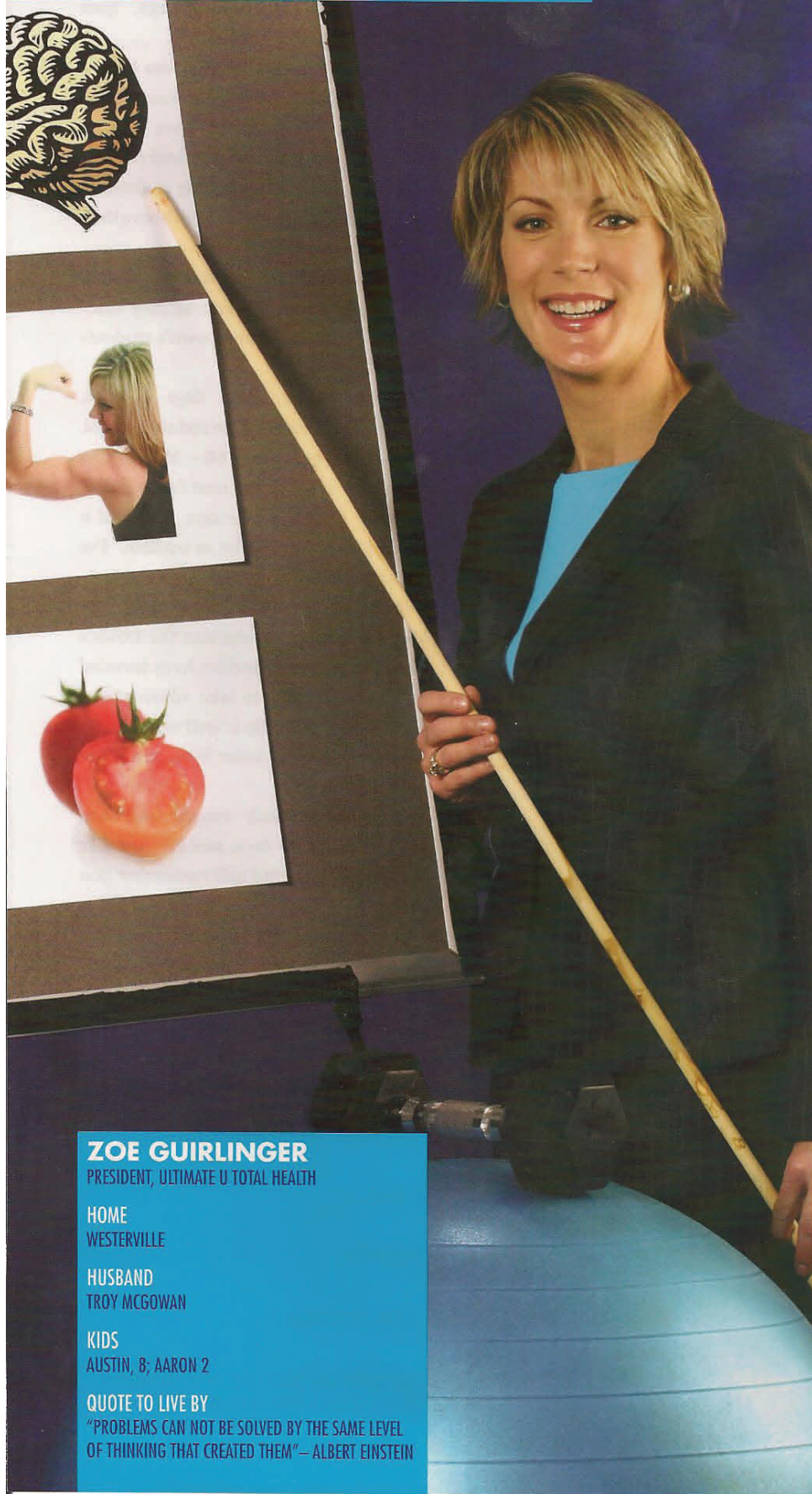


ULTIMATE FORCE

New Albany woman's personal weight-loss triumph has transformed hundreds of lives



ZOE GUIRLINGER

PRESIDENT, ULTIMATE U TOTAL HEALTH

HOME
WESTERVILLE

HUSBAND
TROY MCGOWAN

KIDS
AUSTIN, 8; AARON, 2

QUOTE TO LIVE BY

"PROBLEMS CAN NOT BE SOLVED BY THE SAME LEVEL OF THINKING THAT CREATED THEM" — ALBERT EINSTEIN

ZOE GUIRLINGER knows that diets don't work. That is why she has created a program that motivates women to lose weight and take control of their lives.

For over 20 years, Guirlinger herself struggled with her weight and failed at more diets than she cares to remember. Her problems were complicated by pain and depression associated with fibromyalgia.

Ten years ago, she turned to research – learning how real people lose weight and take permanent control of their health. In just a year, she had lost 40 pounds and overcome her symptoms of fibromyalgia.

"My life has improved so much," Guirlinger says. "I knew I had to share what I had learned with others."

Now, she shares that knowledge in the form of the Ultimate U Total Challenge – the program which she developed to help herself – and hundreds of others.

The program is focused on three key areas: physical improvement, health and personal development. The challenge's approach combines education, guidance, and a support system to create knowledge, skills and the emotional environment to produce lasting change.

She decided to focus the challenge on women, who are the key decision makers in families. "We have the power to be agents of change," Guirlinger says. She says the program transforms the toxic lifestyles which threaten family wellness.

Guirlinger and her husband – personal trainer Troy McGowan – have opened "Ultimate U Total Health," the New Albany fitness center that is home to the Ultimate U Challenge. To date, over 550 women have journeyed through the process.

Her goal is to expand the program to corporations nationwide. She also plans to spread the challenge on the Internet through social networking sites.

Guirlinger says the Ultimate U Challenge motivates more than just the women who participate. "When we shift from feeling fatigued and stressed to energized and joyful, everyone around us benefits immensely." ■