

## Why Exercise?

Presented by Lifestyle Fitness

#### What Ongoing Exercise Can Do for You

- Benefits
- Programs

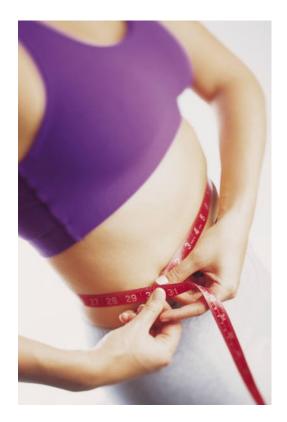
## Benefits

- Prevents heart disease ar blood pressure
- Regulates blood sugar an 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 ost
- Prevents los
- Prevents dro

dy mass plic 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	Racquet- ball League	Racquet- ball 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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