

FIT by FRED



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Strength Training

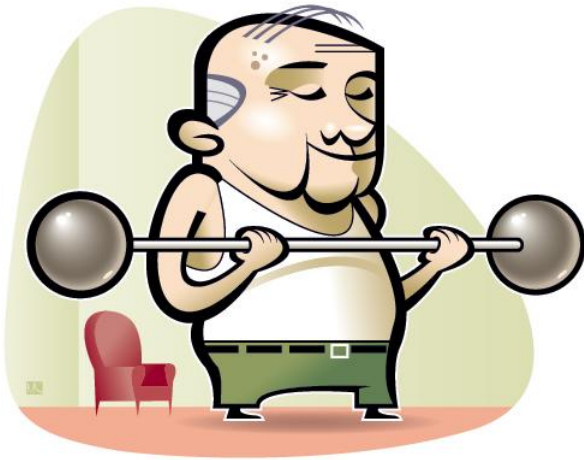
This component is essential for anyone who is looking to:

- Strengthen soft tissue (muscles, ligaments, tendons) and joints
 - Prevent/reduce arthritis and osteoporosis
 - Reduce potential for injury
 - Decrease body fat
 - Improve mood
 - Slow down Sarcopenia
 - Improve functionality
 - Lower blood pressure
 - Increase cardiovascular fitness
 - Improve physical performance
 - Create greater ROM (Range of Motion)



FACT....

Research indicates that unless we strength train regularly, we lose more than ½ pound of muscle every year after the age of 25.



Aerobic Fitness

Also referred to as cardiovascular fitness (cardio) or cardiorespiratory fitness, aerobic training can:

- Improve efficiency of the heart, lungs and circulation, decrease resting and active heart rate, increase HDL levels (good cholesterol) and increase bone density
 - Burn calories to help with weight management and improve body composition
 - Reduce stress
 - Improve focus and concentration
 - Allow for greater performance of tasks



FACT....

There is a positive link between increased cardiovascular endurance (aerobic fitness) and reduced risk of coronary heart disease.



Flexibility/Mobility

Flexibility is the range of motion throughout which a joint can move.

Improving flexibility and mobility can:

- Improve posture
- Reduce muscle soreness/stiffness
 - Relieve stress
 - Reduce risk of injury
- Improve recovery time
- Enhance performance
- Provide greater focus
- Increase relaxation



Fact....

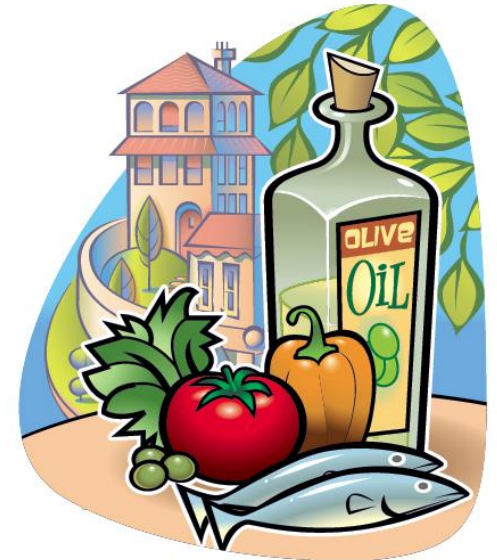
Improved flexibility/mobility can decrease the pain associated with arthritis.



Healthy Nutrition

Consumption of fresh, natural and wholesome foods provides the requisite fuel that helps develop bodies and minds. A proper diet will help:

- Provide building blocks to build strength and muscle
 - Supply fuel for optimum performance
 - Improve one's immune system
 - Decrease chance for disease
 - Enhance body composition
 - Increase energy
 - Reduce inflammation
 - Boost concentration



Fact....

If you had to pick one component that was at the health hierarchy, proper nutrition would be it. Without the right nutrients, fighting off disease, becoming leaner and maximizing health and fitness are minimized.



Rest & Recovery

Rest and recovery provides an opportunity for the body to repair and the mind to relax. Including rest and recovery allows the body and mind to:

- Increase performance
- Improve mental and emotional sharpness
 - Alleviate stress
- Help prevent injury
 - Increase energy
- Pursue other interests
- Provide “me” time



Fact....

Without proper rest and recovery, the body and mind will not produce or respond optimally. In fact, it can cause many health issues such as hypertension, high blood pressure and insomnia.



Rap Up....

- Perform full-body workouts 2-3 times per week
 - Elevate your heart rate 2-3 times per week
 - Consume healthy, nutritious foods
 - Work to improve flexibility and mobility
 - Rest when you need to – find “me” time
- Work hard for yourself – 100% effort yields 100% results
 - A little bit of something beats a whole lot of nothing



Biography

FRED FORNICOLA, B.A., is the owner of *FIT by FRED* in Asbury Park, New Jersey. Fred is a fitness specialist with decades of experience as a personal trainer, strength and conditioning coach and fitness consultant along with being a wellness advisor and published author. He has been involved in the field of strength and fitness since 1976. Fred has authored more than 250 articles on strength and fitness, nutrition, conditioning and has been featured in numerous publications. In addition, he pens regular columns on health and fitness for various Internet websites along with contributing to several blog spots. Fred was one of the contributing authors of the book *Get Fit New Jersey!* and co-authored the best-selling book *Dumbbell Training for Strength and Fitness* and *Youth Fitness: An Action Plan For Shaping America's Kids* with Matt Brzycki. Fred is also the editor-in-chief for *Strength and Fitness for a Lifetime: How We Train Now* as well as the *High Performance Training Newsletter*.

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