

Congratulations and welcome!

By becoming a member at Mike Arteaga's Health and Fitness Centers and making regular exercise a part of your life, you've taken a major step toward living a long and healthy life!

The latest research clearly shows that exercise is the most important thing you must do for your health, becoming even more important as we get older.

There are so many reasons people tell us they exercise:

- "It makes me feel and look so much better!"
- "It gives me energy and takes away my stress!"
- "I love building muscle and losing fat!"
- "I have an awesome time exercising with my friends!"
- "I want to live an active and healthy lifestyle!"
- "I want to watch my children grow up and dance at my grandchildren's weddings!"
- "I want to stay out of a nursing home!"

So many researchers have called exercise the "Magic Pill" that preserves our health and slows aging. It's the only drug with nothing but positive side effects.

Our mission is to help you develop an exercise habit you can do for the rest of your life!

How are Mike Arteaga's Health and Fitness Centers different?

Facilities, people and programs!

Our team members work hard to make our fitness centers comfortable, clean and inviting. This has been proven to help people make regular exercise a permanent part of their lives. Exercise can be hard work, and we do our best to make it as easy as possible.

Through consistent training and constant research, we are recognized as leaders in the fitness industry and a trusted resource for health and fitness information. We encourage our members to ask questions and understand the "why" behind their exercise program, because knowledge is power.

We pride ourselves on scientifically credible equipment and exercise instruction. We are also

one of the few fitness centers nationwide with consistent training and supervision by trained fitness professionals.

What will my first time in be like?

We make it easy. Each time you come in, a team member will welcome you at the Front Desk. You can give them your name or member number, and they enter this into the computer and check you in!

We recommend that you sign up for at least three Circuit Training Sessions. The sessions are free and unlimited for as long as you need them. Just reserve a spot with the front desk and when you show up for your appointment, we connect you with your trainer.

The fitness trainer will take it from there and start you with a brief warm-up on a treadmill or bicycle. They will set you up on the MedX strengthening circuit machines, adjusting them specifically for you and showing you exactly how to use them. Your information, including seat heights and weights, are recorded on your personalized training card. Each time you do the Circuit, just pull your card from the file; all your information is right there.

You'll start with light weights, and in the coming weeks, as you get stronger, you should begin to challenge yourself. Whenever you can lift a weight eight or more times in good form, you should add at least two pounds for your next session. This is called progressive resistance and will progressively build your muscle and bone strength.

What kind of exercise should I focus on?

There are two entirely different kinds of exercise:

- Cardiovascular (CV) that builds endurance and develops the heart, lungs and circulatory system.
- Strengthening exercise strengthens the muscles and the bones. It is critical to keep the joints and the entire body healthy.

Both should be included in your program to maintain good health.

What if I'm new to exercise or haven't worked out in years?

You should start with CV exercise. An easy treadmill walk or ride on one of the bikes is perfect! You can buy a headset or bring one from home to

plug into the personal TV on each machine, or you may want to try the Cardio Cinema and watch a movie in surround sound while you exercise. The distraction of a movie or TV makes it so much more fun.

As your endurance improves, you should challenge yourself, slowly increasing the time, speed or resistance over the coming months until you are able to work up to 30-40 minutes or more.

For strengthening exercise you should sign up for free introductory workouts on the MedX with one of our trainers. They will set all the machines, show you how to use them and start you at a very easy level. You can sign up for as many free workout sessions as you need.

What can I do to help me stick with my exercise plan?

- Exercising with a friend or group of friends.
- Schedule your exercise sessions in your calendar each week, as you would any important appointment. What is more important than your health and fitness?
- Aim for two to three times a week. This is more realistic for creating a lifelong habit of exercise than aiming for six times a week.
- When you miss a few weeks or even a few months, don't panic. It happens to all of us, just get restarted.
- Your energy and strength naturally fluctuate; if you feel tired, cut back your usual time or weights for that day.
- Try the Cardio Cinema — if you love movies, then Cardio Cinema makes it fun!
- Bring headphones to use a personal viewing screen. Your favorite TV show or some great music makes time go faster.
- Read the best seller, *Younger Next Year* by Henry Lodge, M.D. and Chris Crowley, for an amazing explanation of what exercise does for your body!

There are so many choices, and you should eventually try everything, to see what your preferences are. Our fitness trainers and personal trainers can help freshen up your workout and help you with consistency.

What exercise should I be doing to lose weight?

When body weight is a concern, remember that your goal is to lose FAT, not muscle! Muscle helps keep the fat off. Each pound of muscle on your body burns 50 calories per day, even on your days off! This is why it is very important to include strengthening exercise. The more muscle you add, the more fat you burn each day. Our Fat Loss brochure provides even more specific guidance for losing fat. Here are some guidelines to get you started:

- To lose fat, you must burn more calories than you take in - there are no safe miracle diets or pills.
- Be very careful not to unconsciously increase your food intake when you start exercising.
- Eat three meals a day. Skipping meals slows fat loss.
- Drink lots of water and eliminate soda and sugar drinks.
- The scale is the worst measure of fat loss or fitness. A reduction in your pant size for women or belt size for men generally is an indication of fat loss.

Regular exercise is critical for permanent fat loss.

Exercise improves your fitness, which improves your health and reduces your risk of premature death, whether you lose weight or not. Despite what you may read, you can be overweight and still be healthy and fit if you exercise regularly.

What should I wear?

We want everyone to feel comfortable here. We suggest loose fitting clothes that you feel comfortable in. Most members prefer a baggy, comfortable T-shirt or sweatshirt with loose fitting shorts or warm-up pants. We ask that revealing clothes not be worn here.

Closed toe and closed heel athletic shoes should be worn for proper support. Please do not wear work boots, sandals, or shoes with open toes or heels while exercising.

Worn out shoes are the most common cause of foot and leg problems. If you had to dig your sneakers out of the back of the closet, or you haven't used

them for a long time, it's a good idea to consider a new pair.

Where should I put my things?

Don't forget to bring a lock with you and lock your things in any open locker while you are here. Lockers are for day use only; please empty the locker when you leave each day. A limited number of permanent lockers are available for rent. Ask the front desk for availability if you are interested.

How do I measure the success of my exercise program?

This is a very important question. You should always judge the success of your program by your exercise performance. Research shows, as fitness improves, even slightly, your health risks decrease quickly and you begin to feel so much better!

How do you measure your fitness level?

You have definitely improved your fitness if you started walking 5 minutes on the treadmill, and now you are walking 15-20 minutes or you are lifting more weight now than when you started!

What can I do for chronic back pain?

If you or someone you know suffers from chronic back or neck pain, our MedX Healthy Back and Neck Program, has an 85% success rate for reducing the pain. For more information on the MedX Health Back and Neck Program, you can pick up a brochure at the front desk or leave your name with the front desk to have one of our staff give you a call.

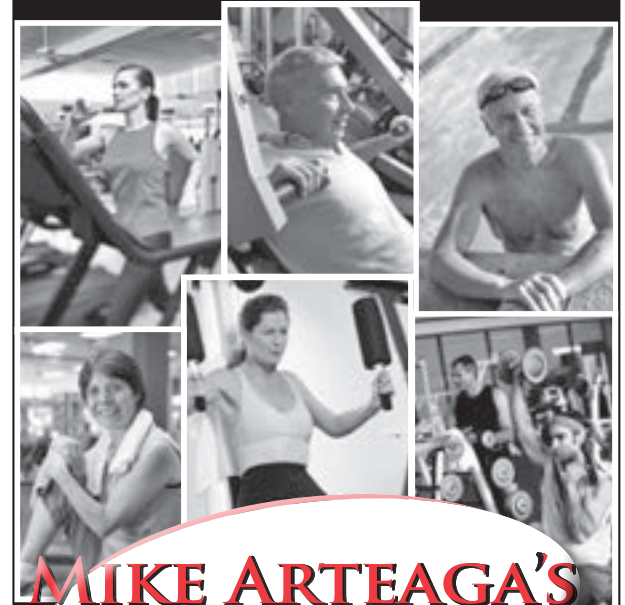
What about Personal Training?

For many people a personal trainer is the key to a successful program. We have a wonderful team of personal trainers who can work with you on an individual basis or in small groups to help you reach your goals. The front desk will be glad to have someone from our Personal Training team call you to answer any questions you may have.

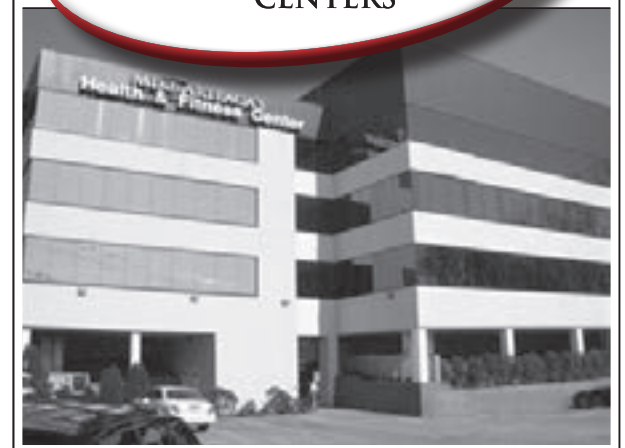
Hopefully, this short introduction will help you get started with a life long exercise habit. Please ask any of our team members whenever you have a question or a problem. We're here to help!

—Mike Arteaga

WELCOME



MIKE ARTEAGA'S
HEALTH & FITNESS
CENTERS



**234 NORTH ROAD,
POUGHKEEPSIE
(845) 452-5050**

mikearteaga.com