



# Body Electric

*Margaret Richard*

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# Body Electric

*Margaret Richard*

**Body Electric** Margaret Richard

**"Strong muscles and bones defy the aging process. Margaret Richard's Body Electric program offers you the spectacular opportunity to realize your fitness potential."**

**--Miriam Nelson, Ph.D., bestselling author of *Strong Women Stay Young***

Some things never get old. You certainly don't tire of vibrant health, youthful energy, radiant good looks, and the strength to live your life any way you please. Unfortunately, our bodies do get old--but old doesn't have to mean weak and flabby. Margaret Richard's Body Electric program will give you stronger muscles, denser bones, better balance, increased energy, and a quality of life that is defined by the things you can do rather than those you can't.

Work out with Margaret Richard, creator and host of "Body Electric," seen nationally on PBS-TV. You'll look better, feel better, and live better.

*Body Electric* helps you:

- Increase your strength, stamina, and flexibility in just three hours a week
- Gain lean muscle and reduce unhealthy body fat
- Exercise from the comfort of your own home
- Avoid aches and injuries by working gently on joints and powerfully on muscles

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