



Do You Want to Feel Like A Kid Again?

By By *CHRISTY FRITCH, CPT – FITNESS TOGETHER, FT. LAUDERDALE*

Tag! You're it! Marco...Polo! Racing your banana seat bike around the block with your buddies. Do you remember the days of your childhood youth when you were like the energizer bunny-running and exercising each and every day? I sure do, and they bring a genuine smile to my face. How nice it would be to feel like a kid again! Some kids live to play and exercise, waiting for the next time to strap on their roller blades. As adults we seem to forget about the benefits of exercise as our day to day life gets busier and busier. As adults, we may think of exercising as a chore, as an appointment that is just waiting to be broken. But why? Children get so much enjoyment and contentment out of exercise - why not seek the same feeling, but in an adult-like fashion. The energy of a child is such a wonderful thing and something you can have, too!

When you walk through the door at Fitness Together, upbeat energy can be felt and it's contagious! Our clients get to achieve the camaraderie of friends and social antics, as well as engage in workout routines that are always changing and progressing. Each personal training session is conducted one-on-one with a personal trainer within the privacy of a training suite with no distractions or waiting for equipment. I speak for all trainers at Fitness Together when I say we are committed and strive to keep you driven, motivated, and focused on your goals at all times; and, by using a variety of equipment in every session, there is never a dull moment!

There are literally zillions of exercise benefits to be gained through a regular fitness and nutritional plan. One of the initial and most important responses to exercise is an increase in energy. The merits of exercise are hard to ignore. We create the right combination of strength training, cardiovascular training, and nutritional guidance to provide you with a program that is conducive to fat loss, increased muscle strength and increased energy. When your body is working at peak efficiency, your energy levels soar! As a personal trainer at Fitness Together, I see it first hand. As energy levels increase, endurance and stamina increase allowing one to reach higher and higher cardiovascular goals. You even have more energy to do everyday things! As the ball starts to roll, the weight starts to shed. We train with an objective to "transform" not "change" each individual. Not only will you have a team of personal trainers committed to your transformation, but also a team of trainers who truly care about your health and well-being. I love seeing the change in my clients' eyes as they progress forward - the sparkle, the laughter - becoming a kid again has never been so easy or felt so good!

*Call today and start on a path toward a younger you!
954-491-7988*