"20 million people have learned the secret... Now you can too!"

For over 20 years Greer Childers has been sharing the secret of her amazing weight loss program. Over 20 million people have learned the secret and have experienced life changing results all through the power of aerobic breathing.

Learn the Secret to Burning Fat
The secret of BodyFlex lies in the power of oxygen to burn fat. With BodyFlex breathing you will supercharge your blood with fat burning oxygen and you'll lose inches fast.
- The Power of Aerobic Breathing

Lose Dress Sizes While Firming Your Body
Lose inches, burn fat, and tone up all at the same time with BodyFlex. Greer created the Gym Bar to target areas women want to tone and shape most.
- More About the Gym Bar

Clinical Study Shows BodyFlex Gets Results
BodyFlex has been put to the test by one of America's leading physicians. Fifteen people participated and their average inch loss was measured after just one week.
- See the Results of the Study

Only Minutes a Day, While Sitting Down
You can do the BodyFlex program in only 18-20 minutes per day, all while sitting on your couch and watching your favorite television program. This includes the aerobic breathing and the Gym Bar resistance exercises.

So Easy, Virtually Anyone Can Do It
The entire BodyFlex program was designed to be done while sitting down. Once you've learned the secret of BodyFlex breathing, the exercises are easy to follow and there are no complicated machines to put together. Best of all, the GymBar's unique rolling feature that adds approximately 5 lbs per roll allows you to progress and keep losing inches as you get stronger.

Incredibly Affordable
The Complete BodyFlex kit is only 2 easy payments of $19.95. Other programs can cost hundreds of dollars, and still not guarantee the inch loss results that you'll get with BodyFlex.

100% Satisfaction Guarantee
Greer knows you'll lose the inches which is why she includes a measuring tape so you can see the amazing inch loss with your own eyes. Use the tape measure and prove it yourself. You'll know in just 7 days. If for any reason in the first 30 days you're not completely
The Gym Bar: Faster, Better Results

Gym Bar | Aerobic Breathing | Clinical Study | Greer Childers

Research shows the powerful combination of aerobic breathing plus resistance gets you faster, quicker results — that’s why Greer Childers created the Gym Bar. It’s a resistance bar designed to be used while sitting down. The Gym Bar exercises target the areas women want to firm and tone: upper abs, lower abs, waist, hips, thighs and upper arms.

Only Minutes A Day, Sitting Down
The entire BodyFlex program can be done while sitting down. This includes the aerobic breathing and the Gym Bar resistance exercises. It’s easy and it’s fast. All of the directions are printed in pictures right on the Gym Bar (see photo).

So Easy, Virtually Anyone Can Do It
You can do the BodyFlex program in only 15-20 minutes per day, all while sitting on your couch and watching your favorite television program. Plus, the GymBar’s unique rolling feature that adds approximately 5 lbs per roll, allows you to progress and keep losing inches as you get stronger.

NEXT

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© SAVVIER, LP. ALL RIGHTS RESERVED. AVERAGE INCH LOSS IN A RECENT STUDY WAS SEVEN INCHES IN SEVEN DAYS, MEASURED ACROSS SIX TARGET BODY AREAS. RESULTS MAY VARY. DRESS SIZE LOSSES WERE ACHIEVED AFTER FIVE TO FIFTEEN MONTHS OF CONTINUED USE. JUST COMBINE BODY FLEX WITH A NORMAL, SENSIBLE EATING PLAN. CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY OTHER WEIGHT LOSS PROGRAM.


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10/28/2003
Oxygen: the Secret to Burning Fat

Learn the Secret to Burning fat
The power of BodyFlex lies in how oxygen helps burn fat. With BodyFlex breathing you will supercharge your blood with fat-burning oxygen and you'll lose inches fast. So fast that BodyFlex guarantees you'll lose 4 to 14 inches across your six target areas in the first 7 days. That's the upper arms, upper abs, lower abs, waist, hips and thighs. Once you've learned the secret of BodyFlex breathing, the exercises are easy to follow and there are no complicated machines to put together. You can even do it all while sitting on your couch.

BodyFlex vs. the Treadmill
While BodyFlex and treadmill exercise burn about the same amount of calories during exercise, BodyFlex works better because it continues to burn calories even after your workout. To prove it, we conducted a doctor-supervised clinical study, comparing the two. The results show BodyFlex burns more calories than working out on a treadmill at 3 miles-per-hour (see chart). Here's what the doctor who conducted the clinical study had to say about the power of BodyFlex:

"I think it is surprising how a person can sit in one place and literally be watching TV while they're doing exercise and they can still beat the treadmill. We compared them at the same time on the treadmill and with the BodyFlex system and the BodyFlex system burned more calories. It works better." -- Dr. Daniel Cosgrove, M.D.
The Results Are In: BodyFlex Really Works

Gym Bar | Aerobic Breathing | Clinical Study | Greer Childers

To prove how well BodyFlex works, we put it to the ultimate test: a doctor-supervised clinical study. One of America’s leading physicians assembled a group of fifteen people who used BodyFlex for one week.

The test group lost an average of 7 inches in just one week. Remember these results were achieved only by doing the BodyFlex breathing exercises and using the Gym Bar for just eighteen minutes a day.

"We have very hard core data here. The group lost 7 inches average of the different measurements that we took. What this means is a significant fat loss. I could not be sitting here saying this is great and I’m going to be using it for my patients if I didn’t see these kinds of results." -- Dr. Ron Rothenberg

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Order Now!

2 Easy Payments of $19.95

Bodyflex Inch Loss System

ORDER NOW

Secure Servers

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© Savvier, LP All Rights Reserved. Average Inch Loss in a Recent Study was Seven Inches in Seven Days. Measured Across Six Target Body Areas. Results May Vary. Dress Size Losses Were Achieved After Five to Fifteen Months of Continued Use. Just Combine Bodyflex With a Normal, Sensible Eating Plan. Consult Your Physician Before Starting This or Any Other Weight Loss Program.


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10/28/2003
About Greer Childers, Creator of BodyFlex

Gym Bar | Aerobic Breathing | Clinical Study | Greer Childers

For over 20 years Greer Childers has been sharing the secret of her amazing weight loss program that guarantees you will lose 4 to 14 inches across your body in only seven days. Over 20 million people have learned the secret and have experienced life changing results of fast inch loss and have transformed their bodies all through the power of aerobic breathing.

Greer developed BodyFlex years ago out of frustration with being a size 14 to 16 no matter what exercise program she tried or what diet plan she followed. Within 90 days, this mother of three, was able to slim down to a size 4 to 6. She lost 10 inches across her midsection as well during this short time.

Greer is now 57-years-old and still practices BodyFlex every day, and she has maintained her size 4/6 for over 20 years. She is a noted speaker and presenter, as well as author of the best selling book "Be a Loser".

Back to About BodyFlex
Amazing Inch Loss Like These
Can Be Yours Too!
"As I look back 21 years, I can still see myself standing in front of the mirror asking, "What can I do?" I was a desperate size 16. Then I heard about an exercise program where all you did was breathe. To my amazement, in the first seven days I lost 10 inches."
- Geroe Childers, Age 57, Creator of BodyFlex

See how Body Flex changed these lives and how it can change yours!

From Size: 14 to 4
Lbs. Lost: 35
Dawn Halasz, Age 32
"I've never been this thin in my whole life. I've never been able to keep weight off. I can't stress enough how much it works."

From Size: 20 to 12
Lbs. Lost: 23
Francine Scolaro, Age 44
"For me, the BodyFlex program worked so quickly that I couldn't even buy clothes because I wouldn't stay in them."

From Size: 14 to 2
Lbs. Lost: 42
Inches Lost: 35
Shori Doptula, Age 30
"In 15 minutes a day in the first week I had already lost weight. And in 6 months I had lost all the weight and four years later it hasn't come back."

From Size: 9 to 3
Lbs. Lost: 10
Inches Lost: 21.5
Jennifer Smith, Age 36
"At 36-years-old I think I look better than I did when I was 18. Last year, for the first time..."
in probably 15 years, I bought a two-piece bathing suit, and I've been told I look great in it."

**From Size: 16 to 8**
Lbs. Lost: 41
Charlene Saphiloff, Age 54

**From Size: 10 to 4**
Lbs. Lost: 6.5
Inches Lost: 19
Rita Mann, Age 50

Keep in mind, everyone's results will vary. As with every fitness program, a normal, sensible eating plan is required in order to achieve long term weight loss. BodyFlex guarantees 4-14 inches lost in 7 days, measured across six target body areas: upper arms, upper abs, lower abs, waist, hips and thighs. The above results were achieved with continued use.
BodyFlex Online Store: Step 1 of 4

Complete Body Flex System
Lose 4-14 inches in just 7 days, Guaranteed! The complete BodyFlex Plus System includes two videos ("Getting Started. Losing the Inches" and "The Workout, Just Minutes a Day"), the patented Gym Bar, a nylon carrying bag, a measuring tape, and Greer's personal Quick Start guide.

Choose Payment Type:
One payment of $39.90 (plus $14.95 S&H)

Choose Video Format:
VHS tapes

Quantity: 1

Add to Order

FREE 30 Day Supply of Greer's Fat Burner plus FREE "Greer's Secrets" Video
This incredible $40 gift set is yours FREE for being a BodyFlex customer, all you pay is the shipping and handling. Then, to make sure you keep losing inches, we'll send you a fresh two month supply of Essential Boost every 60 days for just $19.95 per month plus shipping and handling. You can cancel anytime, 30 day money back guarantee.

* Learn more about Essential Boost

Price: FREE plus $6.95 S&H

Quantity: 1

Video Format: VHS tapes

Add to Order

"Greer's Secrets to Faster Results" Video
In this candid interview, Greer gives her most valuable secrets to looking and feeling great. In detail, she describes how the Bodyflex system can be maximized with your daily life.

Price: $19.95 plus $3.95 S&H

Quantity: 1

"The Advanced Workout" Video
Once you have mastered the Beginning Workout, Greer shares her advanced techniques for maximum results in "The Advanced Workout, For Maximum Results". Learn how to stay aerobic longer with Greer's advanced breathing technique. Working out with this tape will guarantee you faster results.

Price: $14.95 plus $3.95 S&H

Additional BodyFlex Plus System
Get a second Body Flex System at over 25% off for a friend or family member when you order with your own Body Flex System. The complete BodyFlex Plus System includes two videos ("Getting Started, Losing the inches" and "The Workout, Just Minutes a Day"), the patented Gym Bar, a nylon carrying bag, a measuring tape, and Greer's personal Quick Start guide.

Price: $27.90 plus $12.47 S&H

Additional Gym Bar
If you like working out with a friend or family member, take advantage of this incredible offer to get a second patented Gym Bar.

Price: $19.95 plus $7.95 S&H
Contacting BodyFlex

Please feel free to contact us if you can’t find your question below:

What is the delivery time for standard shipping?
With regular shipping, you will receive your BodyFlex shipment about 2 weeks after you placed your order.

What is the delivery time for Rush shipping?
If you paid extra for Rush shipping, you will receive your BodyFlex shipment in 3-5 business days after you placed your order. A business day is Monday through Friday.

How can I contact BodyFlex customer service?
If you already ordered BodyFlex, you can reach Customer Service by e-mail (we will respond in 24 hours) or by calling 1-886-552-4905. Please allow 24 to 48 hours from the time you placed your order for Customer Service to have a record of your purchase. You can reach our customer service department Monday through Friday from 7 a.m. to 5 p.m. Pacific Time.

Can I order BodyFlex with a Check?
We actually have the ability to accept your check over the phone. The process is very quick, simple and is as secure as using your credit card. Plus, you’ll get your BodyFlex kit shipped out right away, so you can start losing the inches that much faster. Just have your checkbook ready, as we will need you to read the numbers off of one of the checks in our to charge your checking account electronically. This is a very safe and secure process.

Can I just mail in my order?
You can mail your check, but please allow an additional week for processing. Please make your check out to “Body Flex” for $54.85, which is $39.90 plus $14.95 shipping and handling. California residents, please add 8.25% sales tax. Please mail your check to: BodyFlex, PO Box 8349, Van Nuys, CA 91406-9998

Who can use BodyFlex?
BodyFlex is designed to be done sitting down, in only 18 – 20 minutes per day. It is so easy, just about anyone can do it. We recommend ages 10 to 70. Greer Childers, the inventor of BodyFlex, is 57 years old and does it every day. Please consult with your physician before starting any new type of exercise program. Doing so will help prevent any injuries.

Can I use BodyFlex if I am pregnant?
Bodyflex is not intended for pregnant women.

Is BodyFlex available in any retail stores?
At this time, BodyFlex is not sold in retail stores. The only way to order BodyFlex is on this website or by calling our toll free order number, 1-800-641-5533 (New orders only, please).

How does the Gym Bar resistance band work?
Because it is a resistance band, it provides more resistance the farther it is stretched. It provides approximately 10 pounds of resistance, but varies depending upon the exercise. And remember the patented rolling feature allows you to increase the resistance by simply rolling the bar. Greer has designed the GymBar exercises to
work all the target areas that women want to firm and shape, in just 6 easy movements.

**What kind of workout does Grecia do?**
Grecia does her Body Flex program every day, as she has done for 20 years. She also follows a sensible eating plan. Her only resistance training is with her Gymbars.

**Still Have Questions?**
Fill out the form below or email bodyflex@webcrs.info

Name: 
Email: 
Address: 

Comments/Questions:

.Send Request.

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would be among the transferred assets.

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All information gathered on any of our websites is stored within a secure database operated by us or by a contractor on our behalf. For secure commerce transactions, we will transmit your information using secure server software (SSL) encryption, the industry standard today. Encryption scrambles your credit card number and personal information. However, as effective as encryption technology is, no security system is impenetrable. We cannot guarantee the security of our database, nor can we guarantee that information you supply won’t be intercepted while being transmitted to us over the Internet.

CHANGES TO THIS PRIVACY STATEMENT

We may need to amend our privacy policy at some point in the future, and we will inform you if we make any material changes (e.g., by posting appropriate notices on our site or notifying you by email). Last updated 6/25/2003
SATISFACTION GUARANTEE

Savvier’s “Satisfaction Guarantee” policy allows our customers to evaluate their purchases for up to 30 days. If our customers are not completely satisfied during this evaluation period, they can return their purchase to receive a full refund of the purchase price, minus shipping and handling charges.

Customers do not need to call before returning a product for a refund. In order to receive a refund, customers should simply return the product to our customer service center (BodyFlex, 7850 Ruffner Avenue, Van Nuys, CA 91406) at their expense with appropriate shipping insurance. Customers should also include their name, address and phone number to ensure the refund is applied correctly. Customers are also encouraged to include a note with a brief reason for the return, although this is not required to receive a refund.

BodyFlex customers must return all components that were originally shipped, except for any items advertised as free gifts. Essential Boost customers are encouraged to try all the pills during the evaluation period, as we will be happy to issue a refund even if we receive an empty bottle.

Savvier’s customer service center will issue a refund (either by credit card refund or by mailing a refund check) within 10 business days of receiving the returned merchandise, as long as the return qualifies for a refund in accordance with the conditions specified in this Satisfaction Guarantee. If the returned merchandise does not qualify for a refund or is incomplete, then Savvier’s customer service center will attempt to notify the customer of what additional steps must be taken in order to qualify for a refund.

In the event a product is damaged during shipment to the customer, Savvier will ship a replacement at no additional charge, provided the customer notifies Savvier’s customer service center of the damaged shipment within 5 business days of receiving it.

Customer who have enrolled in Essential Boost (our automatic ongoing shipments program) may cancel all future shipments at any time by calling Savvier’s customer service center at 1-866-552-4905. To receive a refund on an Essential Boost shipment made prior to cancellation, just return the bottle, as mentioned earlier in this Satisfaction Guarantee.

If a customer desires replacement parts or components after 30 days, then they can be purchased individually on our website at www.bodyflex.com or by calling our customer service center at 1-866-552-4905.