

Fitness For All



**Put Fun In Being Healthy & Fit
During Your Lifetime**

Fitness For All

***Ask Yourself These Key Questions:**

- 1. What are your exercise goals are?**
- 2. Do you know your health & fitness priorities in life?**
- 3. Do you have a daily exercise program that you can do independently?**
- 4. Do you understand how to modify the exercises to meet your needs?**
- 5. Do you know which exercises are best for your body?**
- 6. Are you achieving maximum results ?**
- 7. Do you have 30 minutes 2 times a day?**



Fitness For All Abilities



Let's Get This Party Started



Benefits of Exercise



- ▶ Relaxation
- ▶ Toned body
- ▶ Fit
- ▶ Happy
- ▶ Healthy
- ▶ Strong
- ▶ Confident
- ▶ Balanced
- ▶ Energized
- ▶ Feeling Great



Fitness For All Abilities



No Barriers-- Only Opportunities

Get Started & Enjoy the Process



Everyone is a Winner!

Need An Trainer?



Contact: mersfit@aol.com