

down which follows. Exercycle on the other hand is *controlled* exercise. You *can't* overdo in the ten to fifteen minutes a day recommended.

QUESTION—Can such passive exercise take off weight?

ANSWER—Beyond question. The increased circulation brought about by the machine's movements, burns up excess fat and carries off waste just as violent exercise does. In the back of the book you will find copies of letters, just a few of many, Exercycle users have written us about losing weight on Exercycle.

QUESTION—Specifically—will Exercycle reduce a fat stomach?

ANSWER—Exercycle concentrates its action in the mid-section. It is the stomach muscles that first feel the gentle pull of Exercycle's passive exercise.

QUESTION—What effect will Exercycle have on sluggish intestines?

ANSWER—Constipation, if it arises as it so often does from the inactivity of a seden-

tary life, is easy to overcome with Exercycle. The increased circulation caused by the gentle action of the machine increases metabolism and normalizes elimination.

QUESTION—What else can I expect from Exercycle?

ANSWER—When you have used the machine for even a short time...before you've begun to notice the unwanted pounds slipping away—you'll notice something else. Your step will be lighter...your nerves steadier...you'll have a feeling of buoyancy and well-being. The drag of a sluggish system will be lifted—you'll be able to do better work, do it more easily. And after you have used Exercycle for a few weeks you'll begin to notice the change in your appearance.

QUESTION—What do doctors think of Exercycle?

ANSWER—Doctors are our most enthusiastic boosters. Many of them not only use Exercycle themselves but recommend it for their patients, even for invalids. You will find letters from several of them in the back of the book.