Exercise Programs

FIT FACTS

While exercise programs often vary from person to person based on fitness levels and goals, each one should include aerobic exercise, and resistance and flexibility training. Those components will help you improve your fitness level and help you overcome obstacles that challenge your agility, balance, coordination, endurance and strength in everyday life.

Fostering a Workplace Culture of Physical Activity

If You Don’t Use It, Will You Lose It?

Periodized Training and Why It Is Important

Three Things Every Exercise Program Should Have

Time –Saving Tips for On-The-Job Fitness

Travel Fitness: A Plan of Action to Keep You Active

Warm Up to Work Out