

**Begins  
January  
2010  
Ends March  
2010**



*“Fit For Life”*

**LIVE LIFE WELL— JOIN TODAY!**

Semper Fit Physical Fitness offers you a new 5-Step Program Series that works for YOU!

- Choose your program (see below)
  - Register your plan
  - Track your success!

Register now at your Fitness Center

**QUESTIONS?**  
 MCAS 228-6374 or 228-6429  
 MCRD 228-1562 or 228-1563  
[Sign up now!](#)

**CHOOSE THE 5-STEP PROGRAM THAT WORKS FOR YOU**

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
SELECT 2 Cardio Options 2x per week	SELECT 2 Strength-Training Options / 2x per week	SELECT 1 Functional Activity 1x per week	SELECT Your Diet Starter Plan: Choose 2	REGISTER Your Plan

*See program details on back*



# FIT FOR LIFE

Date			
Name (last, first)			
Email			
Phone			
January date		March date	
Weight		Weight	
% Body composition		% Body composition	
<i>Please remember to consult your physician before beginning any exercise program!</i>			

## CHOOSE THE 5-STEP PROGRAM THAT WORKS FOR YOU

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
<b>SELECT 2 Cardio Options</b> 2x per week	<b>SELECT 2 Strength-Training Options</b> / 2x per week	<b>SELECT 1 Functional Activity</b> 1x per week	<b>SELECT Your Diet Starter Plan</b> 5x/week. Choose any 2 choices	<b>REGISTER Your Plan and Track Your Success!</b>
<ul style="list-style-type: none"> <li>• <b>Group exercise class</b> (Spin, Step, Kickbox; see Group Exercise Schedule)</li> <li>• <b>Outdoor Cardio</b> (jog, run, walk, swimming seasonally)</li> <li>• <b>Cardio Machines</b> (treadmill, elliptical, rower, recumbent bicycle, upright stationary cycle)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Group exercise class</b> (TRX, Power 30; see Group Exercise Schedule)</li> <li>• <b>Strength &amp; Circuit Machines</b> (circuit training room)</li> <li>• <b>Free Weights</b> (dumbbells, barbells)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Yoga/Pilates</b></li> <li>• <b>Belly Dancing</b></li> <li>• <b>Zumba</b></li> <li>• <b>Bands &amp; Balls</b> (See Group Exercise Schedule)</li> </ul>	<ul style="list-style-type: none"> <li>a. Reduce simple carbohydrates (sugar, soft drinks, sweet tea, sweets)</li> <li>b. Increase complex carbohydrates fresh fruit, vegetables, whole grains, fiber)</li> <li>c. Exchange high-fat/high-cholesterol meats for fish and/or lean meats/soy</li> <li>d. Drink five to eight 8-oz servings of water/day</li> <li>e. Eat a quality protein either during or within 20 min of your strength-training session.</li> <li>f. Reduce or avoid alcoholic beverages</li> </ul>	<p><b>JANUARY</b></p> <ul style="list-style-type: none"> <li>a. Bring plan to Personal Trainer</li> <li>b. Meet with Personal Trainer to weigh in and get your body composition completed</li> </ul> <p><b>MARCH</b></p> <ul style="list-style-type: none"> <li>c. Meet with Personal Trainer to weigh in and get your body composition completed</li> </ul>