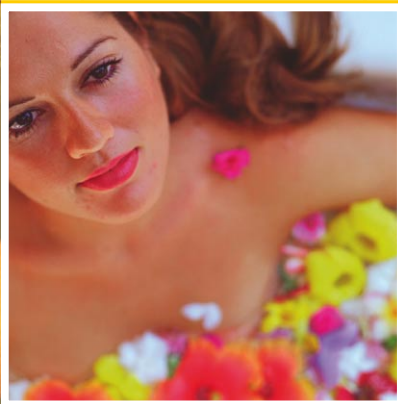




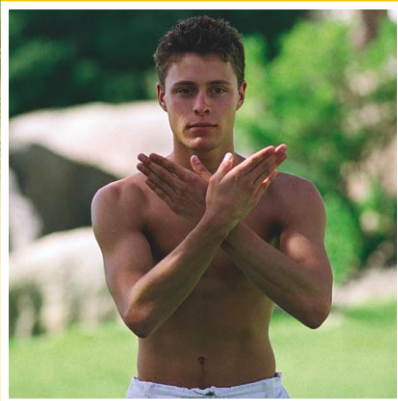
## Healthy Eating

Food is medicine – and at The Vitality Show you'll discover a smorgasbord of new healthy ideas and recipes that will transform the way you look at food. There's also the chance to meet with top dieticians and nutritionists.



## Well Being

If you are seeking options to improve your life, physically, emotionally, and spiritually, expand your consciousness, or improve your health, there are a lot of choices to consider at the Show.



## Motivation

Whether you want to lose weight, give up smoking or simply get fit, you need to be motivated - so we have brought together a range of inspiring people to get you started! These people will be on hand to advise you on personal development, careers, relationships and other life enhancing topics.

THE  
**vitality**  
SHOW

Look Good. Feel Great.

PROUDLY PRESENTED BY  
**Showtime** EVENTS

**YOU'RE  
INVITED  
TO**

# THE vitality SHOW

**WANT TO  
LOOK GOOD  
AND FEEL  
FANTASTIC!**

We'll make sure you visit the Vitality Show, where you'll discover the secrets to living life to the fullest!

The Show is a smorgasbord of exhibitors, featuring the latest innovations and breakthroughs in health, fitness, beauty, nutrition and wellbeing.

Plus, enjoy listening to well known guest speakers on stage both days, covering matters such as anti-aging, personal development and "being fit for life".

**Come to the Show  
and discover the  
new you!**

## HEALTH

**Say goodbye to stress!**

Learn how to indulge in the total health experience and explore an amazing range of products and services to keep you in total harmony.

Gain natural health advice from experts and learn how to relax.

You've got one life, so live it with zest!

## BEAUTY

**Out with the old and in with the new you!**

Discover the secrets to looking great.

You want facials – we've got them. Along with pedicures, manicures, massages for your head, neck and back, skincare, hair care and cosmetics.

Get tips from the experts at the Beauty Stage.

It's the place to find a fresh, new you!

## FITNESS

**Let us show you the best way...**

to maintain a fitness lifestyle that suits your individual needs and discover the newest, most exciting activities for your body and soul. Check out the latest trends from industry leaders in fitness outlets, equipment, clothing and accessories. See exciting, high energy demonstrations including Salsa Dancing, the latest Aerobic styles, Martial Arts, Yoga Boxing and Belly Dancing just to name a few.

**SATURDAY 4TH DECEMBER 10AM TILL 8PM**  
**SUNDAY 5TH DECEMBER 10AM TILL 5PM**  
**GOLD COAST CONVENTION & EXHIBITION CENTRE**  
**GOLD COAST HIGHWAY, BROADBEACH**

**• ADULTS \$14 • CONCESSION \$10 • CHILDREN UNDER 12 – FREE**

**Discover 100's of ways to look good and feel great! More details at ...**

**www.vitalityshow.com.au**