



## Four Components to Living a Healthy Lifestyle

A healthy lifestyle is your choice!  
[www.fit4lifeAZ.com](http://www.fit4lifeAZ.com)

### Personal Training

An experienced certified personal trainer is a key part to the formula of success for a workout. Your certified personal trainer can **design programs** and **educate** you on proper exercise form to increase the effectiveness of your workout.

A personal trainer increases your level of **motivation** and **accountability** for your workout. In order for you to be successful in achieving your fitness goals, it is crucial you are committed and are ready for the lifestyle challenge.



*Fit 4 Life's vision is to promote happiness in people's lives through fitness and wellness training. We will guide you on your journey to experience a healthier lifestyle.*

### Cardiovascular Exercise

A heart rate in the proper zone and exercise duration will burn body fat.

The main idea behind cardio (aerobic) exercise is to burn stored body fat. If you are serious about losing excess body fat, then you need to keep the regimen of daily cardio for a **minimum of 40 minutes**. In the first 20 minutes of cardio exercise, you are burning sugar. After the first 20 minutes your body starts burning stored body fat.

Your **heart rate zone** should be between **65-85%** of your maximum heart rate. Working out at a lower heart rate only burns sugar. Working out at an extremely high heart rate only burns muscle.



*Ask your Personal Trainer to calculate your heart rate zone for your cardiovascular exercise.*

### Weight Resistance

The addition of weight lifting and/or resistance (anaerobic) exercise is crucial to the success of a weight loss and strength building regimen.

Studies show that your body will continue burning body fat for up to 3 hours after an hour of cardiovascular activity. However, after an hour of lifting weights, your body continues to burn calories and stored body fat for up to 18 hours. This is why weight resistance training is an important key to a healthy lifestyle.

Weight resistance training helps **increase your body's power and endurance**, and it reduces the risk of injury to muscles, ligaments and tendons during everyday activities and especially while doing sports.



*Weight resistance training helps the body burn fat and builds muscle, to look firm and toned.*

### Nutrition and Wellness

Proper amounts of nutrients need to be considered in the design of the plan:

**Carbohydrates** are the main energy source (45-65% of diet).

**Protein** is the main nutrient of interest for resistance training (10-35% of diet).

**Fat**, especially from plant sources, are required in a healthy diet (20-35% of diet).

**Vitamins and minerals** should be added as supplements.

**Water** intake depends on your activity level. At a minimum, drink  $\frac{1}{2}$  your body weight in ounces every day.



*Ask your Personal Trainer to calculate your Basal Metabolic Rate to determine your daily caloric intake.*



## Personal Fitness Training

*A healthy lifestyle is your choice*

**Congratulations** on taking your first step to a better lifestyle.

The decision to start training is your choice and a positive choice. We know your time is valuable, so we want to make your training session with a **Fit 4 Life** Certified Personal Trainer convenient for you. You can train in your home or enjoy sessions outdoors at a park; you may live in a community that has a fitness center we can utilize for your training sessions; or we can provide training sessions at your company location during lunch, before or after work.

**Fit 4 Life** offers 4 programs to get started with your healthy lifestyle challenge:

### 1. In Home Training

**One-On-One Training** is One Certified Personal Trainer working together in private with One Client, you. We design personalized fitness programs to meet your needs and fitness goals.

**Group Training** allows you to share the cost with your friends, co-workers, mom/daughter & dad/son teams, or couple sessions.

### 2. Corporate Training

Be a leader in bringing "Health and Fitness" to your employees today. Address the issue of rising health care costs through preventive fitness programs.

### 3. Online Training

Get online workout plans designed specifically for you. View the exercise videos and use the printed programs for your use at home, in the gym, or while traveling to meet your fitness goals.

### 4. Fitness Camps and Running Training (5k, 10k & 1/2 marathon)

Join other people just like you, ready for a lifestyle change. New workouts every session to keep it exciting. Small groups, affordable, and sessions are for everyone at every fitness level.

What is your **health** worth to you? Would you say "**Priceless**"?

Many of us take better care of our expensive cars, homes, and other material belongings than our "Priceless" bodies. Only when our health is threatened do we put a significant value on our body. Value your body by investing in yourself to achieve a healthy lifestyle and create success in all areas of your life. The impact on your personal well-being is immeasurable and the benefits will last a lifetime.

Health benefits of regular exercise and physical activity include:

- Reduce the risk of heart disease, high blood pressure, high cholesterol, diabetes, arthritis, and osteoporosis
- Regulate body weight and body fat
- Maintain healthy muscles, bones, and joints
- Improve outlook on life, control depression, increase metabolism, and raise energy level

A **Fit 4 Life** Certified Personal Trainer will:

1. Assess your physical abilities and body composition.
2. Help you set realistic goals with personalized workouts.
3. Keep your workouts fresh and fun by introducing new exercises and techniques.
4. Ensure you are doing exercises correctly and provide instant feedback on how to adjust your posture, motion, and exertion to get maximum results and prevent injury.

**Start your lifestyle challenge today!**

**For additional information, pricing, or to sign up, visit:**

**[www.fit4lifeAZ.com](http://www.fit4lifeAZ.com)**

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**Certified by:**  
National Strength &  
Conditioning Association

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