



# Yes! You can be fit at 40 and beyond

- Ma. Chelo Y. Caputong, M.D.

Find out how Zunic transformed the lives of two women aged 36 and 64

If you're in your 40s and beyond, fitness tends to take on a new dimension. Exercise routines that were once merely challenging may become agonizing or even impossible by the time you reach this age. Even if you're lean and fit, the unavoidable effects of aging will eventually show. The body will shift, loosen and start storing unwanted fat as part of the natural aging process, and this extra weight gain becomes more difficult to shed through ordinary weight loss methods.

I'm going to introduce you to what *does* work by telling you a story about two women who made spectacular changes to their bodies by trying something very different from what they've done in the past. Meet Lissa and Bianca (not their real names), 36 and 64-year-old balikbayans, respectively. When they first came to Zunic, they voiced out a lot of complaints and misconceptions about their bodies, like most women are prone to, such as not losing weight due to slow metabolism, blaming genetic composition for the extra flab, and not having enough time to stay fit due to their busy schedules. Both Lissa and Bianca had struggled with their fitness all these years to the point that they've already spent a large amount of money just to lose weight, to no avail. Luckily, this immediately changed once they enrolled at Zunic and experienced the safe, non-invasive, and painless methods that Zunic had to offer.

Zunic helps people like Lissa and Bianca finally conquer their struggle by bringing together top-of-the-line, technologically advanced machines plus an expert team of figure and fitness consultants, doctors, and therapists. After enrolling at Zunic, Lissa now feels more energetic, looks 10 years younger, and is finally confident to wear whatever she wants—including that sexy two-piece swimsuit for her class reunion. She feels like an entirely new person and is in her best shape ever. Bianca, on the other hand, has finally started getting results and has lost a considerable layer of body fat after years of struggling to lose even just a couple of pounds. She is feeling the best she has in over 3 decades and is enjoying her life more than ever. Not only does she feel healthy and vibrant, she looks younger, too! Despite the ladies' age difference, both of them achieved very similar results...and inspiring ones at that!

Of course, weight loss still requires a little work. Just like Lissa and Bianca, you still need to have healthy eating habits, engage in moderate activity, and do simple exercises aside combined with your Zunic treatments. Visit Zunic today and start making a few painless changes to your everyday lifestyle that will help you eat smarter, tone that body and lose weight!

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