

Shapemaster

Reactiv8 Your Life- 500 inches lost in 3 months!

mj riggs

When I was assigned **Shapemaster**, I immediately thought that I was going to have to go to a gym. And when owner Ruth Chapman told me to wear something comfortable to the interview, I was even less thrilled. Now, I am sure if you sincerely detest working out, as do I (only I think I detest it on a slightly higher scale than most other humans) you will simply write me off here and now. And that is when I urge you to hear me out on this one, because I have something HUGE for you!

As I have already hinted, I am the worst cynic and skeptical individual when it involves me removing myself from the couch. In layman's terms, I don't work out! I have tried it all: five different gym memberships, thousands of dollars on personal trainers and workout equipment...you name it, I have tried it. Nothing worked. I didn't really feel the whole "gym" vibe and was less than motivated to go. I literally had to convince myself everyday to go back to the gym. It was less than pleasant.

So, now that I have proven my utter distaste for working out, let me get to the point. When I walked through the door at **Shapemaster** and took a gander at their facility, I can honestly tell you that I had no clue where I was or why I wore scrubby workout clothes. I was warmly greeted by a most vivacious Victoria, and was told to look around. Nothing about **Shapemaster** feels like a gym or anything even closely related in definition. It was calm, very contemporary, tranquil

and homey. I was perplexed. While waiting to meet with Ruth, I noticed that their clients ranged from about 21 to 72. Even more perplexed, I was relieved when Ruth came to my rescue answering the abundance of questions that had built up in the short five minutes I had been there.

Shapemaster is a facility housing specialized equipment that actually assists *you* in working out! They are all the rage over-seas and **Shapemaster** is the very first in America! As I began asking questions about how the equipment worked, Ruth simply smiled and said "let's go." I was then led through each machine (a FULL workout in only 36 minutes, if you can believe that) so that I could fully understand they way that they work. I was blown away. These machines basically do the work for you, guiding your body along the movements in a slow and very controlled manner. Ruth, who was on the British Ski team, had been in gyms her whole life. Even she was a hard-core skeptic when it came to these machines and the way the work, but raves about how revolutionary they have been in her life. Not only her life, but just in the short time I was there I saw the personal time that each staff member pays their clients and their specific needs. Ruth briefly told me of one of the women that was there that day. She is in her late 80's and was walker-bound when she joined **Shapemaster**. Today, she was up and about managing the machines on her own, with more spit and vinegar than I have seen in most 20 year olds! Ruth also went on to explain that these machines were originally developed to help people who were recovering from a stroke, cerebral palsy, diabetes or other ailments. However, in the rehabilitation process, they learned that the slow controlled movements and stretching techniques these machines utilized were very beneficial to all people, therefore they were redesigned to work with all people

no matter the age or weight (Ruth's machines accommodate all weights up to 500lbs).

I know this sounds way too good to be true, but guess what? It's not! It is hard to understand just how the unique process of **Shapemaster** is without trying it out, and trust me you will want to! I am going back with my mom later this week to show her what it is all about and to sign myself up! It was the most incredible place I have ever seen and for once in my life I actually look forward to going back. One other great thing about **Shapemaster** is that you don't sweat! I went through all of the machines *and* the Power Plate (NASA developed technology that was used in the Olympics and is the muscle behind Madonna and Fergie) and I did not drip one tiny droplet of sweat! A-MA-ZING! You have to try it! Check out our *Save your Clams* for a coupon to **Shapemaster**. For more information or to set up your trial call 727-347-4000. **Shapemaster** is located at 40 66th Street North, St. Petersburg. I'll see you there!