



LONGEVITY PERSONAL FITNESS

30 Minutes. Life Long Results

Try a Complimentary Training Session!

Call or Email Us Today To Get on Our Schedule

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7 Ways to Train to Be a Better YOU!



1. Training Functionally

An emphasis on movements before muscles is critical to living a long, healthy, and enjoyable life.



2. Be Purposeful

Stop training in a way that makes you tired, sore, and fatigued. Set a goal to improve your quality of life.



3. Train in 3D

Life happens in multi-planes and dimensions. Come from a place of good posture and be able to control your body in all planes of motion.



4. Stop Losing

Train with the goal of developing functional strength. Let go of stress and anxiety associated with losing weight. Instead focus on enjoying exercise for how it makes you feel.



5. Move Better

You will feel better. If you feel better you will move more. If you move more you will look better!



6. Train with Explosiveness

How you train is how you improve and life happens fast, be able to react to it well.



7. Train Smarter!

Don't sacrifice quality movement for quantity. Stop "beating yourself up!" Become more prepared for life's challenges. Be safe to be successful.

At Longevity Personal Fitness, we have changed the way people approach their physical fitness.

"No Pain, No Gain" is a myth! Your training program should be rewarding and make you feel good!

Remember, always ask yourself, what are you training for?