

Why a Fitness Program?

A consistent health and fitness program has proved to . . .

- Reduce the risk of heart disease, cancer, diabetes, high blood pressure, obesity, high cholesterol, depression and more
- Increase strength, stamina, energy and cardiovascular endurance
- Improve metabolism, weight loss, and one's emotional sense of well-being
- Combat arthritis, osteoporosis and the aging process
- Decrease stress in everyday life

What should a 'consistent health and fitness program' include and why?

The Director of the Centers for Disease Control and Prevention (CDC) states, "***Obesity is the number one health threat in the United States today***". In addition, overweight and de-conditioned Americans, young and old, are taking a tremendous toll on our economy and nation's health care system. You have taken the most important step to becoming a statistic . . . a growing statistic of ***healthy and active Americans!*** Remember, however, it is still very important that you have your physician's approval before starting out a new exercise program.

Your Fitness Orientation Sessions will cover the importance of including the following components in your health and fitness program.

- **Cardiovascular Exercise:** Cardiovascular activity strengthens your heart and vascular system, burns calories and builds endurance. You will want to understand what your 'target heart rate' is and perform cardio activity three to five times a week, for fifteen to sixty minutes each time
- **Strength-training:** Strength-training is an essential component to any exercise program because it can increase your lean body mass, therefore, increasing your overall metabolism. Your fitness trainer will guide you through a program, which when performed two to three times a week, will increase your strength and muscle definition.
- **Flexibility:** To increase your flexibility and stability, static stretches of all major muscle groups should be performed every day. Core strength-training exercises, when performed correctly, can also reduce one's risk of injury to the lower back region.
- **Weight Control:** Controlling what types of foods, how much, and when you eat is a major ingredient in reaching your health and fitness goals. Nutritional counseling is available for those that need assistance in this area.
- **Accountability and Monitoring Progress:** If you are not keeping up with your program or working out often enough, do not hesitate to contact one of our Personal Trainers to help keep you on track