

16 Guaranteed Benefits of Your Beyond Fit Training Program

Our 100% Promise to You

Everyone has their own reasons for making a decision to improve their life through a supervised fitness program. And while most people are concerned with losing weight and looking better for the beaches, here is a list of many of the other important guaranteed benefits that our fitness programs will provide for you:

GUARANTEED LOSS OF BODY FAT

Do you know that when you attempt to lose weight by dieting alone, you end up losing some fat, but also much lean muscle and water? Also, calorie restriction causes your body to slow down your metabolism, so as soon as you increase calorie intake again, the fat comes back on faster than ever! Our strategy built around sound nutrition and functional integrated exercise, will help you maximize fat loss while maintaining or gaining valuable lean muscle.

GUARANTEED WEIGHT CONTROL

Unlike fad diets, our scientifically bulletproof nutrition and exercise strategy will lead to a lifetime of stable weight, getting you off of the weight loss - weight gain roller coaster that comes with diets. A fad diet may get you back into those 32" pants again for a month, but our bombproof fitness programs can keep you in them forever.

WE WILL RAPIDLY INCREASE YOUR METABOLISM

Contrary to popular perception, a fast or slow metabolism is not a gift or curse you are given at birth. It is easy to blame your metabolism for weight gain, but in reality, we are never the victims of our metabolism, rather we are the creators of our metabolism. While calorie restricted diets literally destroy your metabolism, our properly designed exercise and nutrition programs will dramatically fire up your metabolism so you burn more calories all day, every day.

WE WILL INCREASE YOUR MUSCULAR STRENGTH AND ENDURANCE

Whether you participate in competitive sports, or just participate in activities of daily living such as carrying your child up and down the stairs or lifting the groceries out of the car trunk, increased strength will allow you to perform better. And for women, you do not need to worry about developing big, bulky muscles in order to see improvements in muscular strength and endurance. Ladies, we promise you will not bulk up as a result of our training.

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WE WILL INCREASE CARDIORESPIRATORY EFFICIENCY AND ENDURANCE

Do you get winded just going up a flight of stairs? In less time than you think, our scientific cardiovascular regimen can deliver marked improvement in your endurance. Research has repeatedly shown that a regular exercise routine can improve the performance of the cardiorespiratory system. Do you realize that if you were able to reduce your resting heart rate by only 5 beats per minute, which translates into 7200 fewer times per day your heart needs to beat? That is more than 50,000 fewer beats per week! That is a lot less work that your heart will need to do.

WE WILL INCREASE YOUR BONE, LIGAMENT, AND TENDON STRENGTH

Our resistance training and weight bearing fitness systems not only strengthen your muscles, but strengthen your entire skeletal system and connective tissues as well. This will greatly reduce your risk of injury. We will increase your muscle mass Along with an improved physical appearance, increased muscle mass causes you to burn more calories throughout the day. Muscle is metabolically active tissue and is the furnace in your body where fat is actually used for energy. More muscle means faster metabolism.

WE WILL REDUCE YOUR RESTING BLOOD PRESSURE

Did you know that high blood pressure increases the risk for coronary heart disease, and can cause heart attacks or strokes? According to the American Heart Association, one in four adult Americans has high blood pressure, and nearly a third of them do not realize it. Of the 50 million sufferers, nearly half are women. While medications are often warranted, lifestyle changes including improvements in nutrition and regular exercise are key elements in the control of blood pressure. Our programs will help decrease your blood pressure.

WE WILL MAKE IMPROVEMENTS IN YOUR CHOLESTEROL LEVELS

Cholesterol, a fatty substance found in cells and blood, is necessary for many normal bodily functions. Unfortunately many people have cholesterol readings that are too high - 200 and above - putting them at increased risk of developing cardiovascular disease. If you are overweight, losing body fat can reduce your LDL (bad) cholesterol and raise your HDL (good) cholesterol, and as little as thirty minutes of exercise on most days can help improve overall cholesterol levels. Our programs attack LDL.

WE WILL DECREASE YOUR RISK OF DIABETES TYPE 1 DIABETES, WHERE THE BODY MAKES LITTLE OR NO INSULIN, IS USUALLY DIAGNOSED IN CHILDHOOD.

Currently there is no known way to prevent Type 1 Diabetes. Type 2 Diabetes, where the pancreas does not make enough insulin to keep blood glucose at normal levels, usually occurs in adulthood and is far more common, making up 90% of all cases of the disease. Maintaining an ideal body weight and an active lifestyle are two of the main factors in preventing the onset of Type 2 Diabetes. Our programs will lower your risk of Type 2 Diabetes.

WE WILL DECREASE YOUR RISK OF OSTEOPOROSIS

Osteoporosis is a disease characterized by low bone mass and bone fragility, which leads to increased risk of fractures. Men as well as women may suffer from it. Studies have shown that resistance training and weight-bearing exercises are effective in increasing bone mineral density. Our programs will help stabilize any damage.

WE WILL REDUCE YOUR RISK OF INJURY

As noted above, stronger muscles, bones, and connective tissue all contribute to reducing injuries. But regular exercise can also bring on improvements in balance and muscle control that can help prevent slips and falls that could otherwise cause injuries.

WE WILL IMPROVE YOUR SELF-ESTEEM

There is truth in the saying "When you look good, you feel good." The positive changes brought on by a structured exercise and supportive nutrition program are not only physical. Increased confidence, energy, and vitality are all benefits of a fitness lifestyle. We will definitely have you feeling good!

WE WILL IMPROVE YOUR POSTURE

Whether it is behind a desk at work, behind the wheel of a car, or on the couch watching TV, we all spend a lot more time than we should on our butts. These positions can lead to lower back problems, weak and rounded shoulders, tight chest muscles, and a hunched over posture. Our scientifically designed exercise programs address these issues, and help undo the damage you unintentionally do to your body all day long.

WE WILL DECREASE YOUR STRESS

Studies have shown that exercise will cause the brain to release endorphins and other neurotransmitters that actually help to improve your mood and leave you relaxed.

WE WILL IMPROVE YOUR OVERALL HEALTH

The health benefits of exercise have been known for thousands of years, as evidenced by this quote:

"Speaking generally, all parts of the body which have a function, if used in moderation and exercised in labors to which each is accustomed, become healthy and well developed and age slowly. But, if unused and left idle, they come liable to disease, defective in growth and age quickly." Hippocrates 370BC

I am dedicated to providing you with Douglassville's most effective and enjoyable custom tailored body transformation. I have the experience and the team to get you there. No matter what issue you have or how deconditioned you have become, we will provide a plan and a vision to make your fitness dream a reality. I expect you to work hard and listen to the instruction of your dedicated assistant. We will not give up on you. We will see you through no matter what. As long as you bring a positive attitude and follow our instructions, I will GUARANTEE your success.