



2009 Year at a Glance

Fitness; Make Time in 2009



January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Learn about the FITT Principles for best results.

February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Are you addressing all 5 components of exercise?

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FITT + "The 5" equals RESULTS!

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Have you made time in 2009?

May

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Remember... "Something is better than nothing."

June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Don't let more than 3 days go by without exercise.

July

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Focus on form and fine tune execution.

August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Having fitness fun in the sun? Drink more H₂O.

September

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Plan your fitness program in with your new commitments and activities.

October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Make every repetition count. Don't waste time on bad form.

November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Compound exercises challenge multiple muscle groups while, taking less time.

December

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Are you sure you want to eat that? There are 3500 calories in a pound. That's a lot of work outs to burn that off.

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Make Time - 2009



L I F E

A fitness plan you can live with!



L - Learn

Learn about or get back to the basics of a sound fitness program; The FITT Principle; Frequency, Intensity, Time and activity Type, and how to implement the principle with Cardiovascular training, Muscular Endurance, Muscular Strength, Flexibility and Nutrition

I - Implement

You've set a firm foundation of fitness knowledge and know why you are doing what you are doing, so now let's continue to calculate the best way to proceed and fit fitness in your life.

F - Focus

Focus on what's working. Refine and fine tune form and execution. Master your exercise program for maximum results.

E - Efficient

Time is the biggest obstacle to fitting fitness in. Let's make the most of your time with efficient and effective fitness program design. Make every minute and every rep count.

Fit-X San Diego: fitx@fitxsandiego.com or www.fitxsandiego.com

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