

## Local Testimonials

“ Having tried quite a few gyms, I was very sceptical about trying one that is slightly alternative. I could not have been more wrong. I have lost 55 cms in total in 33 sessions (11 weeks). The staff have been absolutely amazing and so supportive..... I would not hesitate to recommend Aliento to anyone who has not enjoyed the run of the mill gyms. This is like going to a Day Spa. A relaxing feel good experience that is helping me get back in shape’.

Nanette - Wantirna South ”

“ I retired from full-time work 18 months ago and have been looking for ways to increase fitness levels and general well-being. The onset of arthritis in my hips had impacted on my mobility and a friend recommended Aliento to me. I attended a trial session and felt such immediate relief that I booked in for 2 sessions per week from that day.

It is a pleasure attending each session. The staff are extremely helpful and knowledgeable, everyone is very friendly and I don't feel self-conscious or out of place at my age. The exercises have been of enormous benefit to me. Not only have I found great relief from arthritis and general aches and pains, but my posture has improved and the whole experience provides great physical and mental well-being. The pain relief means that I have been able to resume walking, and have more energy to keep up with my little grandchildren. After 10 sessions I have lost 21 cm from all over my body, which I'm most happy about. I recommend Aliento most highly and really look forward to each session, knowing that I will feel great at the end of it.

Linda - Wantirna ”

“ Joining Aliento is the best decision I've made. I need to lose weight and become fit and flexible. With the help and encouragement of the wonderful staff I have lost 21cms in 11 sessions. I am so happy that I found Aliento. The warm and friendly atmosphere makes it a pleasure to attend and I look forward to and enjoy each workout. Naomi – Glen Waverley ”

To review over 150 client testimonials, go to  
[www.aliento.com.au](http://www.aliento.com.au)



# Taking the stress out of a workout

Our health is one of the most precious things we have. We know that regular exercise is essential to good health. It's necessary to keep organs in good working order and muscles from wasting away. Exercise maintains and improves body tone, keeps us looking and feeling younger and improves posture. It has a beneficial effect on our metabolism and general wellbeing – combating stress, depression, insomnia and general fatigue. It enables us to better control high blood pressure and cholesterol, and helps ward off heart attacks and cardiovascular disease, lung problems, diabetes and osteoporosis.



**TO BOOK YOUR  
FREE TRIAL, CALL  
9764 1110**

### **Why is it then that so few of us invest in a regular exercise programme?**

Many women feel that exercise environments are too competitive and unwelcoming, equipment is too complicated to use, programmes are too difficult or harsh for those of us who are injured, older, unfit or overweight and results take too long to achieve unless you endure pain, strain and sweating.

With all of this in mind, Aliento was created to provide a unique and refreshing alternative to traditional gyms for women of all ages.

The first thing you notice when you walk into Aliento is that it looks and feels more like a day spa than a fitness centre - It's light, spacious and modern with contemporary art and new equipment.

Women of all ages and fitness levels have been pleasantly surprised by the ease and speed with which they've achieved results. Equally important to them is the welcoming, supportive and enjoyable environment in which this has been achieved.

*Aliento uses the latest technology to help women work **smarter** not harder.* Aliento's European Shapemaster equipment has been designed by leading exercise physiologists and sports scientists and is endorsed by medical and fitness professionals in **every** continent.

This unique programme offers over 150 different strengthening, toning, rehabilitation and stretching exercises - all of which are designed to take the strain, stress and harsh impact out of exercising. Clients range in age from 16 to 80+.

***You'll see results in weeks,  
not months***

Donna, a Rowville mum of three, says:

***“I've been coming to Aliento since it opened and I just love it! It's all about how it makes me feel. I've struggled with my weight all my life and no other exercise has given me the wonderful results I've achieved at Aliento.”***

Aliento offers the full suite of *Shapemaster Powertone Plus Pilates* toning beds and *Easytone* chairs (imported from the UK) together with Vibration Trainers. This equipment gently strengthens and lengthens the lean muscle through supported, repetitive exercise that isolates and mobilises all major muscle groups throughout the upper, mid and lower body. This gentle approach trims and tones the inner and outer thighs, hips, chest, shoulders, upper back, buttocks, lower back, arms,

waist, lower legs and abdominal muscles while improving circulation, core strength, posture and overall fitness.

The programme offered by Aliento is ideal for toning, weight loss and strengthening or for rehabilitation and injury management. Exercises are fully supervised at all times and clients work at their own pace through an exercise regime designed to specifically meet their personal needs.

Equipment is booked in advance so there's no waiting to complete a session. There are no contracts, no joining fees and sessions can be completed for between \$5 - \$22 each depending upon frequency of use and type of programme selected. All new clients are offered a one hour trial, so no need to spend a cent until you have assessed the suitability of the equipment to your personal needs.

***Getting back into shape has never been easier!***

**Aliento is open 6.30am to 8pm Monday to Thursday, 6.30am to 7.30pm Friday and 8am to 3pm Saturdays.**