Back to Basics
6 principles to live your best life!

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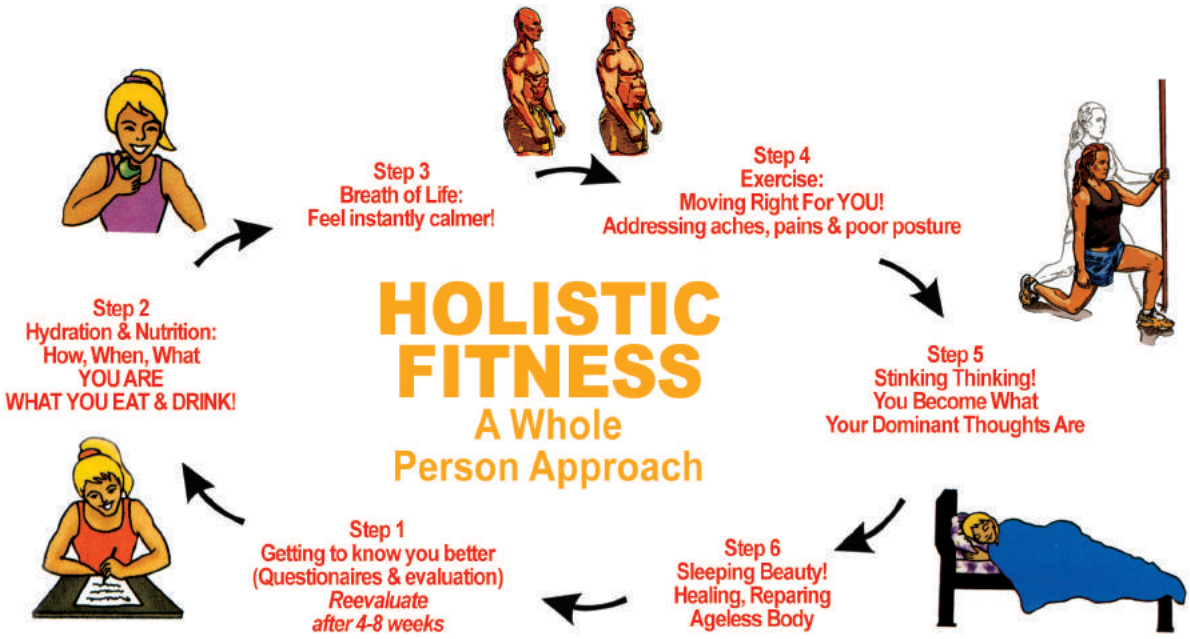


Lost the "Oomph"? Actually 38 but feel 48 years old? Do you want to get up in the morning feeling energized while looking forward to the day ahead? - With a glow of radiance that reflects how you feel – full of vitality and a zest for life, – walking again with that "spring" of youth!

It's time **you take charge of your health**. Let me briefly share with you **6 simple steps** that can have a huge impact on your overall vitality levels in 4 weeks. In 12 weeks, you will feel like a new person and wonder why you strayed so far away from the basics whether you are sedentary person or a sports enthusiast!

1. You are What and When You Eat!
– It is possible to work out an individualized plan for you so that you start eating right for YOU, to get that right quality mix of fuel for optimal energy throughout the day! Take a serious look at what you are eating and you may be shocked at the amount of process and therefore dead food is in your diet. JUNK IN = JUNK OUT, or should I say LOOK LIKE JUNK?

2. Hydration
– Adequate intake of filtered water of at least "½ your weight" (100lbs / 2 = 50 ounces) is crucial for maintaining clarity of mind and bodily functions – not to mention great for that youthful looking skin!

3. Diaphragmatic Breathing
– Shallow breathing has been shown to increase the acidity levels in your body! Shallow breathing is also a major contribution to tight, tired neck and shoulder muscles. This can make a person feel "pent up". Breathe deep into your belly. Feel the impatience leave you. Practice in the car!

4. Movement and Pain
– Move Right for YOUR body, Address your Pain! If you have musculoskeletal pain, poor posture, or you are overweight, an individualized corrective exercise program will be prescribed so that you move right for YOUR body; else a prescribed cardiovascular, flexibility and strength training program will focus on your body fat and not on your weight! Train, don't Drain.

5. Stinking Thinking
– Every time you have a negative thought about yourself or someone else, IMMEDIATELY, turn the thought around and replace it with a positive one. YOUR thoughts can make you, break you or worse, break people around you!

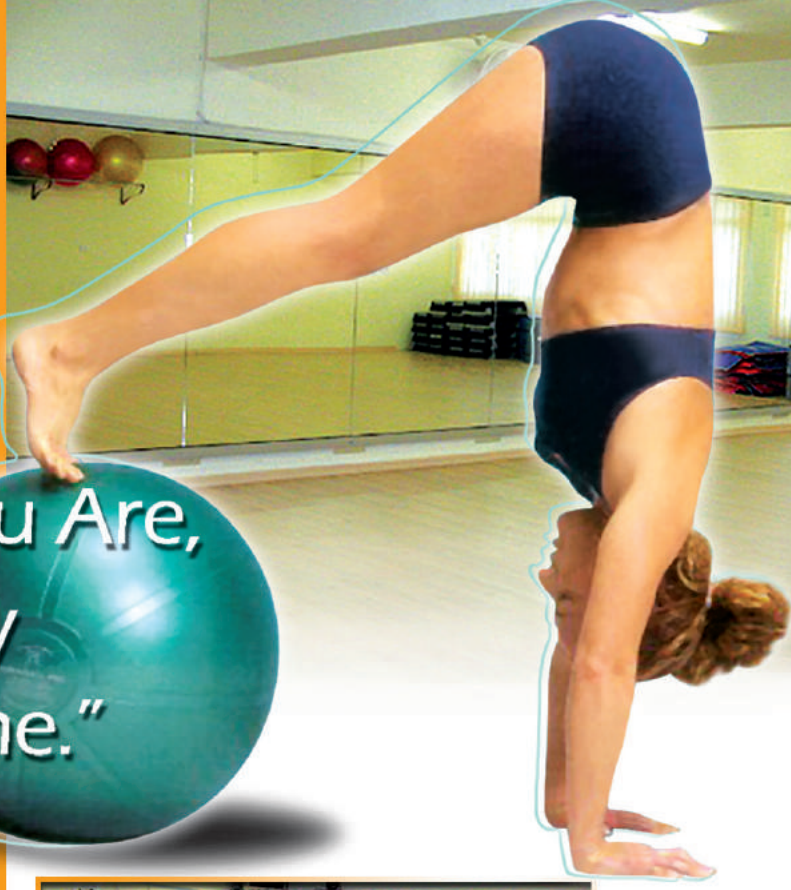
6. Sleep
– Numerous studies show that our hormonal system and therefore our bodies healing systems are heavily influenced by the sunset and sunrise. Physical repair occurs between 10pm to 2am while mental/nervous system (psychogenic) repair occurs between 2am to 6 am. Missing sleep consequently in either cycle will therefore reduce your body's ability to heal physically (more aches and pains or worse!) or psychogenically (more mental/nervous fatigue!).

Are YOU ready to make a commitment to YOUR wellbeing? Just by adhering to these six simple steps, you can be in-charge of your health journey and get to know your own body in the most intimate way that matters – from the inside – out!

FIT 4 LIFE

THE FUNCTIONAL GYM

GROUP FITNESS • PERSONAL TRAINING



"No Matter Who You Are, Health Is A Journey That Lasts A Lifetime."

Your health lies in your hands - we at **FIT 4 LIFE,** are here to **coach you towards your goals.** Fully equipped with the Club Series by Life Fitness USA, free weights and Swiss Balls, we are providing our members with an altogether superior **strength and stability training solution.** For a great cardio-vascular workout utilizing **your own individual heart rate zones,** choose from a variety of machines. The Boxing Corner & Group Fitness floors are fitted with *cushioned timber flooring therefore reducing risks of impact injury to joints. With a total floor space of 6300 Sq feet,* Fit 4 Life provides

- **weight loss programs** that help you reach and maintain your healthy weight
- **general fitness programs** that improve your overall health
- **strength and toning programs** that increase muscle mass & tone which increases resting metabolic rate i.e. Burn more calories at rest
- **corrective exercises** for postural dysfunction, post-rehabilitation, back and neck pain
- **performance-specific programs** for athletes and the general public, specializing in **golf bio-mechanics**
- **nutrition (metabolic typing) & lifestyle coaching** for improving your vitality and health
- **group fitness classes** with emphasis on cross-training principles
- **Ergonomic assessment** for home and office

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