

Easy Guide to Living a Strong, Healthy Life Today!

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GENETICS AND A STRONG, HEALTHY LIFE

There are many aspects of our biology over which we have little or no control. We did not get to choose whether our hair is curly or straight, blonde or brown. We did not choose our eye color, our skin color, our height, or the size of our hands and feet. Our genes decided those traits for us. We can, however, influence two very important aspects of our health and physical appearance: how much bodyfat we store, and how close we are to our genetic potential with respect to strength and muscular development.

START AT EVERY AGE

Regardless of age, we can change our minds and change our body several times throughout our lifetimes. We can let ourselves become overweight, diet and lose weight and become thinner, once again. We can build lean muscle, let it atrophy, and then rebuild it, again. Generally, we build our muscle in our youth, only to let our muscles gradually lose their conditioning over the years as we begin to challenge our muscles less. This is where most Americans start to get in trouble with their health. Many of us either lack the proper strength conditioning protocol, have too much body fat for our physique, or both!

START LIVING A STRONG HEALTHY LIFE NOW

It is within your power to start making changes and start living a healthier life today! It is possible to get stronger and maintain your strength for the rest of your lifetime. Staying physically fit and maintaining your ability to function independently for the rest of your life is easier than you might think. Best of all, regardless of your current age or health challenges, with just a few easy adjustments, you can start living a healthier life today!



Easy Tips

Living a Healthy Life

Eat Right

- Enjoy a variety of foods
- Keep meals balanced
- Eat appropriate portions
- Limit Fat & Sweets
- Drink water

Be Physically & Mentally Active

- Exercise
- Pursue healthy pleasures
- Be safe
- Get enough sleep
- Challenge your brain

Manage Stress

- Get a massage
- Go for a walk
- Take a few deep breaths
- Laugh

See Your Doctor Regularly

- Stay current with recommended health screenings
- Stay up-to-date with immunizations

Maintain Oral Hygiene

- Brush
- Floss
- See your dentist

Avoid Vices

- Tobacco
- Drugs
- Excess alcohol

NUTRITION SECRET: BALANCE AND MODERATION

Many may be disappointed to learn that mundane words such as *balance* and *moderation* play such an important role in achieving stunning results. Most aspects in our lives follow this theme, so why should we be surprised to learn that “*the secret*” to good nutrition is eating a well-balanced, varied, and moderate diet?

MAKE SMART CHOICES FROM EVERY FOOD GROUP

Eat a variety of foods that are high in nutrients from within and among the basic food groups: fruits, vegetables, fish & lean meats, beans, dairy, and whole grains. Choose foods that are natural and unprocessed. Limit your intake of saturated and trans fats, cholesterol, added sugars, salt, alcohol, and caffeine.

BALANCE AND VARIETY

Choose a nutritional plan where you can enjoy a variety of foods. Your body needs variety in order to get essential vitamins and minerals. Finally, be wary of any diet which recommends that you avoid strength training, those diets rely on the indiscriminate loss of not only fat, but valuable muscle as well.

EXPEDITE FAT LOSS BY COUNTING SOMETHING!

Whether you do it yourself following Dr. Barry Sears’ *Zone Diet* or Jorge Cruise’s *Belly Fat Cure*, or whether you delegate it to a company like Jenny Craig®, Weight Watchers®, or Nutrisystem®, you will want to count and limit what you put into your mouth. It may not be possible to know the exact nutritional value of everything you eat, particularly when eating in restaurants, but estimating calories, or points, or carbs, or grams of sugar based on what you do know will help you learn to budget wisely. We can help you choose a sensible eating plan, and we will be here to help track your progress. The secret is to pick a system that works for you and stick with it!



Rock, Paper, Scissors

Having trouble deciding which nutrition plan is right for you? A quick game of Rock, Paper, Scissors can help you decide where to start.

Remember, you are going to be eating for the rest of your life, you can refine your plan as you go. The important thing is to start today!

The Science

Living a Healthy Life

STRENGTH TRAINING SYSTEM FOR EVERYONE

SuperSlow Zone provides the environment, the equipment, the structure, and the personnel to ensure your success. Regardless of your age or current physical condition, we will strengthen your body and greatly improve your quality of life.

EASY TO FIND TIME - ONLY 20 MINUTES REQUIRED

Many people are amazed to learn they can workout in their work attire. Our SuperSlow Zone studio utilizes state-of-the-art MedX™ weight equipment. The room is cool (66°-68° F) and there are fans purring along the walls to transport heat away from your body and help prevent overheating. No more wasting time changing clothes and packing/unpacking a gym bag! No sweating, no extra showers, and no special workout clothes means it is much easier to find time to exercise - only 20 minutes required.

MEASURE PERFORMANCE TO DOCUMENT PROGRESS

Your first appointment at SuperSlow Zone is an introductory session where we focus on learning about you. We customize a workout program for you, and we teach you the fundamentals of SuperSlow®. Your instructor is with you every session to guide and support you, monitor you for proper form and safety, measure your performance, document your progress, and assure you achieve your goals.

REST AND PROPER NUTRITION CRITICAL FOR RESULTS

A typical 20-minute SuperSlow® workout consists of five to seven strengthening exercises each targeting a specific muscle group. Weights are slowly raised in 10 seconds and lowered in 10 seconds non-stop until all muscle fibers types have been recruited. When a muscle is pushed just beyond this threshold by slow, controlled effort, a signal or “stimulus” is delivered to the body, “enhance muscle, enhance surrounding tissues”. If your body is then given adequate rest and proper nutrition, you will achieve phenomenal results!

The health territory that muscle tissue covers is phenomenal. It includes the potential for processing waste materials, oxygenating blood, controlling insulin levels, optimizing bone-mineral density, increasing metabolic rate, reducing bodyfat levels, optimizing aerobic capacity, enhancing flexibility, and appreciably reducing the chances of injury, while at the same time allowing you to perform day-to-day tasks with far less wear and tear and stress on your body. All of these health benefits flow from the building and strengthening of your muscles.

Body By Science
by Doug McGuff, MD
& John Little

Go For a Walk

Walking has great psychological benefits. Go for a walk to clear your mind, solve a problem, or relieve stress. Plan to go for a walk tomorrow, too.



SUPER SLOW
z o n e

OUR STORY

Living a Healthy Life

“The SuperSlow Zone program has given me the confidence to know that I won’t wake-up with a backache tomorrow. Plus, I’m playing better tennis now. I love it!”

Jack Broudy
President, Grail Sports
Author, The Real Spin on Tennis

“You have no idea how much this helps me physically, mentally, and emotionally.”

Dorothy, Age 81

“I was very skeptical about twenty minutes. ... I was shocked when my wife and others commented that I look better faster than I did with my regular hour and a half workouts. WOW!”

Dr. Chad Patrick
Discover Chiropractic & Wellness

SIMPLIFY

It is easy to become overwhelmed, confused, or even tricked by the hype and often inaccurate messages about health and fitness which inundate us everyday. At SuperSlow Zone, we are not selling any ancient wonder berries, pills, supplements, or false hope. We choose to appeal to your intellect and rely on the science of exercise. You show up, and we’ll take care of the rest.

YOU KNOW WHAT YOU NEED TO DO

We pride ourselves in helping our clients achieve the greatest results of their lives - all from small, infrequent doses of hard work. In this *Easy Guide to Living a Strong, Healthy Life Today*, we have shown you the way. In truth, you knew what you needed to do before you ever read this guide. You know that you will be happier and healthier when you follow the simple steps outlined here. The question is, are you willing to do the work? When you are ready to start, we are here to help you!

THREE EASY STEPS

1

Start a safe and effective strengthening program that fits into your life. This is a critical component for achieving results over time. Plan to exercise for the rest of your life.

2

Make or choose a nutritious, balanced nutrition plan that works in your life and stick to it. We can help you decide on a sensible eating plan, and we will be here to help track your progress.

3

Be Accountable. Providing personal attention means that we are partners in your well-being. We have a shared accountability to each other and share a vested interest in your results.



SUPERSLOW
zone

To learn more or schedule an evaluation, call 760-942-2661.

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