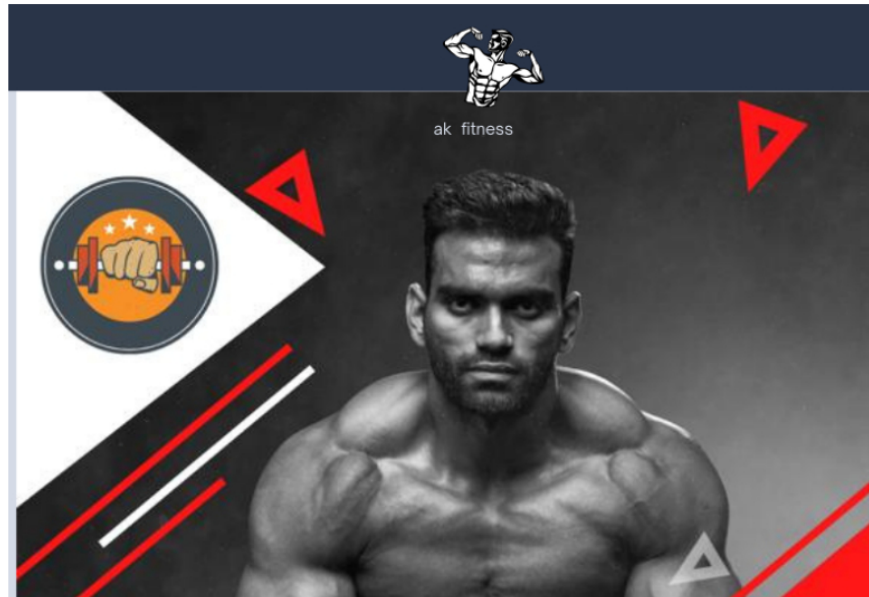


email news letter thanks for support



September 12, 2023



Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. ● Physical fitness involves the performance of the heart and lungs, and the muscles of the body.

Build your confidence and fitness level with a number of short sessions. Exercise progression is unique to every person, so if you have not exercised for some time, progress slowly. Increase the length and the intensity of your exercise session gradually.

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