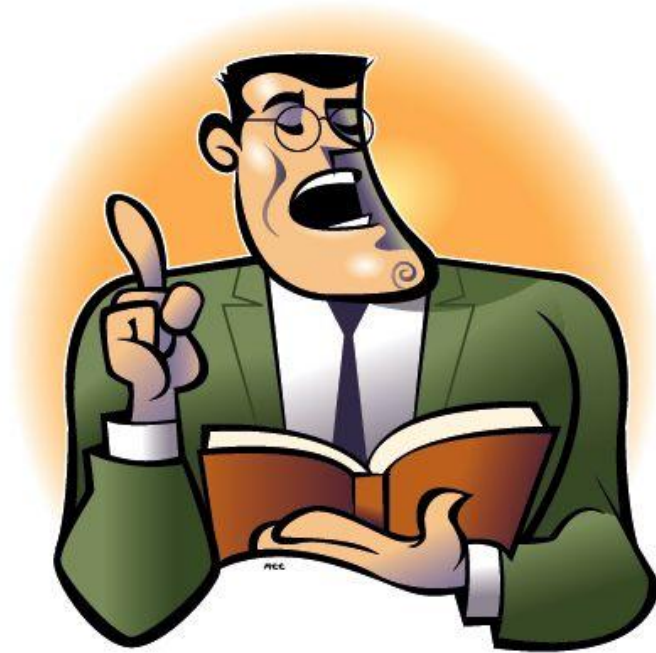


Things To Consider...

- Becoming healthy is a personal journey
- Getting “in shape” goes beyond physical
- Carefully consider your medical history, current situation, goals and expectations
- Focus on safety, efficiency & effectiveness
 - Personalize your program

The Five Components of Health & Fitness



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STRENGTH TRAINING

CARDIOVASCULAR FITNESS

FLEXIBILITY/MOBILITY

HEALTHY NUTRITION

REST & RECOVERY



Some of the Benefits to The Five Components

- Slow down Sarcopenia (muscle wasting)
- Improve function of the heart and lungs
- Help maintain a healthy bodyweight and desirable percentage of body fat
- Allow for performance of daily tasks with less fatigue
- Develop a wide range of motor skills that can be used in everyday functions and leisurely pursuits
- Aid in the prevention of chronic conditions such as cardiovascular disease, diabetes, hypertension and obesity and reduces the risk of experiencing coronary heart disease at a later age
- Improve body image along with self-discipline, self-confidence and self-esteem
- Reduce emotional disturbances and makes you more outgoing and optimistic
- Release tension and reduces stress as well as decreases symptoms of depression and anxiety
- Increase alertness and interests
- And the list goes on.....

Strength Training

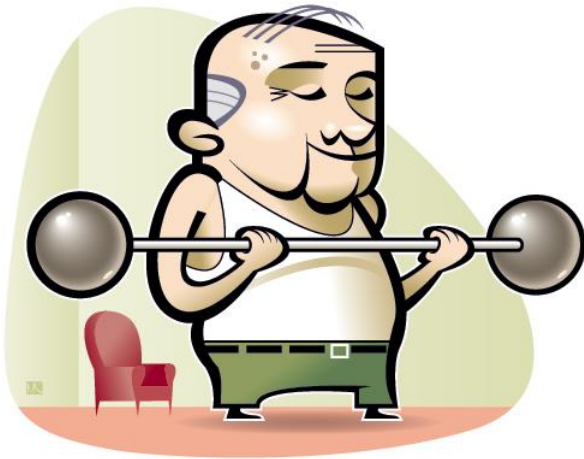
This component is essential for anyone who is looking to:

- Strengthen soft tissue (muscles, ligaments, tendons) and joints
 - Reduce potential for injury
 - Decrease body fat
 - Improve mood
 - Slow down Sarcopenia
 - Improve functionality
 - Prevent or reduce arthritis
 - 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” or “cardio respiratory fitness,” aerobic training can:



- Improve efficiency of the heart, lungs and circulation (decreased heart rate (resting and active), increase HDL levels, and increase bone density)
- Burn calories to help with weight management (body fat reduction).
- 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:



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

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:

- Become stronger and leaner
- Improve mental and emotional sharpness
 - Alleviate stress
 - Increase energy
- Aid in preventing injury
- 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

