

# MICHELLE CEDERBERG

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*Live Out Loud*



- ▶ Life Balance Strategist
- ▶ Fitness Motivation Expert
- ▶ International Speaker

## Fitness 101

### *'Basic Training' tips to help you get a good start to physical activity*

Inactivity is an increasing problem in our society, and with so much *'how to exercise'* information out there, it's hard to know what to believe anymore. If you knew what you should and *could* be doing, would it help you move forward with greater success?

**Fitness 101** brings you simple information about the fundamentals of proper exercise. Michelle will explain the difference between active living, physical activity and exercise (and which is best for you). She'll outline the components of fitness, help you determine amounts of exercise that are right for you, and give you ideas for getting active *starting today*. Success with your fitness and wellness program begins with understanding the basics. Fitness 101 helps you take that first step.

## Fitness 102 *'Can't Resist the Weights!'*

Every year, from the age of 30 onward, we lose one-third of a pound of muscle! In ten years that's about 5-7 pounds! Combine that with an increase in fat weight as we age, a 2-5% decrease in resting metabolic rate and a decrease in bone density and we're heading downhill fast! The good news is that resistance training combined with cardiovascular training is the most effective way to reduce fat while maintaining muscle mass. This 'Fitness 102' Resistance primer outlines the numerous benefits of resistance training, areas to focus on, how many exercises are enough, and how much resistance is effective (it's less than you think). Kick 'overwhelm' to the curb and learn why you 'can't resist the weights!'

### **Book MICHELLE CEDERBERG...**

*As a recognized life balance strategist and fitness motivation expert Michelle motivates her audiences to take realistic steps toward more of the things we all want – achievable **life balance**, time for **fitness**, heightened **stress 'defense'**, and the energy and confidence they bring!*

*To find out how to **hire Michelle** to speak for your organization, please contact her through the information below!*



**Balance for REAL People**

A realistic and humorous approach to getting more time, energy and enjoyment out of life!

