

## Mp3 The Wtl Club - Karen's Aerobics Music (volume 2)



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Progressive exercise/dance music for overall body improvement has a fresh and lively sound you will enjoy. Dancers, models, actresses and those who aspire to maintain or improve their health and physical features have discovered the benefits of dance a 10 MP3 Songs ELECTRONIC: Dance, NEW AGE: Ambient Details: The WTL Club Health Fitness Newsletter Health Fitness Looking "fit" is in-and looking "strong" is an important part of looking fit. Health Fitness is related directly to the prevention of degenerative diseases such as coronary-artery disease, high blood pressure, obesity, osteoporosis, diabetes and lower back pain. The major benefit of high levels of health fitness include a stronger heart, better circulatory function, increased oxygen-carrying capacity of the blood, more favorable body composition, and reduced blood fat. Health Fitness is achieved through aerobic training, with exercise bouts of sufficient intensity, duration and frequency. To improve and maintain aerobic fitness, a person must reach a threshold of training, sustain it for 15 to 30 minutes and repeat this exercise three to five times per week. Aerobic Fitness can be achieved through continuous exercise at or just above the aerobic threshold or through interval training in which shorter, more intense exercise bouts are interspersed with rest periods. Fitness, in all its forms, is "in"! Fitness to be healthy, fitness to perform better and fitness to look better and feel better.

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