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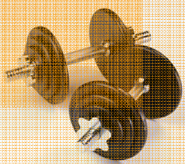
Pump Iron & Stay Young

Pumping iron is an extremely powerful and necessary component of any successful workout program. See how it works:

1. reduce body fat.
2. increase your metabolism
3. increase your muscle mass.
4. prevents muscle loss.
5. improve bone mineral density.
6. improve your glucose metabolism.
7. speed up your digestion..
8. reduces your resting blood pressure.
9. relieve lower back pain.
10. reduce arthritis pain.

Start today, Pick Up those weights.
Extend your natural warranty and Start living and feeling Younger.

Article By : Lalit Narayan

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*Monthly Easy Pay Plan *Three Gyms for One price*Qualified Experienced Instructors *Free Parking * Group Classes available at select centres.* Flexible Time Package *



Elemention supported **Running and Living** for a 5km and 10km run which took place on 2nd august in leisure valley. The run was about **Giving Back**. All runners came with some old T-shirts & Shoes and distributed it to them who really required this.



Is Gas Price Killing You? Shock at Gas Pumps has many people opt for **easy2commute.com** - a secure carpool facility supported by **Elemention**, aiming to ease traffic and benefit office goers in the Delhi-NCR region.



DID YOU KNOW?
Exercise Boosts Brainpower

"Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity,"