

INVEST IN YOURSELF FOR 2008!

FITT Solutions, LLC
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Five Week Exercise Workshop: \$150
Tuesdays January 29- February 26 7-8pm

Each week, we will examine one of the topics listed below with the last week culminating in developing your individualized exercise prescription. You will learn valuable, sound information that will put you on the road to a safe, effective, personalized and functional exercise program designed by you and Anna N. Lichtenwalner, M.Ed, clinical exercise physiologist. The group dynamics allow for interaction and feedback from peers as well as fostering a "questions and answers" environment. We will also "practice" exercises each week that you can do at home or at your exercise facility.

- Exercise Basics: Frequency, Intensity, Time and Type
- Myths vs. Truths: Exercise as it relates to diseases, conditions, and weight
- Examining the 3 components of the exercise plan
- Overcoming obstacles, relapses, excuses
- Metabolism: The role exercise plays in caloric expenditure
- Developing an exercise plan

