

FIT FOR LIFE CENTER: Fitness Club - "The Gym"

at the TLC Spa and Sacred Journey Retreat

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TESTING & PROGRAM DESIGN	FLEXIBILITY, AGILITY	CONDITIONING Circulation, Heart Rate Exercise	WORK-OUT STRENGTH, CONTOUR	PEAK PERFORMANCE
HEALTH PROFILE Questionnaire, Total Blood Cholesterol Screening	STRETCHING WARM-UPS	AEROBICS Step, Jazzercise, Aquasize, Aqua fit, Low-High Impact	CIRCUIT TRAINING EQUIPMENT Ergometer,	KALOS& INNER COACHING
CARDIOVASCULAR FITNESS Cardio Risk Analysis, Sub Maximal Treadmill Test, Musculoskeletal Profile, B.P. & MHR Return	HATHA YOGA	CARDIO EQUIPMENT Cardio Theater, Interactive Progs. Treadmill, Nordic, Rower, Bike, Stairs, Bouncer, Climber	FREE WEIGHT ROOM	VISUALIZATION
CONDITIONING, ENDURANCE Breathing, Exhaustion Comparison Charts	GYMNASTICS	CONDITIONING ACTIVITIES Sports, Paracourse,	STRENGTHENING ISOLATED MUSCLES Bio-Feedback	SPORTS CLINIC Prevention Recovery
FLEXIBILITY, AGILITY, COORDINATION, STRENGTH CHART COMPARISONS	BODY MOVEMENT DANCE		PHYSIO-THERAPIES	CUSTOMIZED NUTRITION, ELECTRICAL, LEFT-RIGHT BRAIN INTEGRATION
FAT & WATER RATIOS RJL Electrical Impedance Fat Analysis (BiA), Total Body Electrical Conductivity (TOBEC)	BODY ENERGY TAI CHI		FITNESS TRAINER	CROSS TRAINING
COUNSELING GOALS PHYSIOLOGIC COMPUTER PROGRAM DESIGN	SELF-DEFENSE Aikido, Judo,			
FITNESS COACH Post Participation Follow-up	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;"> COOL DOWN & RELAXATION Jacuzzi, Steam Room, Sauna Massage, Rub Down </div>			