

OUT AND ABOUT

Diet. Exercise. Sweat. Deprivation. Are these the words you associate with weight loss? If so, you probably have a fairly negative outlook on your chances of dropping inches without committing to rabbit food and hours in the gym. What would you say to an alternative that allows you to get results without resorting to carrot sticks and cardio?

Shape Up! is a Lincoln weight loss center that offers the possibility of losing inches in a unique way. Jill Robertson, owner of Shape Up!, says that her clients have seen results with the Arasys Body Shaping machine. Jill informed me that the Arasys (pronounced Al-Ra-a-sis) was invented by one of the doctors who developed pacemakers for heart patients. Pacemakers work by stimulating nerves to contract the heart muscle. After seeing the success of these lifesaving devices, researchers put the same principles to work stimulating muscle growth in patients suffering from debilitating diseases.

Researchers eventually noticed an additional effect of the treatments: Along with muscle growth, patients were losing fat and experiencing a firing of their metabolisms. The Arasys Body Shaping machine was then developed into a weight loss tool. Typically when a person exercises, glucose stores must be burned off before fat is lost. According to Jill, the Arasys Body Shaping machine begins burning fat immediately. Jill adds that, while results vary for each individual, her typical client will

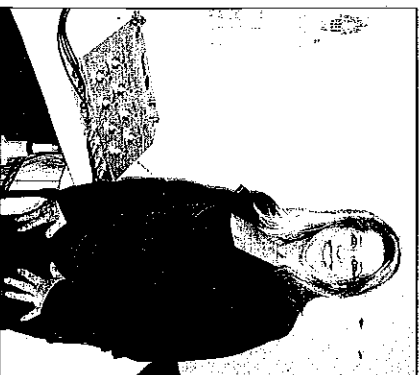
lose a dress size in 10 sessions. Jill herself has lost 13 inches! In addition to losing inches, Jill says clients report additional results such as decreased hunger, increased stamina, and weight loss that may continue after the sessions are completed.

After hearing some of the success stories (Jill says one customer went from a size 12 to a size 8 in just five sessions), I was curious as to what an Arasys Body Shaping machine session was like.

Jill graciously offered to let me try it so that I could get a feel for the sessions and could see for myself if I gained results.

When I arrived for my first session, I was a bit nervous since I wasn't sure what to expect. Jill took me into the treatment room, which is spacious with windows, oak woodwork, French doors with veils for privacy, a large TV with a DVD player to keep clients entertained during their sessions, and a spa table next to the Arasys Body Shaping machine. The first thing Jill did was measure my waist and abdomen in several spots. I won't share my measurements with you, but let's just say that I'm a bit fluffier around the midsection than I used to be.

I rolled down the waistband of my pants so Jill could fasten two fabric belts around my waist. She then arranged damp sponges at strategic points on my stomach and back. Once she was satisfied that the sponges were in place and secured by the belts, she attached metal clips to the sponges. Each clip was attached to the Arasys Body Shaping machine by wires. Once I was hooked up, Jill had me lie back on



Jill Robertson, Owner

Having cancer is hard. Finding help shouldn't be.

"After Ralph was diagnosed with cancer, he called me late one Tuesday night. He and his wife, Gehl, were still a little in shock. They had a lot of questions and they didn't know where to find the answers. So I helped them understand his treatment options. We also talked about what kinds of questions to ask his doctor, and how clinical trials work. And then I helped him get in touch with a support group that is close to where they live. By the end of the call, I could tell they felt a little better. They said it was nice to know that someone's available any time, day or night."

Cathy - Cancer Information Specialist



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OUT AND ABOUT

the table while she arranged pillows behind my upper back. She explained that as she started the Arasys Body Shaping machine, she would be checking to make sure that I could feel the machine working on my abdominal and back muscles. Then she would gradually increase the intensity until I felt the sensation of a medium to hard sit-up.

When she started turning the knobs of the machine, the first thing I felt was an odd tingling sensation on my skin beneath the sponges. As the intensity was increased, my stomach began actually contracting and pulling in. The contractions felt... weird. They didn't hurt at all. They didn't tickle or pinch. They just felt strange. I could feel my muscles pulling in at rhythmic intervals, and after I settled into the sensation, it started to feel kind of good.

After 40 minutes of these stimulated muscle contractions, the machine shut off automatically. I hopped off the table, and Jill unhooked me. She then measured me again and I was a half-inch smaller in each spot than I'd been an hour before. For the next 10 or 15 minutes, my skin felt tingly. I never felt tired or sore, not even the next day. Jill told me that to see more results, I'd need to come back several times over the next week.

In spite of my busy schedule, I was able to find time for additional sessions since I found Jill to be very accommodating with appointment times. She routinely schedules clients before or after work and on Saturdays. At my second session, I was much more comfortable because I knew what to expect (plus Jill has the kind of personality that puts one at ease), and I was relaxed enough to have Jill turn the machine up a bit higher. At this second session with the levels intensified, I experienced strong sit-up sensations without the sweat and fatigue that

would accompany 40 minutes of actual ab crunches.

That night and the next day, I felt a little firmer around the middle. After my third session, I noticed there was a bit more space between my belly and the waistband of my pants. And after my fifth and final session, Jill measured me and reported that I'd lost a total of four inches in my midsection. I'd lost an inch around my ribcage, an inch right at my navel, and two inches in that pesky paunchy area just below the bellybutton—all in a week's time.

Jill says my results are fairly typical, and that better results usually come from additional sessions. But she's quick to say that she cannot make guarantees. Every person is different and responds uniquely to the Arasys Body Shaping machine treatments. Jill says she is confident that anyone can see results, however, some clients might require more sessions than others. Specifically, Jill has noticed that women who are post-menopausal may respond slower than younger clients. For those women, she suggests purchasing more visits.

After owning Shape Up! for a year-and-a-half, Jill says she's learned a lot. She has gotten quite good at looking at a person's body type and connecting them to the machine in the most efficient way. She says that she also reformatted her pricing to make her sessions more affordable. She now offers a discount for returning customers who'd like to add to the results they've already experienced. Jill says that the Arasys Body Shaping machine might be particularly effective for people who are looking to jump-start weight loss or are trying to push through a plateau. She recommends that the treatments be used along with diet and exercise for maximum results. Call Jill Robertson at Shape Up! for more information. The phone number is 475-2526. **W3**

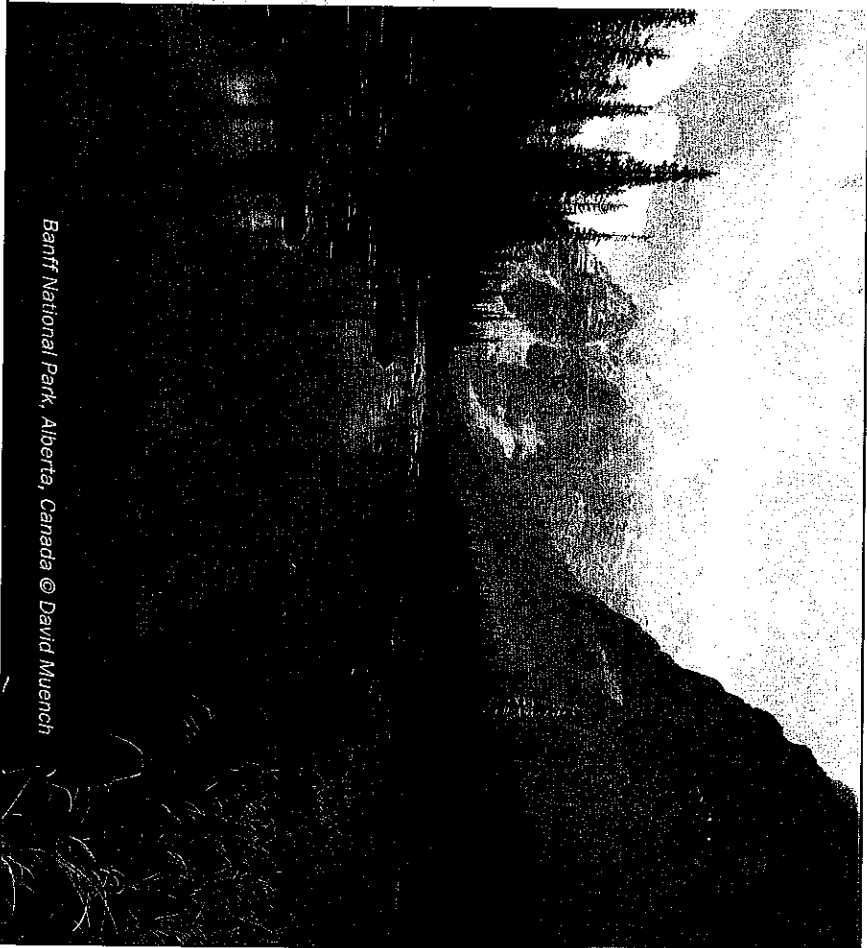
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