

# H.A.B.I.T

Our unique H.A.B.I.T Program is designed to make you healthier, fitter and stronger, leaving you feeling confident, more alert with a much higher energy level and is also stress reducing.

Each 30 minute class will consist of a 5 minute cardiovascular warm-up using agility ladders, followed by 25 exercise stations concentrating on your core strength lasting for 45 intense seconds each. The course will be changed every 2 weeks, so you'll never get bored!

The intensive workout are the hottest fitness trends of the year, ideal for busy people who want to maximise their workout time, help enhance aerobic capacity, cardiovascular strength endurance and flexibility leaving you more energised, fitter, stronger and flexible...great fat-burners!

The H.A.B.I.T program can boost mental fitness too, research has shown that strenuous physical exercise can enhance mood and improve wellbeing and your ability to cope with stress. Full on exercise can help ease depression and anxiety and improve concentration.

There is also a great sense of achievement when you have pushed yourself to the limit. Our H.A.B.I.T circuit course can burn up to 475 calories!

With our dynamic classes you will see results fast!!

**The more you put in, the more you get out!!**

**Healthy Habits = Healthy Life!**

If you want to lead a healthy lifestyle, you must develop healthy habits.

When it comes to your own health and fitness, remember this saying:

## **“You’ll never out train bad nutrition”**

No matter how hard you train, you won’t reach your peak levels of performance or your full potential unless you improve your nutrition habits.

With our program you have taken the first step towards a better you. Not only will our program give you the best start with our physical conditioning exercises but conditioning starts within. It is advised that you should do at least 30 minutes of exercises a day to stay healthy but if you’re looking for weight loss a healthy diet is needed.

Did you know that in losing weight 30% is to exercise and 70% is your diet! It is a good idea to look at your current health and habits and do some re-evaluation. For many adults, they may need to commit to eliminate or minimise intake of alcohol, caffeine and cigarettes. These can cause great damage to anyone’s health, fitness and energy level. Healthy habits will allow you to do more, achieve more and become more! You’ll think clearer, have more energy and perform better than ever before.

Perhaps you need to increase your water intake, or eating more fresh fruits and vegetables. For some it may be to eliminate poor choices such as fried foods, junk foods or sugar intake.

### **If you don’t look after your body – your body will take care of you!**

If you have a membership we will be assessing your progress with fortnightly weigh ins where we’ll calculate your weight and body fat loss along the way until you reach your goal. We will also take your measurements once a month as we see the inches fade away and you’ll become toned.

## **The Fun way to get in shape, and stay in shape....**