

SYMMETRY

Working Out Isn't the Only Way to Get That Summer Body

Symmetry discusses how nutrition is a key factor in getting fit and healthy to wear that swimsuit this summer season

MILPITAS, Calif. (Grassroots Newswire) 6/9/08 – Exercising and getting physically fit isn't the only part of getting a summer beach body, according to Rudy Revak, president and chief executive officer for Symmetry Corporation; it also takes proper nutrition, which is perhaps the most essential contributor. In an effort to educate the local community, Revak is offering advice on how to supplement workouts with proper nutrition.

"Healthy eating habits and getting the proper nutrition is so important when it comes to losing weight and maintaining a healthy lifestyle; it's not just about exercising," Revak said. "If you are exercising, but not getting the essential nutrients you need, you won't be able to reach your target weight. This summer, we at Symmetry hope to show people the proper way to get healthy – and one way is to get right with nutrition."

Revak suggests the following healthy tips:

- Never skip breakfast ... or any meal
- Eat plenty of green, leafy vegetables, more plant-based protein sources like beans nuts and grains, and be sure to get at least 30 to 35 grams of fiber each day
- Avoid refined carbohydrates, sugar and starches
- Choose leaner meats like fish, lamb and skinless poultry
- Drink at least eight glasses of water daily and drink an eight-ounce glass before each meal
- Exercise at least four times weekly to improve cardiovascular health and maintain healthy weight

Symmetry is a direct selling business known for its products that help improve health and wellness. When it was originated over a decade ago, founder Rudy Revak's vision was to provide people with a product line to help them reach their full potential. For years, he studied and used nutritional supplements, believing that good nutrition could make a positive impact on an individual's energy, health, and life. Symmetry has been acknowledged for a product called Genesis, a resveratrol infused juice product.

"For those that are dieting off and on, there is a good chance that they are restricting the food they eat and missing out on some very important nutrients. Nutritional deficiency can lead to serious problems," Revak said. "We find that our customers especially enjoy using one of our product packs that focuses on helping

lose weight in a healthy way."

Revak refers to Symmetry's WOW package. According to Revak, the package includes the Weight loss and Optimal Wellness meal replacement with vital nutrients that help individuals lose seven pounds in seven days; the Genesis resveratrol infused juice product; SimplySlym, an appetite suppressant that burns fat and provides additional energy; and Ultra Vitality, the nutritional supplement that provides a daily dose of vitamins, minerals, and other active nutrients and phytochemicals the body requires for good health and well being.

"This pack is really designed to help people lose weight while maintaining optimal health," Revak said. For more information about the WOW Package, please visit www.symmetrydirect.com.

About Symmetry

Symmetry was founded in May of 1995 by Rudy Revak and is based in Milpitas, Calif. Its mission is to enrich people's lives physically, personally, spiritually and financially through state-of-the-art nutritional products that are constantly being enhanced with the latest and most advanced technology. Symmetry has been recognized in major business publications, including Success Magazine over nine times. The company is also a member of the Direct Selling Association, the Better Business Bureau, the Direct Selling Education Foundation and Chamber of Commerce.