KEEPING THE LITTLE ONES HAPPY IN THEIR FITNESS



Kids' fitness is crucial today, building strong bodies (bones, muscles, healthy weight) and sharp minds (better focus, memory), while boosting mental health (less depression/anxiety, better self-esteem, sleep) and reducing risks for chronic diseases like diabetes, setting a foundation for lifelong health, teamwork, and resilience. It combats sedentary screen time by promoting fun, active play, which develops essential physical, social, and emotional skills for handling life's challenges.

Physical Health Benefits

- **Stronger Body:** Develops strong bones, muscles, coordination, and balance.
- **Healthy Weight:** Helps maintain a healthy weight, reducing obesity risk.
- **Disease Prevention:** Lowers risk of type 2 diabetes, high blood pressure, and heart disease.
- **Better Sleep:** Improves sleep quality and duration.

"GET MAXIMUM POWER"

Their Is Room For One More

BOOST YOUR STRENGTH

+ Complete Six-Week
+ Detailed Workouts Charts
+ Supplements That Boost Strength

Fit Plus is a small profit company that has been in business for a few weeks so, fairly new. Their principal of strength and training program are for individuals of different sizes and shapes, from a retire army veteran to grandfather who is trying to put together sufficient strength to lift himself up after a fall.

This fitness program is by design, extensive, universal and inclusive. Fit Plus does not just specialize in what they do, they simplify. Sport training activity, cardio, basic exercising and life reward are just some of the achieved objectives of their fitness program.

Fit Plus fitness programs uses the some of the standard fitness steps and they are; stamina, strength, power, coordination, flexibility and cardiovascular. Here is some of our marketing advertisements. Click here to see how this project started.

FIT PLUS

FITNESS PROGRAM AND STRENGTH TRAINING MAGAZINE FOR THE PEOPLE

301-555-5555 www.fitplus.link
131049 FITPLUS Lane

San Diego, California

FIT PLUS

FITNESS PROGRAM AND STRENGTH TRAINING MAGAZINE FOR THE PEOPLE

HEALTHY RECIPES

15-MINUTES FEAST:
CUMIN-ROASTED SALMON AND SWEET POTATOES



Cumin is a spice with a nutty and peppery taste, and the only ingredient you really need to turn another salmon dinner into more exotic cuisine instantly. Add a side of sweet potato (and, if you like, steamed spinach), and you get high protein, healthy fats, and clean carbs in a meal that's ready in minutes.

DIRECTIONS

1. Preheat oven to 425˚. Grease a baking dish with butter and season the fish with cumin, salt, and pepper.

2. Place the fish (skin-side down) and sweet potato in the dish and bake 20 minutes. Plate and serve.

You will need:

1 tbsp salted butter
8 oz salmon
1/2 tsp cumin
¼ tsp salt
¼ tsp black pepper
1 medium sweet potato, cubed

28 DAYS TO LEAN MEAL PLAN

With the right plan and the right discipline, you can get seriously shredded in just 28 days.

You're training hard every day with your program, going heavy on the weights and sweating up a storm with cardio. Newsflash: While that's critical to your ultimate success, that's just not enough for you to lose the fat you want to.

To reach your get-lean goal, you must also follow a get-lean diet. Why? Even if you work out hard for an hour every day, that still leaves 23 more hours for you to wreck all your hard work in the gym with just one slip-up: a measly handful of chips, a beer with the guys or a burger at lunch.

Diet is a huge, so to speak, part of the fat-loss equation. It's the backbone of your entire plan, the foundation of a hard body. Bodybuilding nutrition consultant Jim Juge says nutrition determines your success or failure, plain and simple.

"The diet is 65% of what you need to get in shape," he says. Juge would know, as he's helped countless dedicated people reach their goals, from achieving their best body ever to placing first in bodybuilding competitions.

OUR OTHER BRANCHES

ALABAMA
ALASKA
ARIZONA
ARKANSAS
CALIFORNIA
COLORADO
CONNECTICUT
DELAWARE
FLORIDA
GEORGIA
HAWAII
IDAHO
ILLINOIS
INDIANA
NEW YORK

WHY TRAIN WITH US

Our courses are completed through distance learning so you will be able to train at a time and pace that suits you, from the comfort of your own home and your local gym/health club.

Our experienced tutors will support you to gain the skills you need to successfully complete the course.



+ Specialist fitness college
+ Gain recognized qualifications
+ Training is flexible
+ Start as soon as you enroll
+ Support from experienced tutors
+ Support team