

# WELCOME!

*Here is your essential guide for health and fitness.*

At Body Edge Fitness, we know how important it is to stay active and make healthy choices in order to truly enjoy everything that our beautiful community has to offer.

That's why we've created ***The Healthy Edge Program***. This program is the BEST way to approach exercise and eating.

Our dedicated health coach has reviewed area restaurants and selected the healthiest options for you!

Thanks to ***The Healthy Edge Program*** by Body Edge Fitness, you can get a great work-out and enjoy good, local food.

We make it easy with flexible services:



Body Edge Memberships are available by the Day, Week, Month and Annually. We also offer Group Classes, Personal Training and have a dedicated health coach on staff.



Menu selections approved by Body Edge's certified Health Coach. Just look for the ***The Healthy Edge Program*** icon on menu items at local dining spots.

# HEALTHY TIPS

## ***1. Schedule Your Workouts***

Schedule exercise into each day to boost your energy level and burn calories. You can meet with a personal trainer, take a group class or train on your own. Outside the gym, you can always go for a walk, play golf or do some yard work.

## ***2. Don't Overindulge at Every Meal***

No need to deprive yourself, but approach your meals with moderation. It's okay to have a 'cheat' meal once or twice a week.

## ***3. Be careful not drink all your calories***

Choose water or un-sweetened tea instead of juice or soda. Choose lower-calorie alcoholic drinks like a white-wine spritzer, light beer, red or white wine, flavored vodka with club soda, or tequila on the rocks with lime.

## ***4. Get active with family and friends***

In addition to your scheduled workouts, plan activities that get you moving with your family and friends. Bring a ball to the beach, go for a swim or plan a scenic walk.

## ***5. Stay Hydrated***

The sun can zap your hydration before you know it. Carry bottles of water with you and be sure to drink throughout the day. For variety, add fresh citrus fruits like lemons and oranges. Spice it up with veggies like cucumbers and even fresh herbs.

## ***6. Supplement with Essential Oils***

Schedule a session with our health coach, Beth Mincher, to get the 101 on why Essential Oils are so good for you. We can address a variety of issues from pain management, to increasing energy and even sleeping better.