

# MY PHILOSOPHY

Fitness is a passion and a confidence builder. Expressing passion through fitness is a great way to feel alive, which in my opinion, is the greatest feeling. In order to achieve our goals, our minds must be the first to lead the way to success. Physical fitness is only one aspect of an all-around healthy lifestyle. However, the affect that personal fitness can have on oneself is quite amazing. Every person must make a commitment to begin and stick with an exercise regimen that pushes your body on a consistent basis.



What keeps us from achieving our own fitness goals is simple – it's our mental barriers. A low self esteem or fear of what we do not know keeps us from achieving what we deserve. With feeling great physically, a boost in our confidence level is created, and we have fewer mental barriers. You have to want to be great, feel great, and know that you can achieve anything. Becoming physically fit has so many great aspects to it. It makes us happy knowing that we are in shape, confident, and healthy. Each person has their own unique fitness abilities, and the road to fitness is traveled individually, but can be achieved together.

Our bodies were built to move and be active. With today's lifestyles, we find ourselves working more, having more stress, and relying on quick fix products to make us healthier. The bottom line is that you cannot achieve physical fitness goals by taking a pill. We need to move our bodies and push it in order to achieve results. Along with healthy eating habits, incorporating a fitness program will help you achieve the healthier lifestyle that we all crave. If you think it, believe it, it will become so. Take the word "CANT" out of your vocabulary and watch the amazing things that our bodies can achieve when we believe it can.

It is the goal of Adrian's Fitness Edge to make those goals a reality for every individual. A challenging fitness regimen is provided to constantly keep your body guessing, therefore working to adapt to its environment. This will render great results and improve your strength, cardio, and balance. Adrian's Fitness Edge is here to guide and support you on your journey down the road to fitness and a healthier lifestyle. In order to live well in the future, we have to consider fitness today.