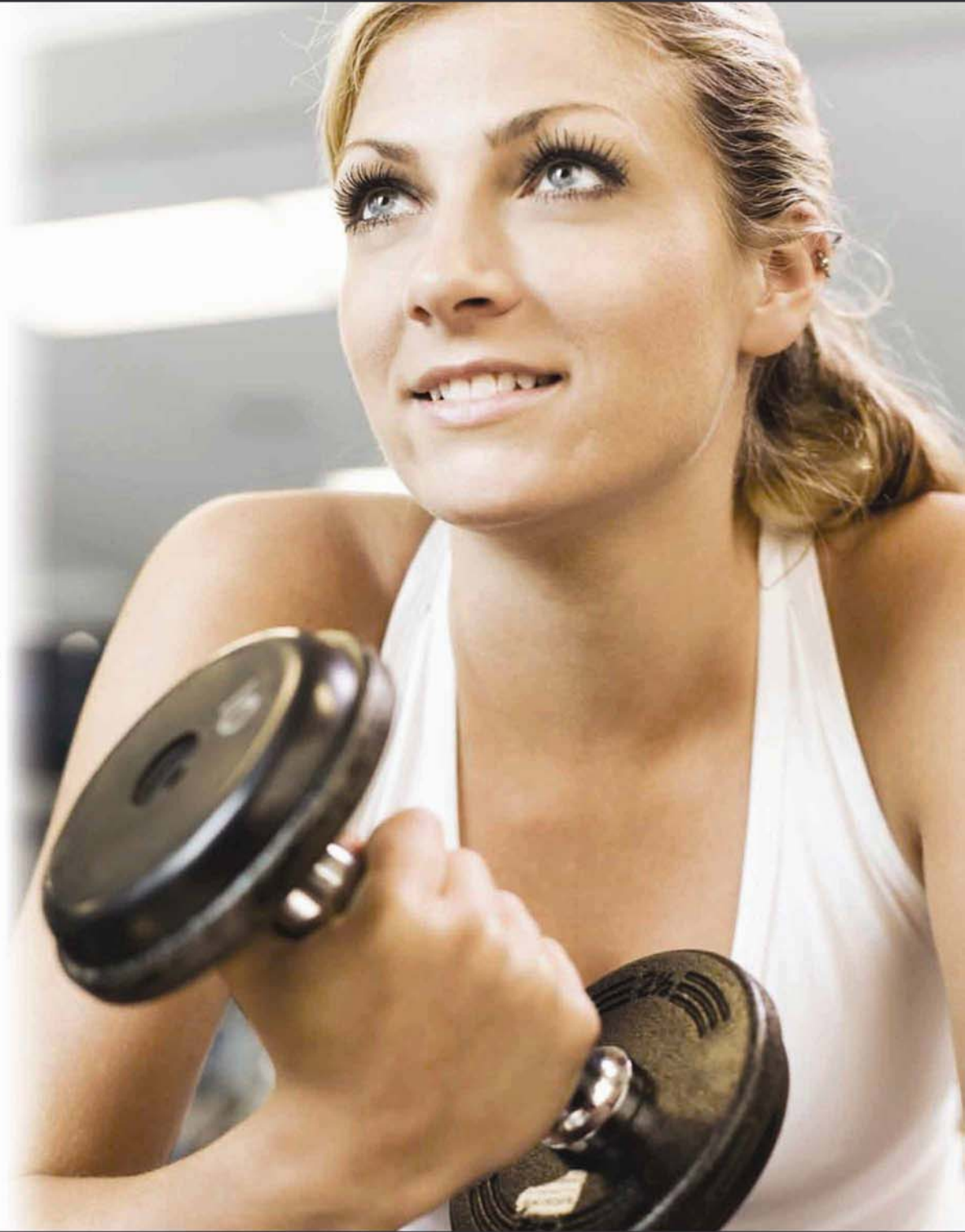


FABS<sup>TM</sup> Cyberfitness<sup>TM</sup>  
is the first Canadian  
based website to now  
offer Fitness Club  
quality Group Fitness  
Class programming in  
large screen format  
and stereo sound to  
both the commercial  
and retail markets.



**FEBRUARY 2008**

## Refer a friend...

February is "Referral" month. During the month of February, you can earn extra FREE months of membership by simply referring your friends and family to become FABS™ Cybefitness subscribers. The process is really quite simple. On the sign-up page of our website, there is a section called "Promo Code". This is used for tracking various promotional programs that we run. For the month of February we have created a promo code for every one of our subscribers that is the same as their username. So, all you have to do to get credit for the people you refer is to tell them to be sure to enter your username in the promo code section. For each person you refer that subscribes on a 12 month FABS™ membership plan, you will receive a complimentary month of full membership access to our site, or you can even give the FREE month away as a gift to someone else!



## NEW VIDEOS ARRIVING FEBRUARY & MARCH!

### Full Body Tone



### Latin Cardio Dance



### Ball Blast



### Power Pilates II

### Toning Legs

### Studio Cycle

...and more!

## Recipe of the Month: CHICKEN QUESADILLAS

### Ingredients:

- 1 cup shredded cooked chicken
- 1/2 cup chopped onion
- 1/2 cup shredded low fat mozzarella cheese
- 1/2 cup shredded low fat cheddar cheese
- 8 inch whole wheat tortillas
- Low fat Sour Cream and/or Salsa



### Directions:

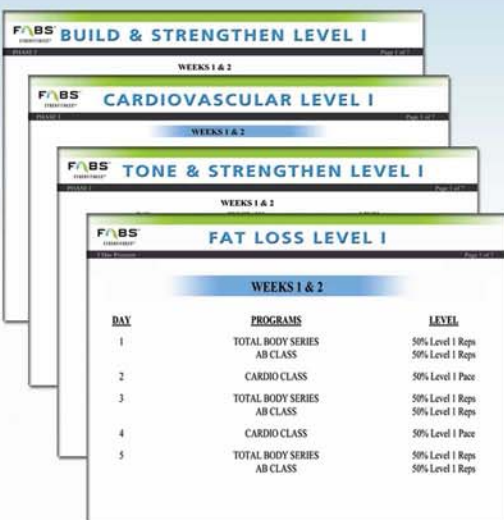
In a bowl, combine cooked and shredded chicken with, onion, low fat mozzarella and low fat cheddar cheese. Spray one side of each whole wheat tortilla with a nonstick cooking spray. Place tortilla with greased side down into hot frying pan. Place contents from bowl on half of the tortilla. Fold over and cook over low heat for 1-2 minutes on each side or until tortilla is brown. Cut and serve with low fat sour cream and/or salsa.

### Health Tip:

### Eat Fibre for Weight Loss and Disease Prevention

Eating fibre is essential for good health and reduced risk of several diseases, eating fibre is also seen as a major contribution to long term weight loss. The most common sources of fibre in our diet are in fruits, vegetables and cereals. According to most sources, the recommended daily intake of fibre for an adult is 20-35 grams. So increase your fibre intake and take advantage of the benefits of fibre!

**MORE NEW PROGRAMS ADDED!**



4 Different programs to choose from:

- FAT LOSS**
- TONE & STRENGTHEN**
- CARDIOVASCULAR**
- BUILD & STRENGTHEN**

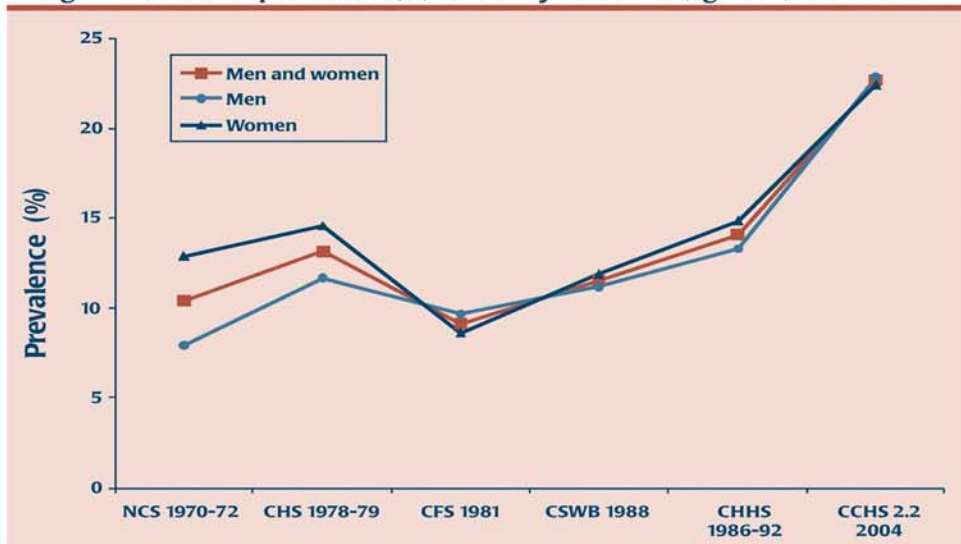
Each program is 12 weeks in duration. Advance through 3 different levels of difficulty. Check them out under Exercise Programs from the members main page.

**FABS: War on Obesity in North America**

After more than a decade in the Fitness Industry, the President of FABS™ Cyberfitness™ declares war against obesity in North America. At a recent media event in Toronto, FABS™ President Donald Adam said, "You are all aware that obesity is now an epidemic in both Canada and the United States." From the statistics on obesity Mr. Adam noted, "there was a need for someone to launch a "CYBERFITNESS" site. A site that you could view from whatever place in the world you are situated in." Recognizing this need gave the FABS™ President and founder the idea of a website based fitness solution. Mr. Adam adds, "the market dictates and we have answered the needs of the market."

**FIGURE 1**

**Age-standardized prevalence (%) of obesity in Canada (age 20+), 1970-2004**



**FABS™ on facebook**

Join the FABS Cyberfitness group today as a fan on [facebook](#).

See Photos of our Team in action

Find out about upcoming events

Meet other FABS Cyberfitness fans, friends, team members and staff.

Source: 6 surveys with measured height and weight (age 20+), Statistics Canada.  
 NCS - Nutrition Canada Survey;  
 CHS - Canada Health Survey;  
 CFS - Canada Fitness Survey;  
 CSWB - Campbell's Survey on Well-being in Canada;  
 CHHS - Canadian Heart Health Survey;  
 CCHS - Canadian Community Health Survey, 2.2