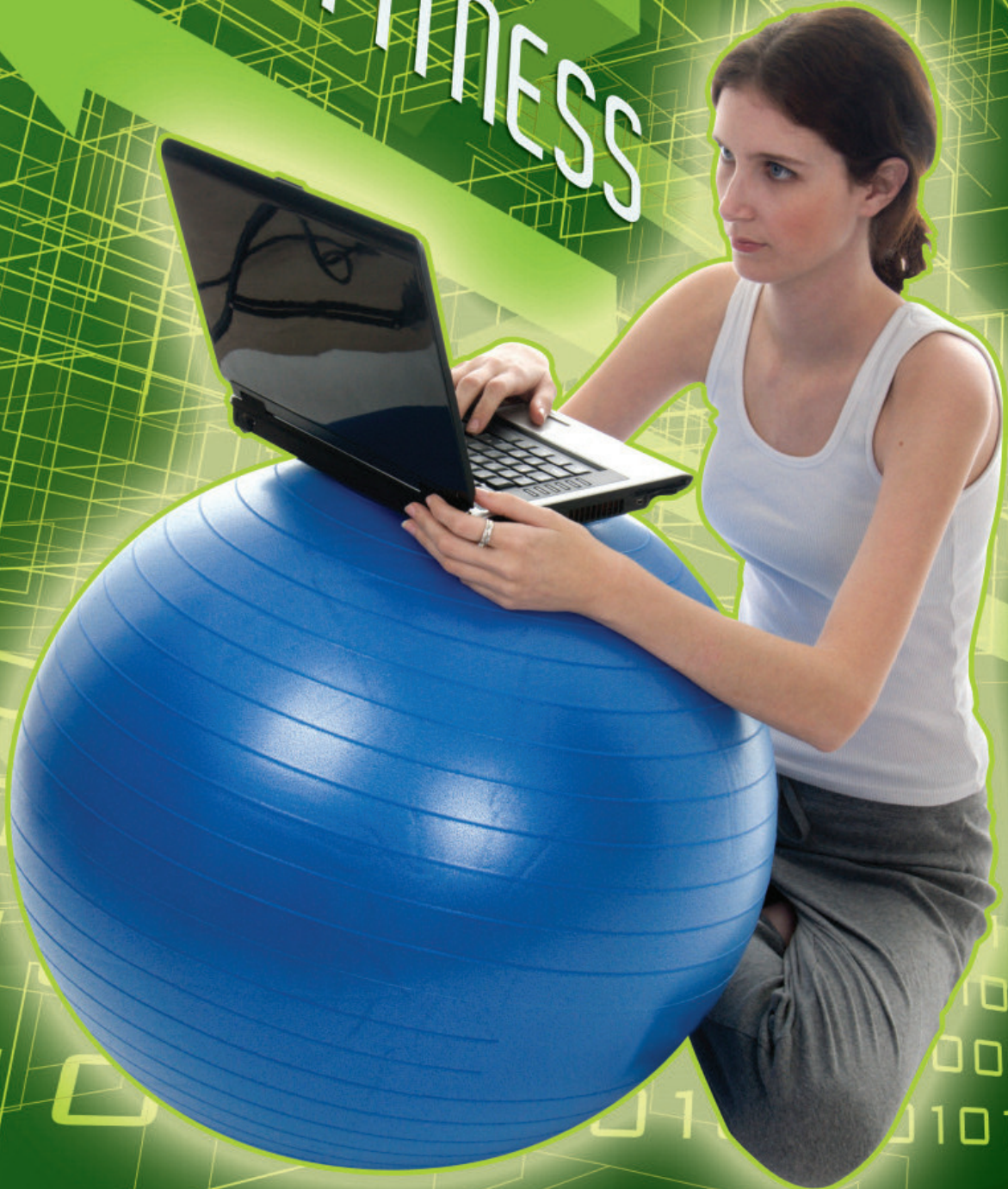


CYBER FITNESS

*Going to the Gym...
In Your Computer?*



Today that can happen. No, I don't mean actually crawling into your computer, but a newly launched company called FABST™ (which stands for Fitness & Aerobic Broadband Services) CyberFitness™ has made it possible to get qualified trainers to take you through your workout in front of your computer via the internet.

The concept caters to those that cannot get to the gym, or are out of town, or feel they are just too embarrassed to be seen working out among others. FABST™ became a reality when Don Adam hooked up with Tim Macklaier President and CEO of FastVibe and On-line Broadcasting Corporation, Canada's largest media streaming provider that casts over 3500 events globally each year. Today, Tim Macklaier is now also the CFO of FABST. Don Adam is the President & CEO. "We wanted to offer high quality fitness streaming videos to the public at large and to the fitness clubs at an affordable cost. We have now been able to

accomplish this", said Don.

FABST™ CyberFitness™ works by streaming video through the internet. For a small monthly fee, customers can sign up and have access to FABST™ videos of qualified trainers. You can choose which type of workout you would like to do that day, with everything from Aero-

The videos are constantly updated so you never have the same mundane routine.

bics to Yoga to Pilates and everything in-between. The videos are constantly updated so you never have the same mundane routine to follow. With the onslaught of flat screen, large televisions and with technology allowing the internet to be seen through your big screen, your gym can now be anywhere in your home. Not to mention the surround sound that

many people have with their TV's allowing you to feel like the instructor is right there in your home with you. Even if you travel, you can have your instructor travel along with you to your hotel. Just about all hotels offer internet in your room.

A second application for FABST™ is the commercial market of fitness centers themselves. Gyms can now have access to many qualified instructors in many different aspects of fitness. The video's can be streamed onto big screens in the gym for club members to follow along with. This will allow fitness centers to offer a greater variety of sessions to their members. A third application could be to schools. The kids could get a great workout in the gym as the videos are played on the wall or a large screen.

So whether you want to workout at home, or at the gym, FABST™ Cyberfitness™ is a name that we may be hearing more about in the future. For more information go to www.fabscyberfitness.com.

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