Strength Training

Lifting Weights Weight Machines Resistance Bands Calisthenics Sprinting Mind & Body

Meditation
Behavior Changes
Rest / Recovery / Sleep
Health Coaching
Deep Breathing
Yoga

Cardio Training

Running / Walking Biking Zumba Aerobics Dancing



Optimal Health

Most people attempt just **ONE** component.

It's not just **ONE** component...to get healthy!

It's the right exercise, nutrition and behavior changes that get you healthy and fit!

Vitamins/Minerals Protein Drinks Anti-Oxidants Hormones Herbs Supplements

ROM Strength Training
Static Stretching
Ballistic Stretching
Yoga
PNF

Scale
Bod Pod
Calipers
Infrared
Bio-Impedance
Achieve 25% fat or less

Healthy Foods Weight Watchers Keto Diet South Beach Diet Zone Diet

700

Body Composition