

# LOSE WEIGHT. STAY FIT. IN ONLY 10 MINUTES A DAY.

You can *increase muscle tone, strength, circulation and flexibility* in just **10 minutes a day, 3 times a week.**

**NO SWEAT! NO GYMS! NO STRESS!**

DZT Fitness Inc. has recently opened their first Fitness and Wellness Studio on the North Shore that is way beyond ordinary.

They are the first exclusive "Whole Body Vibration" studio in Vancouver. A member can come in, and in just 10 to 15 minutes get an effective whole body workout equivalent to one to two hours in the gym. It sounds hard to believe, but this technology has been used heavily in Europe for over 30 years and results are guaranteed.

**Using Whole Body Vibration three times per week will effectively help you to build muscle mass, lose weight, improve circulation and lymphatic drainage, improve mood and energy, fight osteoporosis and build bone density, help with pain control and much more.**

Whole Body Vibration is a proven science and used by many NHL, NFL, NBA, hospitals, physiotherapists,

chiropractors, wellness centres and many other professionals.

DZT Fitness Inc. is a North Shore business that started in 2001. The Company is owned by Douglas and Zatica Nevin and their son Taylor. They are very active in the community and enjoy all of the sports and pleasures that Vancouver has to offer. Always looking for entrepreneurial opportunities, Douglas and Zatica first saw this technology being used in many countries in Europe and envisioned the tremendous trend here in Canada. After 2 years of development they launched and have not looked back. The response has been amazing and the system works.

DZT Fitness is on the forefront of this WBV technology and has also developed an affordable machine that they offer to clients who prefer to work out in the comfort of their own home.

**DZT Fitness and Wellness Studio also offers Infrared, Detoxing Sauna Sessions and full esthetic services. Come on in for a free trial and experience the future in Health and Fitness.**



Douglas and Zatica Nevin, DZT Fitness Inc., Whole Body Vibration Health and Wellness Studio



## CHRISTMAS SPECIAL!

**FREE UNLIMITED  
Infrared Sauna  
with any package!**

*Gift Cards Available.*

**DZT** FITNESS  
**WHOLE BODY VIBRATION**

Studio Hours: Tuesday-Saturday 10am-6pm

1332 Main Street, North Vancouver • 604.985.4398 • [www.dztfitness.com](http://www.dztfitness.com)