



# Why Exercise?

Presented by  
Lifestyle Fitness

# What Ongoing Exercise Can Do for You

- Benefits
- Programs

# Benefits

- Prevents heart disease and blood pressure
- Regulates blood sugar and weight
- Prevents bone and tissue
- Improves lifestyle



# Regulate Blood Sugar and Control Body Weight

- Improves body's ability to metabolize sugar
- Burns calories
- Maintains weight-loss



# Prevent Heart Disease and Normalize Blood Pressure

- Slows plaque buildup in arteries
- Increases “good” and decreases “bad” cholesterol
- Decreases resting heart rate
- Prevents obstructive blood clots
- Makes heart stronger and more efficient

# Prevent Bone and Muscle Tissue Loss

- Prevents osteoporosis
- Prevents loss of body mass
- Prevents drop in public rate



# Improve Lifestyle

- Makes activity easier
- Increases stress resistance
- Improves sleep
- Encourages other healthy habits

# Programs

- Exercise
  - Personalized fitness programs
  - Group workout classes
    - Spinning
    - Kick Boxing
    - Step Aerobics
    - Yoga
  - Running and racquetball clubs
- Nutrition
  - Healthy Choices
  - Tips



# Lifestyle Fitness Program Schedule

	MON	TUE	WED	THURS	FRI	SAT	SUN
9 AM	Spinning	Spinning	Spinning	Spinning	Spinning	Running Club	Running Club
Noon	Circuit Training	Basic Step	Circuit Training	Basic Step	Circuit Training	Basic Step	Squash
5 PM	Water Workout	Running Club	Water Workout	Running Club	Water Workout	Racquetball League	Racquetball League
6 PM	Kick Boxing	Tae Kwon Do	Kick Boxing	Tae Kwon Do	Kick Boxing		

# Exercise Makes Life More Fun!

- Start a regular workout program today
- Join a workout group and share the health



# Lifestyle Fitness

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