

RESOLUTION SOLUTION 2010

ARE YOU READY TO GET YOUR NEW YEARS RESOLUTION KICKED OFF RIGHT?
CALL 562-427-3462 (LONG BEACH) OR 562-797-3612 (SEAL BEACH) TO SIGN UP TODAY!

STEP 1: SIGN-UP

STOP BY THE FITNESS CENTER AND SIGN UP FOR A PERSONALIZED FITNESS ASSESSMENT OR JOIN ONE OF OUR MANY PROGRAMS.

“
To think too long about doing a thing often becomes its undoing.
”

-Eva Young

STEP 2: SET GOALS

THINK OF REALISTIC GOALS YOU CAN ACHIEVE IN A SENSIBLE AMOUNT OF TIME.

“
If you don't know where you are going. How can you expect to get there?
”

-Basil S. Walsh

STEP 3: STICK WITH IT!

ADHERE TO YOUR PROGRAM. MAKE TIME FOR YOURSELF TO WORKOUT THROUGHOUT THE WEEK.

“
A jug fills drop by drop.
”

-Buddha

STEP 4: SUCCEED IN WHAT YOU DO

FOLLOW THE STEPS ABOVE AND ASK FOR HELP WHEN YOU NEED IT!

“
Patience, persistence and perspiration make an unbeatable combination for success.
”

-Napoleon Hill

EXERCISE > OBESITY + HEART DISEASE + DIABETES

