



There are many who consider our Fitness Center a home away from home, a haven, or even a *heaven*.

Some of them may spend all day pushing, pulling, squatting, and jumping until they've got nothing left to give.

While you're welcome to stay here as long as you'd like, and visit as often as you're willing to tie your shoes, (shoes and shirts *are* required, after all), we'd to take this opportunity to remind you that if you work hard, and if your work intelligently, progress will come quickly.

So, stick around. Test our machines. Test our trainers. Test yourself.

We've made getting started easy. Just turn the page over for the blueprints to your new body.

## **YOUR BODY'S BLUEPRINT: A Cheat Sheet**

*Get ahead by planning ahead.*

**[Pro Tip #1]:** *Consult a personal trainer if more questions come to mind than answers.*

STEP 1 *Learn to Eat /*

Develop a sound, *realistic*, nutritional plan that spans the course of a full, 7-day week.

STEP 2 *Learn to Stretch /*

Fail to stretch properly and it's not a matter of "if" you'll get hurt, it's a matter of "when."

STEP 3 *Learn to Exercise /*

Follow a program that:

- (1) Targets all of your major muscle groups
- (2) Strengthens your weak points
- (3) Provides a balance between resistance and aerobic (cardio) training
- (4) Is challenging, but keeps you interested
- (5) Evolves as your body changes

**[Pro Tip #2]:** *Get those recurring questions answered.*

- Personal trainers have seen it all before, and they're here to help you. Seriously, it's what they do for a living. Consider working with someone who will coach, correct, motivate, and follow-up.

**[Pro Tip #3]:** *The importance of massage therapy should not be overlooked.*

- We ask a lot of our bodies, and so, it's little surprise that the human body can get pretty banged up. View massage as less of a "treat" and more of a treatment.

*Treat tight muscles*

*Treat painful nerves*

*Treat achy joints*

*Treat and cure stress*