



Health and Fitness

Physical Fitness Training

What are your personal fitness goals?

Improving Physical Fitness, for the most part, is a personal choice limited only by one's willingness and motivation. Understanding that many people have limitations, we will attempt to provide you with a basic knowledge of fitness concepts and activities in order for you to move forward with your personal fitness plan.

It is strongly recommended that, before anyone engages in a physical fitness program, they get a physical exam and medical clearance to begin and maintain such a program.

My goal is to give you facts, information, tools and motivation to help you improve your current fitness level.

The instructor is an A.C.E. PEER Fitness Personal Trainer and Professional Firefighter/Paramedic with over 30 years experience.



Outline

- **Personal Fitness Evaluations**
- **Habits and Goal Setting**
- **What? Aerobics, Flexibility and Strength Training.**
- **Why? Aerobics, Flexibility and Strength Training.**
- **How? Aerobics, Flexibility and Strength Training.**
- **Nutrition**

