



Total Fitness Training, Inc.

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Getting Serious About Your Health & Fitness

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Get serious about your health & fitness. Your life depends upon it! The trend is good here in the United States. More and more Americans, encouraged by the good example of their physicians, are becoming increasingly serious about their level of physical fitness, good health and living habits that lean towards a life style of disease prevention. Yes, it's true. More medical doctors, more than ever before, are becoming involved in their own health and physical fitness. This is a trend that I like.

On one side equation, pharmaceutical companies are a tremendous contributing factor in helping Americans stay healthy with the development of miracle medications and drugs that cure and combat many debilitating and deadly illnesses and medical conditions. So I say thank you to the pharmaceutical companies for all of their excellent work over the years.

On the other side of the equation, the same companies are not thrilled with the prospect of Americans becoming healthier and more physically fit, with better nutrition and healthier lifestyles, and not requiring the need for many of the major medications to combat issues such as obesity, high blood pressure, diabetes, heart disease, high cholesterol and cancer.

The key is you must take control and responsibility for your own health. No one else will! If you stand in the road at night wearing a black outfit, you are going to get run over. If you use tobacco, soon you will develop serious non-reversible medical problems. If you overeat, are sedentary and become obese, you are going to develop cardiovascular (heart and blood vessel) disease, develop bad joints and maybe develop diabetes. Get the idea?

You will see many articles these days that discuss the topic of young children and teens achieving good levels of fitness, staying much healthier, and maintaining a healthy body weight. Those who maintain a good level of physical fitness when young are much healthier and have a much more positive quality of life as adults. These teens and adults require fewer medications, many of which are quite expensive, often with offensive side effects.

Steps Americans are taking to maintain an optimal quality of life

- Doing an activity everyday for the express purpose of staying physically fit
- Minimizing the amount of animal fats, saturated fats and fried foods they consume
- Reading food labels and limiting or avoiding hydrogenated and partially-hydrogenated ingredients, which are also called trans-fats.



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- Limiting items that contain refined sugars such as donuts, hard candies, cakes, etc.
- Limiting total daily calorie intake. In other words, don't stuff yourself. Pretty simple!
- Eating several smaller, low calorie meals throughout the day
- Eating lots of fruits, vegetables and whole grains
- Keeping track of how your clothing fits...everyone understands this one.
- Avoiding exposure to all forms of tobacco
- Abstaining or using alcohol only in moderation
- Being happy, smiling a lot, and being polite and understanding with others

If you are not doing all of the above right now, that's okay. You can start slowly and take the list one item at a time. Slow and steady progress is the best way. Just keep moving in the right direction.

“Too Many Suppers Lead to Too Many Medications”

Ben Franklin • Poor Richard's Almanac