

The Fitness Line-Up

Smart Fitness Introduction: Unleash the Athlete in You!

The 30 Smart Fitness Strategies:

1. Just in Case You Need a Few Reminders...
2. Face the Facts...Permanent Weight Loss Requires Exercise!
3. Join the Best Health Club for You
4. Stretch for the Best!
5. Drink Lots and Lots of Water!
6. Hire a Personal Trainer!
7. Recruit a Workout Buddy
8. Sweat in the Morning!
9. Choose the Weight That Fits
10. Challenge Your Endurance Level!
11. Honestly...How Hard Are You Really Working?
12. HIIT for Peak Results!
13. Before or After? That Is the Question
14. Balance for Fitness!
15. Use Balls and Bands
16. Get Active or Else...
17. Recreation with Your Family Works Too!
18. Defy the 50+ Statistics – Embrace the Secret Solution
19. Build Strong Bones with Intensity!
20. Diversify Your Training for Powerful Results!
21. You Cheat Only Yourself!
22. Use the Mirror
23. Work All the Ab Muscles!
24. Don't Forget the Basic Ab Crunch!
25. Curl and Crunch
26. The Dirty Little Secret on ABS
27. Work Out Defensively!
28. Walk When You Golf!
29. Train for an Event
30. Rejuvenate Your Fitness!

Prioritize Your Smart Fitness Strategies

Summarize Your Fitness Goals Here

Sample Fitness Take Ownership...Take Action Work Sheet

Blank Fitness Take Ownership...Take Action Work Sheets