



Several years ago, I became interested in my physical well-being and health. At that time, I was over-fat and in poor physical condition. So, I set a goal to become a healthy individual, and by improving my exercise habits and through changes in my diet, I lost 50 pounds.

I experienced many positive changes within, both physically and mentally. *I am living proof that strength training can change your life!*

As it was when I decided to get myself healthy, it is my objective as a personal trainer to educate and assist people like you to achieve YOUR goals in a manner that is safe and effective. My goal continues in an endeavor to help people improve their quality of life.

*Cindy Anderson*

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***STRONG WOMEN  
(and MEN)  
STAY YOUNG!***

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Between the ages of 20 and 50, the average individual loses approximately 15 pounds of muscle and gains over 30 pounds of fat as a result of the decrease in metabolism associated with muscle loss.

Unfortunately, many people ignore the one activity — strength training — that can truly shape their bodies in a highly attractive way, and greatly improve their health now and in the future.

In addition to improved strength and endurance, regaining or building muscle tissue through weight training increases metabolism, and improves body shape, bone density, cardiovascular efficiency, and joint stability.



## THE RESULTS OF STRENGTH TRAINING

- ⇒ Improved cardiovascular fitness & overall health
- ⇒ Greater muscle strength
- ⇒ Increased metabolism
- ⇒ Greater endurance, stamina and energy
- ⇒ Optimum fat loss while maintaining muscle
- ⇒ Stronger bones
- ⇒ Reduced injuries



The *SuperSlow* Exercise Protocol is an intense, efficient workout for the general exerciser, and is achieved under the direct supervision of a certified instructor on specialized, state-of-the-art equipment. Slower repetitions expose the body to less force, and are safer and more effective because they involve less momentum, which loads the muscles more efficiently.

This method truly embodies the definition of COMPLETE EXERCISE by properly and safely building muscle and increasing your resting metabolism, allowing the body to burn more calories, even while at rest.

Our workout is both very intense and very time efficient. One or two twenty-minute workouts per week are all that's required.

Is this enough workout time? The answer is yes! Time off is required for the body to produce the fitness and appearance improvements stimulated by the workout. Most people experience the best results when they work out every 3 to 4 days.

What about cardio conditioning for my heart? During a *SuperSlow* workout, the working muscles place a significant demand on the heart to supply them with oxygen and nutrients and remove metabolic wastes. By limiting any rest between each exercise, an elevated heart rate is maintained, providing better cardio conditioning than aerobics, more safely and efficiently.

**FOR A COMPLIMENTARY WORKOUT APPOINTMENT, PLEASE CONTACT CINDY TODAY!**

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