



? Do you sit more than 3 hours a day in the same spot?

? Do your muscles give you aches and pain when you get up or sit down?



JMASTRENGTH offers in-home fitness assessments for where you are at now & where you can grow... using **TAILORED PROGRAMMING** built for **YOU** only.



Contact Information

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**Currently accepting new clients for in-home fitness training ONLY.*

DOCTOR'S ORDERS AREN'T ENOUGH.

By Joseph A.

4VSi ScWZSf 'SU aXbZke[US^Suf]hfkSfZa_ V\$ V'adSfi ad US^ increase your risk factor
Xid e'WF UZch` [Uve]eSWS^ Vincreased TaVk_ See [VV]/BMIfzzzzjust from doing
nothingzzzzjust from staying still. 6gVfa fZVWfUfhW SfgdVX5ah[V#i VV^ VagdbWVW
_ adVfSfa` SckfZS^ VVW i ZUZ VaW [ff^Wa dWgUWZVStahV[e] XufacS V [fe` WfSf]hW
VVVea` TafZfZV'TaKs^ VfZW [VZ

FZVWVWVfeaxVWU[eVWLa_bSeeVea_gUZ_adWZS` gef fZVWVWfadz;fe[g'SfWkagd
UdgSfa` l'edMZWS^ VefdwYfZWekagd_ geUWdWVWVWVWVWageWVadZ[` dS^ V
WVWV] Wkagz7] WUeWeS YdSf i Sk fa V[eZSdWVWe[a` li ad fZagYZ W affa` S^T'au d
dVSeV^ YdS^ VYS[` eVZVWV z;` afZVli adVei Z[VWZVWVWV S[eWZS^ UMI fZVWVsdV
Sef` Ybaef[hWVVVea` fZVW fW S1_ [V TaMd S V eagZ

? Sk; TMTa^VWagYZ fa_ S] WZ[e` VJf eSfW Wf fa kag1 Kag h[ef] kagdValfadS^ VZVWZVW
dMa_ WVeZSf kag [USeVWkagdbZke[US^Suf]hfkfa [bchWkagdyWVWV^i WZVW Yz: W
dMa_ WVeSdM_ WfaX VYZTadZaaVi S] d bWZSbe YSdWV] Y Ughf] YfZWVdced
i S] [YkagdbVie_ adVaxVW S^ VafZVWdSfZVWVad^ VebZke[US^Suf]hfkfaVVeYgeVSe
_ WZaVeaXVWU[eW; XZVWVe S^ VSegdW_ S] Wkag XWeadVXWV SdVezzzz; f'gef [e^ f
WagVZz

FZVWaaV` We[efZSf kagdTaK ZSeSfdW VVageUshSufkXidfS eXid Sfa` [e'WfS V
agfz KagdTAKi [^SWSbf with gef 30 minute fa 1 hour of engaging exercise Se [ff^VSe2- %
fL Wper week.

Just think about it. Agf aXh#* baefTVZagdb[Si WV WVWUSf] YSe [ff^VSe#ZzZagdbfa
bZke[US^VWU[eVWS_ S] V\$ V[XWUWVdS [XW V; f[eS_ S] [Yi ZSf fZVW'VkUS^ SWSbf
fa S^ VfZVeb[df US^ WVgdW

Stiff muscles will start to feel flexible joint stability will increase (balance, agility, strength)z
Kagdheart and lung function [bchWWS^ Vkagdblood flow will keep you feeling young
again. Let's not forget the _ adf Xg^ VS_ WIS^thing: i VsdWZS^WVW] YfZW [VZ

Earting with eL_bWphysical Xf Weassessments S^ Vleading into ShScVWkaxbasic
exercisesszzzwill allow kagto see where you're at and will let _ Vknow how I US^ ZVb kag
Ychi z; f dSfei [fZ_ Wdesigning SbWfa S^k fS[adWphysical exercise program WVW Y
XidKAG a` 1z 5a` fSf_ V