



? 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

**Joseph\***  
Fitness Trainer

**Phone: 713-909-0394**  
**Email: [jmastrength@gmail.com](mailto:jmastrength@gmail.com)**  
**Web: [www.jmastrength.com](http://www.jmastrength.com)**

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



# DOCTOR'S ORDERS AREN'T ENOUGH.

*By Joseph A.*

Be aware that lack of physical activity at home and/or at work can increase your risk factors for "silent" chronic diseases and increased body mass index (BMI)..... just from doing nothing.....just from staying still. Due to the restrictive nature of Covid-19, we find ourselves more stationary than ever, which does little to reduce the above risk factors and its negative effects on both the body and the mind.

The benefits of exercise encompasses so much more than just the exterior. It stimulates your circulation, stretches and strengthens your muscle, releases endogenous endorphins, and energizes you. Exercise is a great way to discharge tension, work through emotional blocks, release anger, and gain self-esteem. In other words, while the external is enhanced, there are lasting positive effects on the internal, mind, body, and soul.

May I be **bold** enough to make this next statement to you? You visit your doctor and he/she recommends that you increase your physical activity to improve your general well-being. He recommends a regiment of neighborhood walks, perhaps gardening, cutting the grass, walking your pets more often, and other rather effortless physical activities disguised as methods of exercise. If these small measures make you feel sore afterwards..... **It just isn't enough.**

The good news is that your body has a tremendous capacity for transformation inside and out. Your body will adapt with just 30 minute to 1 hour of engaging exercise as little as 2- 3 times per week.

Just think about it. Out of 168 possible hours in a week, dedicating as little as 1-3 hours to physical exercise can make a difference for a lifetime. It is amazing what the body can adapt to and the spirit can endure.

Stiff muscles will start to feel flexible. Joint stability will increase (balance, agility, strength). Your heart and lung function improves and your blood flow will keep you feeling young again. Let's not forget the most fundamental thing: we are challenging the mind.

Starting with simple, physical fitness assessments and leading into a variety of basic exercises.... will allow **you** to see where you're at and will let **me** know how I can help you grow. It starts with me designing a personally tailored physical exercise program designed for YOU only. Contact me.