

ELEFThERIOS PETROUNIAS
ALTERLIFE AMBASSADOR

CHANGE YOUR LIFE

GIVE YOUR BODY
ALL THE ATTENTION
IT DESERVES

ALTERLIFE
FITNESS EXCELLENCE



MISSION

Our mission is to help our fellow citizens incorporate physical exercise and its valuable benefits in their lifestyle, thus maximizing the percentage of those who intentionally and consciously deal with any kind of physical activity.

ALTERLIFE

ALTERLIFE means alternative - new life, it originates the transition to a new status where physical pain, low esteem, lack of confidence and all those limitations that prevent you from fulfilling your dreams, no longer exist. In ALTERLIFE you change your philosophy, your priorities, your attitude towards your body, yourself, towards life!

VISION

Our vision is to set these high standards - quality of services and marketing practices - in order for ALTERLIFE to be considered a benchmark for everyone (trainees, professionals and businessmen) in the fitness industry in Greece and Cyprus!

CORPORATE SOCIAL RESPONSIBILITY

When you have the ambition to become the reference point and set the standards in a whole industry, when you wish to leave your legacy, the challenge is enormous. It is imperative that your values be based on those principles that help modern societies evolve, prosper and thrive. Being confident in our values we strategically undertake social responsibility actions thus introducing a new company-business culture that will help us implement our vision. We count and look forward on your valuable support in our endeavor, which seems to be the most challenging and demanding.



ALTERLIFE
FITNESS EXCELLENCE



TOTAL MAKE OVER

THE MOST COMPREHENSIVE
60 MINUTE TRAINING PROTOCOL!
THE IDEAL MIX-RATIO OF STRENGTH
AND CARDIO-RESPIRATORY TRAINING!

WHAT IS TOTAL MAKE OVER ALL ABOUT?

- _ 30 minutes of fat & Cellulite burning using the unique Airpressure Bodyforming method and the revolutionary Slim Belly & Slim Legs
- _ 30 minutes of super-efficient tightening and shaping of your figure in small groups (up to 3 - 4 persons)

IDEAL IF YOU URGENTLY NEED TO

- _ Lose fat, cellulite and body weight
- _ Slim your belly and hips area
- _ Strengthen, tighten and shape your figure

WHEN THE DECISION TO CHANGE
HAS ALREADY BEEN TAKEN!



LOVE YOUR BODY

IN 10 SESSIONS, YOU FEEL THE DIFFERENCE
IN 20 SESSIONS, THE DIFFERENCE IS OBVIOUS
IN 30 SESSIONS, YOU ENJOY YOUR NEW BODY!

WHAT IS LOVE YOUR BODY ALL ABOUT?

- _ Pilates & myo-peritoneal release
- _ Pilates Cadillac
- _ Pilates Tower
- _ Pilates Reformer

IDEAL IF YOU AIM IN

- _ Strengthening, slimming, tightening
and shaping your figure
- _ Having a healthy, robust body,
free of pains and malfunctions

IDEAL FOR THOSE WHO ARE IN THE PURSUIT
OF A QUALITY WAY OF LIVING, AND HAVE
ALREADY REALIZED THE SIGNIFICANCE OF
GOOD PHYSICAL CONDITION IN ACHIEVING IT!

IDEAL FOR EVERYONE WHO FACES
MUSCULOSKELETAL PROBLEMS IN KNEES,
ELBOWS, LOWER AND UPPER BACK & NECK!

**EMPOWER
YOURSELF**
BY **INTERSPORT**[®]

UNLEASH YOUR INNER STRENGTH!

WHAT IS EMPOWER YOURSELF ALL ABOUT?

- _ Cross cage
- _ Functional - cross training
- _ Suspension training, kettle bell, bosu, and every brand new trend in the fitness industry worldwide
- _ 60 minutes of high-intensity metabolic training
- _ Inspiring music, immense energy

IDEAL IF YOU AIM IN

- _ Loosing fat and body weight
- _ Strengthening your body
- _ Slimming, tightening and shaping your figure
- _ Improving your physical condition

IDEAL FOR THOSE WHO FAVOR INTENSIVE TRAINING BUT THEY LACK TIME AND DISCIPLINE FOR CLASSIC TRAINING SESSIONS!

AMAZING RESULTS IN REALLY SHORT TIME!





TURN ME ON

IT WILL HELP YOU RESTART!

WHAT IS TURN ME ON ALL ABOUT?

In ALTERLIFE ElectroMuscleStimulation is wireless. Reshape your body immensely in just only 20 minutes without wires and limitations. Once you wear the EMS suit, the trainer will apply those specific stimulations that your body requires in order to achieve the ideal results.

IDEAL IF YOU AIM IN

- _ Loosing fat, cellulite and body weight
- _ Strengthening your body
- _ Slimming, tightening and shaping your figure
- _ Activating your metabolism
- _ Improving your physical condition & flexibility
- _ Having a healthy, robust body, free of pains and malfunctions

20 MINUTES OF WIRELESS
ELECTROMUSCLESTIMULATION
WILL SUFFICE!

TIME IS VALUABLE INDEED!





RELEASE YOUR ENERGY

UNBLOCK YOUR BODY
AND RELEASE YOUR TRAPPED ENERGY!

WHAT IS RELEASE YOUR ENERGY ALL ABOUT?

MYO-PERITONIAL PAIN RELEASE AND TRIGGER POINTS!

The fascia is a hard membrane of different thickness that encloses and separates all body structures, from entire muscle groups and bones to each individual cell, providing protection and communication of tissues. It is like a three-dimensional net that surrounds muscle fibers, tendons, ligaments, nerves, organs and vessels. The fascia consists of collagen fibers (40%) and lubricants.

Myo-peritoneal release is a soft tissue therapy technique that involves the application of specific pressures and stretching to myo-peritoneal constraints in order to reduce pain and restore elasticity and movement. Myo-peritoneal trigger points are small, entangled, hypersensitive foci in the muscles and the fascia and give the feeling of a tough “knot” between the muscle fibers.

RELEASE YOUR ENERGY WILL

- _ Hydrate the lubricant of collagen fibers and the entire fascia system
- _ Increase the distance between the collagen fibers and restore the elasticity of the area
- _ Reduce the pressure exerted on adjacent structures
- _ Relax the active trigger points as well as the myopathoric constraints that contribute to the pain, inelasticity and dysfunction of the area

LIVE A VIVID EXTROVERT LIFE WITHOUT LIMITATIONS!
ENJOY EVERY SINGLE ASPECT OF YOUR LIFE!



Power
HEALTH

GREEK
NATURAL
HEALTH
PRODUCTS
COMPANY

from nature's pharmacy... to your local pharmacy!



**MIND
THE FOOD**

BY POWER HEALTH

GIVE YOUR NUTRITION THE ATTENTION IT DESERVES

At ALTERLIFE, we are not aiming to provide you with another diet or a magical recipe that you will follow more or less strictly. Our concern is to educate you to think properly nutritionally. To raise your awareness of the importance of getting the right nutrients - ingredients your body really needs to work harmoniously in the process of meeting your fitness goals.

IN THIS ENDEAVOR WE HAVE THE IDEAL ALLY

Power Health, the leading Greek company of natural, health and nutrition products whose vision, mission and values are perfectly consistent with those of ALTERLIFE

VISION

With a vision of providing a better quality of life, Power Health has been around us for 35 years with innovative health, stimulating, care, beauty products that respond to our lifestyle and meet our everyday needs.

MISSION

To harness the wisdom of nature and the power of science by creating quality, safe, effective products that prevent and cure mild daily health problems, give us strength and energy, take care of our appearance and help us enjoy every moment .



TRUST THE TRAINER

SUCCESS IS GUARANTEED
WHEN YOU TRUST THE RIGHT ONES!

SPECIALLY DESIGNED FOR THOSE

- _ who have not included fitness in their Lifestyle yet...
- _ who lack discipline and motivation
- _ who are unaware of the infinite capabilities they possess

TOGETHER WE...

- _ set reasonable and achievable targets
- _ commit to meet them, and
- _ follow closely the progress

BE THE NEXT SUCCESS STORY OF ALTERLIFE!
IT MAY BE SO SIMPLE!

IT'S ABSOLUTELY FREE!

ALTERLIFE SUCCESS STORIES

We are really glad and proud to honorably present you, our recorded (there are many more that have not been expressed yet) ALTERLIFE success stories. Fitness stories of ordinary people who trusted us, achieved remarkable results, and they now share with us their little secrets that led them to success, along with the beautiful emotions experiencing their new life.

Visit
<https://alterlife.gr/en/success-stories/>
and see all our inspirational success stories.



HOW CAN YOU BECOME THE NEXT SUCCESS STORY OF ALTERLIFE?

SIMPLY TRY 'TRUST THE TRAINER',
THE PROGRAMME THAT WILL CHANGE YOUR LIFE!

CHECK OUT THE FOLLOWING IMPRESSIVE
RESULTS WE ACHIEVED!

COMPETITION 2017 TRUST THE TRAINER

COMMENCEMENT DATE: 15/02/2017 -- ENDING DATE: 12/04/2017

638 MEMBERS ————— **8 WEEKS**

IN EIGHT WEEKS WE MANAGED TO EXTERMINATE:

- **2,35 TONS** OF BODY WEIGHT [3,68 KGR / MEMBER]
- **31,2 METERS** OF PERIMETER [4,89 CM / MEMBER]

2017

COMPETITION 2018 TRUST THE TRAINER

COMMENCEMENT DATE: 01/05/2018 -- ENDING DATE: 30/06/2018

860 MEMBERS ————— **9 WEEKS**

IN NINE WEEKS WE MANAGED TO EXTERMINATE:

- **5,9 TONS** OF BODY WEIGHT [6,86 KGR / MEMBER]
- **61,4 METERS** OF PERIMETER [7,14 CM / MEMBER]

2018

COMPETITION 2019 TRUST THE TRAINER

COMMENCEMENT DATE: 17/05/2019 -- ENDING DATE: 12/07/2019

1.619 MEMBERS ————— **8 WEEKS**

IN EIGHT WEEKS WE MANAGED TO EXTERMINATE:

- **11,53 TONS** OF BODY WEIGHT [7,12 KGR / MEMBER]
- **118,35 METERS** OF PERIMETER [7,31 CM / MEMBER]

2019

WWW.ALTERLIFE.GR
WWW.ALTERLIFE.COM.CY

