

THE FITNESS TOGETHER TYSONS PHILOSOPHY



You have no idea what's in store for you at Fitness Together Tysons. Come see for yourself. You'll experience what it's like to work with one of our elite personal trainers. You won't regret it!

At Fitness Together Tysons we believe that life is best when...

- You feel healthy and are proud of your appearance
- You are fit, lean and toned
- Your blood pressure and heart rate are low and steady
- You are no longer in pain from doing everyday activities
- Your **stress** is **decreased** dramatically
- Your **energy** level is **increased**

We believe that you can achieve optimal health with regular exercise and a good diet. We feel that staying fit is the closest thing to a panacea, curing everything. If you want to feel great and not just temporarily mask symptoms, we encourage you to commit to a fitness program.

Do you know the added benefits of exercise extend well beyond weight management? Regular physical activity can help reduce your risk for many diseases and improve your overall quality of life including:

- Lowering blood pressure and raising your HDL (good cholesterol), lowering your LDL, and improving your heart's working capacity
- Controlling noninsulin-dependent diabetes
- Preventing obesity which is a major risk factor for many diseases
- Reducing back pain while increasing muscle strength and

- endurance and improving your flexibility and posture
- Promoting the formation of bone and preventing age related bone loss leading to osteoporosis
- Reducing depression and anxiety and managing stress and the way you feel about yourself
- Postponing the development of development of disability in older adults

As you age, you become more susceptible to injury, sickness and disease. You tire more quickly and take longer to recover from illness. And the pharmaceutical companies want you to believe that the answers to all your health concerns are contained in pills. You invest in health insurance, life insurance and the financial stability of your family. Isn't it time to invest in your own well being so you can have a brighter, healthier future?