20 wrong. I'm giving you all the reasons why BodyFlex  
21 works. Prove me wrong.

22                   MALE ANNOUNCER: Don't miss out on this  
23 incredible offer to look great and feel great fast.

24                   MALE ANNOUNCER: Call 1-800-473-9911. Call  
25 now.

1 C : B A  
2 z 20 A z 10/12

3 ERIKA WEAKLEY: BodyFlex got me out of this  
4 shirt. I don't have to wear it anymore. If I put it on,  
5 I can put it on, but I know I don't have to keep it on  
6 and now I can wear just about anything I want to and it  
7 doesn't have to be tight.

8 C : B A  
9 z 12 A z 4

10 DAWN HALASZ: These were the pants I wore when  
11 I was my biggest and these were skintight on me.

12 C :  
13 A : 44 z : 32 A 16  
14 u A m . B  
15 B A Au 7 B 7 . A A A  
16 m, A u A  
17 B A m A u A .

18 SHERRY SHEPPARD: The first seven days that I  
19 had done BodyFlex, I lost 23 inches. In the first five  
20 months, I went down five sizes. People are going, what  
21 are you doing because they just don't believe it actually  
22 works, and it does. Look what I've lost. It's gone.  
23 It's not there no more. It's like no more me. I'm all  
24 shrunk down.

25

1 C : C

2 A : 57

3 GREER CHILDERS: You're allowed to live a  
4 normal life. This program is not about food. Hallelujah  
5 for once. We're sick and tired of people telling us, you  
6 can't eat this and you can't do this and you can't have  
7 this and you can't have this, low carbs, low fat, low --  
8 I mean, we don't even understand it in the first place.

9 So, we have to work -- we have to work on a  
10 fitness program that's something other than about food.  
11 This program is not about food. This program teaches you  
12 to control your body fat with something other than food.  
13 It's losing inches and losing body fat and toning up all  
14 at the same time, which produces fitness, and that's what  
15 BodyFlex is about. It's not just about dropping 20  
16 pounds like that. It's about inch loss, weight loss and  
17 toning all at the same time so we can look our best.

18 C : z 9 A z 1

19 m A

20 A : 36

21 JENNIFER SMITH: At 36 years old, I think I  
22 look better than I did when I was 18. Last year for the  
23 first time in probably 15 years, I bought a two-piece  
24 bathing suit and I've been told I look great in it. You  
25 know, that feels great. And if it wasn't for BodyFlex, I

1 probably wouldn't have done that.

2 C : A 7 1/4 B 1

3 C u

4 A : 48

5 CAROL SURPRISE: I can't stick to diets. I  
6 haven't found anything that works better than BodyFlex.  
7 It's too easy. It really is.

8 GREER CHILDERS: BodyFlex is a specialized  
9 breathing technique which increases the oxygen level to  
10 your body. And, of course, with increased oxygen to your  
11 body, you have more energy and you have the ability to  
12 burn more fat because oxygen is the key ingredient in  
13 burning body fat. So, it's real simple. Oxygen burns  
14 fat, oxygen produces energy and that's what BodyFlex  
15 teaches, those two things.

16 C :

17 A : 27 z : 20 A 10

18 ERIKA WEAKLEY: The first week, I lost an  
19 average of 12 inches all over.

20 C : A 12 B 1

21 B A A A

22 ERIKA WEAKLEY: So, it's amazing to me. I  
23 can't think of anything that I could do in a week and  
24 notice a change in my body that fast.

25 C : z 12 A z 4



1                   B                   A ~~A~~           A

2                   DAWN HALASZ: I've never been this thin in my  
3 whole life. I've never been able to keep weight off of  
4 me. It works. It works.

5                   C           :                   z

6                   A : 32       z : 12 ~~A~~ 4

7                   DAWN HALASZ: I can't stress enough how much it  
8 works.

9                   GREER CHILDERS: Research has shown that  
10 aerobic breathing combined with resistance training gets  
11 you faster, bigger results, and I'm always looking for  
12 faster ways to get yourself in shape. And so, BodyFlex  
13 breathing has always been a winner. But now, at  
different stages of our life, we need different thing1 -ow, ab.0g0 T

1        maybe they're just plain lazy and they just want to sit  
2        down and exercise, but there's nothing for them.

3                What I've done is I've designed this so they  
4        can do it sitting down in their living room, watching  
5        their favorite TV show and getting in shape all at the  
6        same time. Burning excess body fat and building muscle  
7        all at the same time. I'd like to know another exercise  
8        that can do that. It's sturdy, it's compact, it's  
9        portable, it's durable, and you get fast results.

1 watching TV while they're doing exercise and they can  
2 still beat the treadmill. We compared the exact same  
3 time on the treadmill with the BodyFlex System and the  
4 BodyFlex System burned more calories. It works better.

5 C : u B

6 MARIJO LURANC: I've been going to a gym for  
7 eight months and I did not see the results that I saw  
8 with BodyFlex but only in one week's time.

9 C : B A

10 SHERI DEPTULA: After having my son, I had a  
11 huge -- I mean, I really had a huge stomach. I would sit  
12 down and it just all would -- I had rolls. And now, I  
13 have a flat stomach again and my waist is tiny.

14 DAWN HALASZ: That is actually amazing that  
15 this is -- instead of having to jog and get rid of the  
16 size of your legs, this got rid of that for me.

15

1 ANN WYLES: I lost 10-and-one-quarter inches in  
2 one week.

3 JOYA FRAZZETTA: Nine inches in one week.

4 FAYE WEISS: I lost 13 inches in a week.

5 DODI TAPAYA: I lost seven-and-a-quarter inches  
6 in a week.

7 LORI MITCHELL-BARNETT: I lost six-and-three-  
8 quarters inches.

9 SHARON BORST: I lost over seven-and-a-half  
10 inches.

11 MARIJO LURANC: I lost seven inches in a week.

12 CAROL SURPRISE: I lost seven-and-a-quarter  
13 inches.

14 DORTHY ALBEE: Eight inches in one week.

15 GREER CHILDERS: I want you to experience the  
16 benefits of BodyFlex. Feel better. Have the opportunity  
17 to experience the results that you've always wanted and  
18 never thought you could get. BodyFlex is a program that  
19 was basically a lifesaver for me. Let it be one for you.  
20 Order now. Right now.

21 C : A A

22 B +

23 MALE ANNOUNCER: Are you a size 20 and want to  
24 be a size 12?

25 UNIDENTIFIED FEMALE: With BodyFlex, I lost 200

1 pounds.

2 MALE ANNOUNCER: Are you a size 14 and want to  
3 be a size 4?

4 C : u A m . A A  
5 A m, A u  
6 A B A m A u A .

7 DAWN HALASZ: I'm thrilled -- are you  
8 kidding -- to be thin.

9 C : u A 7

10

11 4 A 14 B  
12 u A  
13 B +

14 MALE ANNOUNCER: Well, now, in just seven days,  
15 you can lose from four to 14 inches guaranteed with  
16 BodyFlex Plus.

17 C : 20 m

18 MALE ANNOUNCER: Over 20 million people have  
19 learned the BodyFlex secret. Now, you can, too.

20 C : B A B

21

22 Bu A  
23 B A

24 MALE ANNOUNCER: The secret of BodyFlex lies in  
25 the power of oxygen to burn fat. With BodyFlex

breathing, you'll supercharge your blood with fat-burning oxygen and you'll lose inches fast --

C : u A

4 A 14 B

u A 7

( m A) u B u 6

A A

MALE ANNOUNCER: -- so fast that BodyFlex guarantees you'll lose four to 14 inches across your target areas in the first seven days.

C : A

A

A

A m

4 A 14 B

MALE ANNOUNCER: That's the upper abs, lower abs, waist, hips, thighs and upper arms. That's right, four to 14 inches in the first seven days.

C : A

( m A) A B

B A Au 7 B 7 . A A A

m, A u A

1            B            A m       A            u A .

2                    ANN WYLES: I lost 10-and-one-quarter inches in  
3 one week.

4                            C       :

5                    (            m            A) A            B

6            B A Au        7 B        7        . A A B        A

7                    m,                    A                    u                    A

8            B            A m       A            u A .

9                    FAYE WEISS: I lost 13 inches in a week.

10                           C       :

11                    (            m            A) A            B

12            B A Au        7 B        7        . A A B        A

13                    m,                    A                    u                    A

14            B            A m       A            u A .

15                    DODI TAPAYA: I lost seven-and-a-quarter inches  
16 in a week.

17                            C       :        AB        -B        AA

18                    LORI MITCHELL-BARNETT: I lost six-and-three-  
19 quarters inches.

20                            C       :        B A

21                    SHARON BORST: I lost over seven-and-a-half  
22 inches.

23                            C       :        u B

24                    MARIJO LURANC: I lost seven inches in a week.

25                            C       :        C        u

1 CAROL SURPRISE: I lost seven-and-a-quarter  
2 inches.

3 C : A A

4 DORTHY ALBEE: Eight inches in one week.

5 C : ( m A) u A B m  
6 B + A m A .

7 GREER CHILDERS: You're allowed to live a  
8 normal life. This program is not about food. Hallelujah  
9 for once.

10 C : B B A

11 MALE ANNOUNCER: The secret is how BodyFlex  
12 breathing is combined with --

13 C : B mB

14 MALE ANNOUNCER: -- Greer's patented Gym Bar  
15 and, best of all, the entire program is done while  
16 sitting down.

17 C : A B B A + A B  
18 A u A

19 MALE ANNOUNCER: The powerful combination of  
20 aerobic breathing plus resistance gets you faster,  
21 quicker results.

22 C : . C , . .  
23 B BA , m C A

24 DR. DANIEL COSGROVE: It's only a few minutes  
25 and it will deliver the results.



1 C : u A uA

2 MALE ANNOUNCER: That's right. It's just  
3 minutes and you'll see the inches melting off day by day,  
4 then week by week, you'll see your dress size getting  
5 smaller. Call now to order the complete BodyFlex System.

6 C : A A A A  
7 uA A uA

8 MALE ANNOUNCER: You'll receive the Getting  
9 Started video where Greer takes you step-by-step teaching  
10 you the secret of BodyFlex breathing and you'll also  
11 receive the Minutes a Day workout video which combines  
12 BodyFlex breathing with the Gym Bar for fast inch loss.

13 C : A A m  
14 u Au !

15 MALE ANNOUNCER: Your BodyFlex System includes  
16 Greer's patented Gym Bar with its unique rolling feature  
17 that adds approximately five pounds with each roll.  
18 There's nothing like it to firm and sculpt your body.

19 When you're done with your Minutes a Day  
20 workout, just tuck the Gym Bar in your attractive carry  
21 bag. Slide it into a drawer or take it anywhere you go.

22 C ; u B u

23 MALE ANNOUNCER: Greer is so confident you'll  
24 lose inches, she includes a tape measure in every kit so  
25 you can see with your own eyes the amazing inch loss.

1 GREER CHILDERS: People continually say to me,  
 2 oh, we can't lose anything in seven days. I said, oh,  
 3 really, well, here's a tape measure, go see for yourself.  
 4 The tape measure doesn't lie. Either you're smaller or  
 5 you're not.

6 C : A m  
 7 \$

8 MALE ANNOUNCER: Other programs may cost  
 9 hundreds of dollars and still not guarantee these kinds  
 10 of results.

11 C : 3 m A \$19.95

12 u &

13 B B m A :

14 B ( ) u , CA ( )

15 . B m

16 14:01 (B u A ) m A A C

17 B B u A

18 C

19 B +

20 1-800-473-9911

21 MALE ANNOUNCER: But when you call right now,  
 22 you can receive BodyFlex for just three easy payments of  
 23 \$19.95. At that price, how can you afford not to try  
 24 BodyFlex?

25 But wait, if you call within the next few





For The Record, Inc.  
Waldorf, Maryland

1 1-800-473-9911

2 . .B m

3 DAWN HALASZ: I'm thrilled -- are you  
4 kidding -- to be thin. I thought it was impossible. I  
5 thought I just don't have the body type to be thin is  
6 what I thought before BodyFlex.

7 C : A 42 u

8 A 32 B

9 B A

10 C B +

11 1-800-473-9911

12 . .B m

13 SHERI DEPTULA: If somebody was where I was, 42  
14 pounds and 35 inches ago, I'd beg them to try BodyFlex.  
15 Honest to heaven, I did not think it would work. I  
16 thought it was insane. I didn't want to  
17 spend -- I was thinking, well, we have to be really  
18 careful with money, we have a brand new baby, wasn't  
19 going to do it. The best thing ever. In seven days, I  
20 had lost inches already. It was the best thing that ever  
21 happened.

22 C : C B +

23 1-800-473-9911

24 . .B m

25

1 GREER CHILDERS: This program is designed --  
 2 was really designed for the hopeless because I was one of  
 3 them. And if anyone watching feels like they fall into  
 4 that category, BodyFlex is an opportunity for them to get  
 5 themselves out, you know, break out. It's a program that  
 6 doesn't take very long and everyone can give up 15  
 7 minutes a day, everybody. And basically you can still  
 8 live a normal life and eat the way you want. It doesn't  
 9 cost every much and the results are phenomenal. I mean,  
 10 somewhere between four and 14 inches lost the first week,  
 11 is where you're going to fall.

12 Now, you've got seven days to try. You're not  
 13 going to give up three months, nobody is. But you're  
 14 willing to try seven days to see for yourself. Use the  
 15 tape measure, prove me wrong. I'm giving you all the  
 16 reasons why BodyFlex works. Prove me wrong. Try the  
 17 program, you have nothing to lose except the unwanted  
 18 weight that you didn't want anyway.

19 C : u A 2 m A \$19.95

20 u &

21 B B m A :

8

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25

**C**  
**B +**  
**1-800-473-9911**

MALE ANNOUNCER: There's only seconds left.  
Don't miss out on this incredible opportunity. Pick up  
the phone and call now to receive BodyFlex for only two  
payments of 1995. BodyFlex guarantees you'll lose inches  
or your money back, so there's no risk. Don't wait.  
Pick up the phone and call now before time runs out.  
Look great, feel great fast. BodyFlex is an incredible  
offer. Call now.

MALE ANNOUNCER: Call 1-800-473-9911. Call  
now.

**C : B**  
**A A B +**

MALE ANNOUNCER: This has been a paid  
presentation for BodyFlex.

( m B B B u .)



1

C

C A

Y

2

3

MATTER NUMBER: 0323212

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