

Fitness and Nutrition



**Presented by
Lifestyle Fitness**

What Exercise and Nutrition Can Do for You

- Benefits
- Programs

Benefits

1. Prevents heart disease and normalizes blood pressure
2. Regulates blood sugar and controls body weight
3. Prevents bone and tissue loss
4. Improves lifestyle



Regulate Blood Sugar and Control Body Weight

1. Improves body's ability to metabolize sugar
2. Burns calories
3. 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 lean body mass
- Prevents drop in metabolic rate



Improve Lifestyle

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

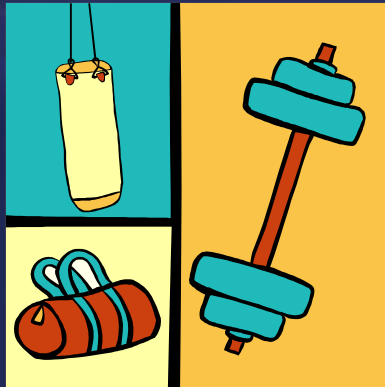
Programs

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

Exercise Makes Life More Fun!

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





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