

2

EXERCISE AND MOVEMENT

Customized workouts stimulate progress and keep your body changing.

THE SECOND PILLAR

Exercise is the body's stimulus for change.

Whether you choose strength training, endurance training or a combination of both, there are four variables that will ensure that your body is given the appropriate stimulus for change.*

Your customized 2nd Pillar Plan will teach you F.I.T.T.:

+ FREQUENCY

+ INTENSITY

+ TIME

+ TYPES OF EXERCISES