

Dr. Jo's Products

Quantity	Product	Price	Subtotal
	Dining Lean (book)	\$19.95	
	How to Stay Healthy & Fit on the Road (book)	\$14.95	
	Dr Jo's No Big Deal Diet (book)	\$14.95	
	Dr Jo's Eat Out & Lose Weight wallet cards	\$10	
	Pedometer (steps only, no programming needed)	\$15	
	Pedometer (steps, distance, calories burned)	\$30	
	Exertube* + Dr. Jo's Hotel Room Workout Card	\$15	
*Please circle: GREEN = most women, RED = most men, athletic women, BLUE = athletic men			
	Professionals: Defensive Dining presentation kit	\$89.95	
	Professionals: Defensive Dining handout kit	\$89.95	
	Professionals: Carb Counting presentation kit	\$89.95	
SUBTOTAL:			
6.5% Tax if shipped to a Florida address			
Shipping (\$3 for the 1 st item and \$1 for each additional)			
TOTAL:			

Check (make payable to "Dr. Jo, Inc.")

Credit Card # (Visa, MC, Discover, AMEX): _____
 Security Code (on front for AMEX; others are on the back): _____ Expiration Date _____

Shipping Address: _____
 Billing Address (if different than shipping): _____

 Signature Phone: _____
 Email: _____

Dining Lean - Everything you need to know about eating healthy in ALL restaurants. Covers fast food, full-service restaurants, and ethnic cuisines (300 page paperback book)

How to Stay Healthy & Fit on the Road - Helps business travelers prevent the weight-up, worn-out feeling that comes with frequent travel (184 page paperback book)

Dr. Jo's No Big Deal Diet - If you know WHAT to do, but just can't seem to keep off the weight...you need this book! (152 page paperback book)

Dr. Jo's Eat Out & Lose Weight wallet cards - Even easier...Dr. Jo tells you specifically what to order - and still lose weight. Consists of 30 UV-coated wallet cards to carry in your briefcase or purse

Pedometer - Accusplit branded pedometers used in scientific research, 99.7% accurate.

Exertube - resistant exercise tube with comfortable padded handles for strengthening exercises

For Health Professionals looking for resources on eating out healthfully:

Defensive Dining - Presentation kit: everything you need to present corporate or health programs

Defensive Dining - Handout kit: reproducible handouts for clients on topics related to eating out

Carb Counting in Restaurants - Presentation kit helps audiences understand how to watch carbs

FAX Orders to: 918-513-5555

SEND Orders to: 11923 Lazio Ln, Orlando, FL 32827

Questions? Visit www.drjo.com, email contact@drjo.com, or call 407-852-9171