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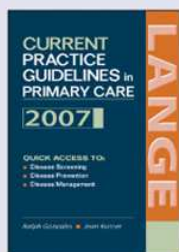
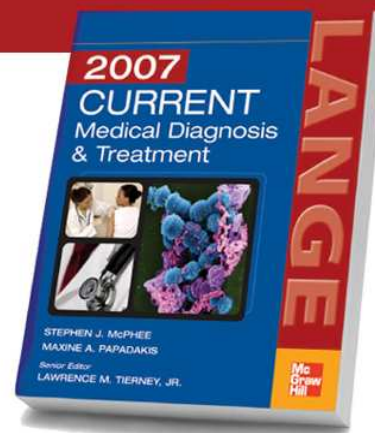
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Tips to ensure your patients are getting a good workout

1. Always warm up and cool down
2. Remember to stretch
3. Always challenge yourself.
4. Strength training will improve body shape and stamina.
5. Aerobic exercise is a great way to improve & maintain cardio-vascular health and cardio-vascular endurance.
6. Work on one area of your diet at a time. When that area is under control move onto the next.

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