



**winFit**<sup>™</sup>

BODY SHAPING SYSTEM

*Shape your future*

REDUCED  
BODY FAT

IMPROVED  
MUSCLE  
TONE

INCREASED  
ENERGY



# WELCOME TO THE FUTURE OF FIT

**winFit**<sup>™</sup>

BODY SHAPING SYSTEM

**Reduced Body Fat \ Reduced Inches \  
Improved Muscle Tone \ Increased Energy \  
Enhanced Overall Wellness**

WinFit is a bold new fat-loss and body-shaping system that enables your body to perform at the highest possible level. It combines patented technology with proven science and sensible nutrition, for results that virtually anyone can achieve.

## NOT LIKE ANYTHING ELSE

**No Calorie Restrictions \ No Extreme Exercise \ No Restrictions On Healthy Eating**

We don't believe in fad diets, intimidating workout routines and pills that promise perfection. For most people, these methods are either ineffective or simply too hard to sustain. That's why we developed WinFit to help you lose fat and shape your body on your terms.

## PATENTED TECHNOLOGY

**No Drugs \ No Stimulants \ No Chemicals \ No Harmful Side Effects**

- WinFit Patch: Promotes a reduction in body fat
- Y-Age Carnosine Patch: Improves strength and flexibility, and increases endurance
- Theta One/Theta Activate: Award-winning formula with natural ingredients known to build lean muscle and metabolize fat.

## THE SCIENCE BEHIND OUR PHOTOTHERAPY PATCHES

In over 100 countries, people use LifeWave's patented patches to improve their health and quality of life.

- Rigorously tested in over 70 clinical research studies\*
- Non-transdermal application puts no drugs or chemicals in the body
- Each patch is applied to a specific point on the body for targeted results
- Body heat (infrared light) is trapped by each patch, which stimulates points on body

\*Please visit [www.LifeWave.com](http://www.LifeWave.com) to learn more.

# SIMPLE STEPS. REAL RESULTS.

WinFit delivers a completely new approach to fat loss and body shaping that emphasizes six carefully timed components, including nutrition and exercise.

“ I’ve been on the WinFit program for the last 60 days and I’ve lost six inches... and I’m definitely feel lighter, faster and more fit. Plus, I’m starting to get a lot of compliments! + ”

- Lisa P., Study Participant

For best results, follow the specific sequence below:

1



## HYDRATION

Start by drinking water first thing in the morning. Research shows that consuming 17 ounces can increase metabolism by 30 percent.<sup>1</sup>

2



## EXERCISE WINDOW

Studies show a little exercise goes a long way. WinFit helps you succeed with a minimum of 10 minutes in the morning, two days a week.

3



## WINFIT PATCH

For daytime use, it promotes a reduction in body fat. This helps improve the metabolism and build new muscle.

4



## EATING WINDOW

You are when you eat. Stay within an eight-hour daily window to keep your body in a fat-burning state, while maximizing muscle growth.

5



## THETA NUTRITION

Award-winning formulas for nighttime use, which work together to help build lean muscle and metabolize fat.

6



## Y-AGE CARNOSINE PATCH

For nighttime use, this patch improves strength and flexibility, and increases endurance.

<sup>(1)</sup> Berlin's Franz-Volhard Clinical Research Center



# THE WINFIT PATCH

“ I have been on WinFit for eight weeks now, and it has been so incredible! I have lost five inches total and three and a half inches through my belly... I just love it! † ”

- Kathy F., Study Participant



## Reduced Body Fat

The WinFit patch was developed specifically to reduce body fat. Because your metabolism is “shifting gears” to build new muscle, you need lots of energy (fat) and fuel (food). This is one of the main reasons there are NO calorie restrictions with the WinFit system.

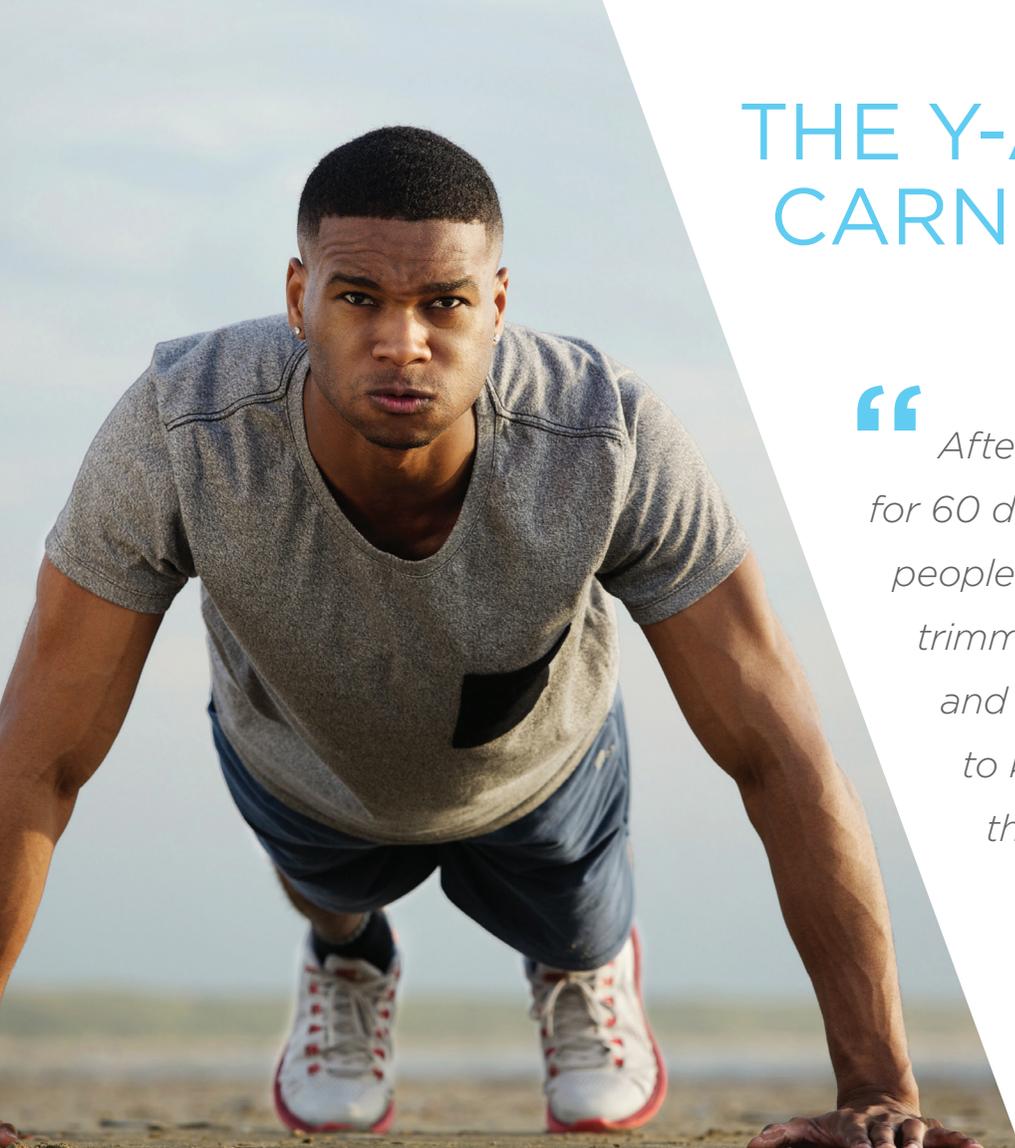
## Backed by Science

In a controlled study, participants who wore the WinFit patch had a significant decrease in Body Mass Index (BMI) and inches lost, along with a significant increase in weight loss, when compared to those not wearing the patch.

98%

reported that the WinFit program met or exceeded their expectations†





# THE Y-AGE CARNOSINE PATCH

“ After being on the WinFit program for 60 days, I’ve had at least half a dozen people comment about how I look trimmer and fitter. It boosts your ego and self-esteem, and makes you want to keep doing it, so you can get those last few inches off! † ”

- Steve S., Study Participant



## Improved Strength and Increased Endurance

The Y-Age Carnosine patch is a proven solution for improving athletic performance. Regular use leads to improved strength and flexibility and increased stamina.

## Backed by Science

In a double blind, placebo-controlled study, Y-Age Carnosine increased stamina by up to 125% after three weeks of use. Please visit [www.LifeWave.com](http://www.LifeWave.com) to learn more.

100%

of subjects reported increased muscle strength and stamina using WinFit<sup>†</sup>





# AWARD WINNING FORMULAS

In 2015, the Direct Selling Association (DSA) recognized Theta One and Theta Activate with its coveted ETHOS Award for Product Innovation.

This scientifically advanced combination of nutrients and pioneering delivery system produce results within minutes of use.

“ *With WinFit, I've lost eight pounds, four and a half inches, my body fat has dropped and it just makes me feel great!*”

- Warren P., Study Participant

## Theta Nutrition®

### THETA ONE®

**Supports HGH Levels \ Immune System Support \ Prebiotic Fiber \ Antioxidant Source**

This patented, award-winning formula contains L-arginine, which has been shown in published studies to improve growth hormone response.<sup>3</sup> This matters because growth hormone is another important factor for rapidly building strength and reducing body fat.\*

- Colostrum: supports the immune system through growth factors such as IGF-1 and IgG\*
- Two forms of L-arginine (3.5 grams per stick): a precursor to nitric oxide that increases blood flow and is shown to improve growth hormone response<sup>3\*</sup>
- 6 grams of prebiotic fiber (Nutriose®)
- 500 mg of potassium, an essential electrolyte\*
- Goji berry extract, which contains antioxidant properties that help fight free radicals\*

### THETA ACTIVATE®

- Increases the absorption of nutrients throughout the day
- As a result, more of these nutrients enter the cells
- Theta Activate then speeds up the cells' metabolism for fast results you can feel

(3) The Journal of Strength & Conditioning, bodybuilders: In a three-week study, results showed that growth hormone levels were increased after L-Arginine supplementation.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





## EXERCISE WINDOW

High-intensity Interval Training (HIIT), Tabata training and isometric training, help you get fit as quickly and efficiently as possible. In fact, you can make great progress with just 10 minutes of exercise, a minimum of two days a week. These proven approaches depend on two critical things: INTENSITY and TIMING.

“ *Anybody who is looking to change their body and feel good about themselves should try WinFit—you feel like ‘I can do this...this is easy!’<sup>†</sup>* ”

- Antionette P., Study Participant

## HIIT Training and Tabata Training

A repeated cycle of exercising and resting in short intervals promotes very large releases of growth hormones: this helps you lose fat and get more fit in a short period of time.<sup>2</sup>

### Sample Exercise

Do push-ups for 10 seconds, rest for 20 seconds, and then repeat that pattern for a total of four minutes.\*

### Other HIIT and Tabata Exercises May Include

- Jumping jacks
- Running up and down stairs
- Jogging (or sprinting) in place
- Using a punching bag and more

## Backed by Science

A recent study conducted at McMaster University in Hamilton, Ontario, shows that sprinting for 20 seconds, resting for one minute, and then repeating this two more times (one minute of exercise) provides the same amount of fat loss as 45 minutes of walking. Now that's efficient!

\*Please see the WinFit System Guide for detailed instructions on the eating window.

(2) A 2003 study published in the journal Sports Medicine found that “exercise intensity above lactate threshold and for a minimum of 10 minutes appears to elicit the greatest stimulus to the secretion of Human Growth Hormone.”

95%

felt their body was more firm and toned after using the WinFit program<sup>†</sup>



## Isometric Training

There's no actual movement in isometric training. Instead, you simply apply pressure to the muscle (hold a position) for a brief amount of time. The more pressure (weight) you apply, the shorter you need to hold the position.

### Just How Short?

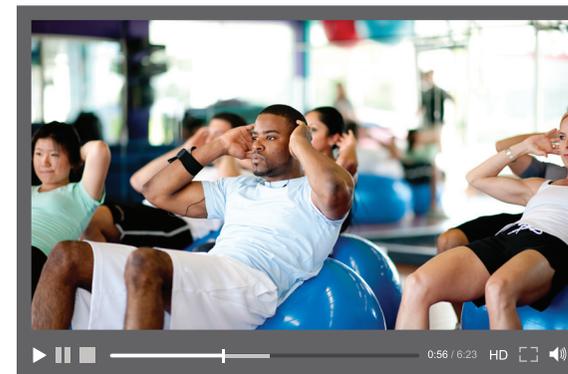
With resistance bands, you can apply a significant amount of pressure to a muscle, using only a few exercises. So in less than 10 minutes you can get a full body workout. In fact, if you perform these exercises correctly, you shouldn't be able to do them more than two days a week.



*Please Note: Resistance bands are available for purchase with the WinFit system.*

## Training Videos

As an added value for purchasing WinFit, you get access to exclusive training videos, coached by a world-champion fitness professional. They include easy-to-follow instructions that keep you on track to achieve your goals. For best results, view the videos while you do your weekly HIIT/Tabata and isometric training.





# EATING WINDOW

“ *I feel a thousand times better than I did 60 days ago. I lost four percent of body fat and 10 pounds, and gained an inch on my biceps. Overall I feel a lot better than I did so I'm very happy with WinFit!†* ”

- Kevin M., Study Participant

## No Calorie Restrictions \ No Restrictions On Healthy Eating

Just remember to eat only during an eight-hour window each day. That's it! This method keeps your body in a steady, fat-burning state and maximizes muscle growth. It also enhances insulin response and stability, while keeping blood sugar at an optimal level and increasing and sustaining energy. In addition, studies show that the eight-hour eating window elevates growth hormone levels in the morning, leading to an improved Body Mass Index (BMI).

So just eat your breakfast, lunch and dinner during this window, and DO NOT consume any calories during the other 16 hours, and you'll succeed. And please note that you may drink water or decaffeinated tea/coffee during this 16-hour period.

*Please see the WinFit System Guide for detailed instructions on the eating window.*



96%

reported that their clothes fit better since using WinFit†



# SHAPE YOUR FUTURE

Unlike anything else you've tried, WinFit brings together patented technology, proven science, and a commonsense approach to nutrition and fitness.

By embracing a system that works on your terms, you can finally say goodbye to calorie restrictions and extreme exercise for good.

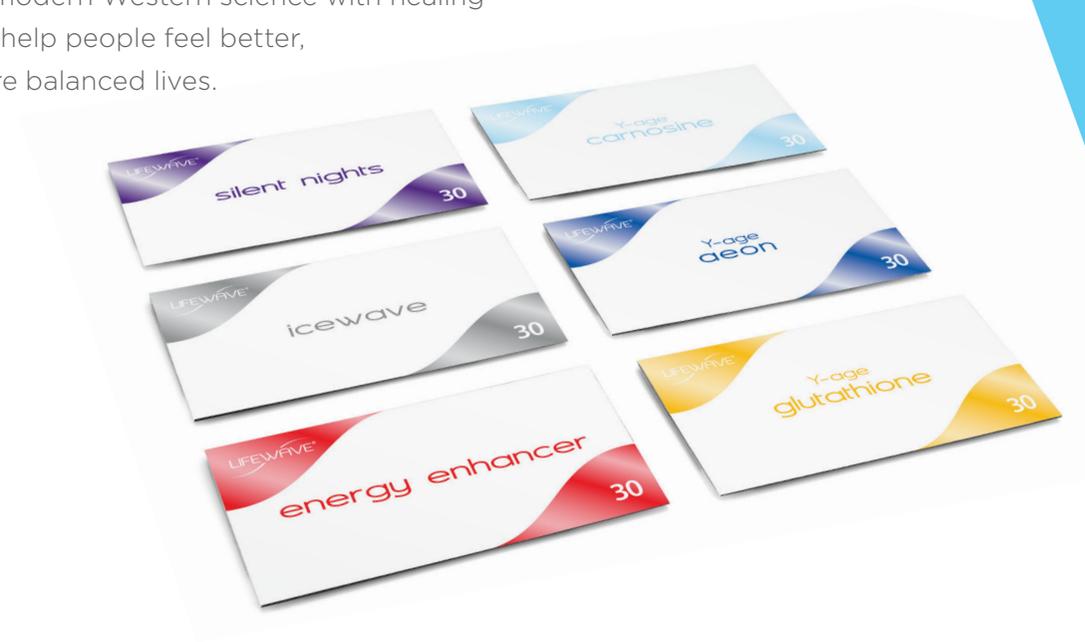
**Get started with WinFit today!**



Live long. Live well.

Since 2004, LifeWave has merged modern Western science with healing practices from around the globe to help people feel better, look younger and live healthier, more balanced lives.

Our patented, proprietary wellness products and innovative business opportunities transform the way people live and work.



**†WinFit Study Results:** These results are based on a 60-day study of women and men ages, 35 – 64. Analysis of these results was provided by Dr. Lisa Tully, PHD. Your results may vary and depend on a variety of factors including starting point, goals, time and effort.

**Disclaimer:** If you are pregnant, nursing, taking medication, or have a medical condition, please consult your health professional before using this system. Before starting any new fitness routine, discuss it with your health professional to make sure it is right for you.

# A BETTER BODY IS ONLY THE BEGINNING



The same sense of freedom and balance that WinFit brings to your health can extend to the way you live, work and travel. People all across the globe have embraced LifeWave as a path to success by becoming a personal consultant. Whether you're looking for a simple and rewarding way to earn extra money or an entirely new career, LifeWave empowers you to live how you want to live.

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