

The Fitness Tripod



Cardiovascular Training: continuous and rhythmic exercise involving the entire body or at least the lower extremities for a duration longer than 3 to 20 minutes for maximal effectiveness.

Resistance Training: any activity that requires the body exit normal ranges of strength movements so that muscles may adapt to new stimulus. Weight training for example.

Nutrition Profile: any calculated and quantifiable effort dedicated to making sound and healthy, goal-oriented food choices for the purposes of improving health.