lives are spent sitting at desks, in cars, in theatres and restaurants. Nature never intended this. And so our bodies rebel. Our circulation slows down, our digestive systems function improperly and we take on those sluggish extra pounds which make us look and feel out of condition.

It is for busy men and women who are confronted with this problem and want to do something about it that Exercycle has been designed. Within this book you will find a story of a unique method of reducing and keeping fit...effortless exercise.

EXERCYCLE

Reg. U. S. Pat. Off. Nos. 1992127, 2107447, 2107449