

ONE 30 FITNESS



Total Fitness for Busy People

by lisa pedersen

Finding the time and motivation to stick to a fitness program can be challenging, even with the best of intentions. The demands of work and family often push workouts to the bottom of the list. That's why there is One 30 Fitness. Owners Al and Patty Coppola are bringing the personal trainer out of Hollywood and into your neighborhood. Once-weekly sessions with your personal trainer ensure that you fit an effective workout into your schedule and get the real results you desire. No time is no longer an excuse!

One 30 Fitness will design a program specifically for you. You'll work one-on-one with your trainer in a private, spa-like setting. Gone is the crowded, overwhelming gym environment with its loud music and confusing machines. At One 30 Fitness, it's all about you. Workouts are by appointment only and the highly qualified trainers are committed to helping you define and reach your personal health and fitness goals. You're never expected- or permitted- to go through a workout on your own. Total customer service at One 30 Fitness means when you arrive for your appointment you are warmly greeted by your trainer with bottled water and a professional attitude. Other clients and trainers are not present during your workout, allowing you and your trainer to stay completely focused on achieving your best workout.

"Our clients range from stay-at-home moms to busy executives and physicians at all levels of physical fitness," Al said. "They are people

who are starved for time, but recognize the importance of being physically fit, and we are here to help them achieve that in the safest, most effective way."

THE ONE 30 FITNESS DIFFERENCE

Every trainer at One 30 Fitness is highly trained and certified to administer this unique type of training. Pleasant, enthusiastic and encouraging, your safety is their main concern and any medical conditions or injuries are taken into account when designing your program. While the entire workout is just 30 minutes once a week, it's not a shortcut or a gimmick. You will push yourself to the limit with each exercise. By learning techniques for relaxation, perfect posture, focus and breathing, you will be able to work much harder than you thought possible. The state of the art equipment is user-friendly, and with your trainer always by your side, the resistance is constantly monitored and adjusted to yield maximum results. Using a new sequence of machines at each session means almost unlimited variables for your workout and ensures you won't become bored doing the same thing week after week.

SLOW MOTION RESISTANCE TRAINING

One 30 Fitness uses slow motion resistance training—a proven method for losing weight and gaining muscle in one 30-minute session a week. It's an approach that works for almost any individual with a relatively normal range of motion in their arms, legs and back and benefits people of all fitness levels, including stroke victims, people with artificial joints, diabetics, and those suffering from arthritis and other conditions.

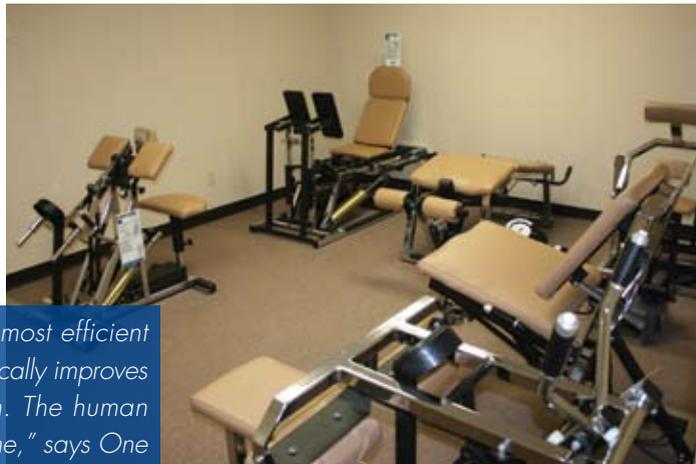
"The way it works is simple," Al explains. "When we exercise our muscles, we actually tear down the muscle tissue in a process called, "total muscle failure." Our body's natural response to muscle failure is to rebuild a new, bigger, better and stronger muscle. This process creates a metabolic spike that lasts for

several days. That's why downtime between workouts is so important. You intensely work the muscle, then give it time to rebuild."

THE ONE 30 FITNESS INVITATION

Al and Patty Coppola understand that all this may sound too good to be true, but assure you it is truly effective and achievable and they want you to know that you'll save money when comparing their program with traditional personal training. So, you'll save time and money! They are delighted to offer you a free introductory session, which includes an orientation to the program and a workout. Come see for yourself what the excitement is all about. There is absolutely no obligation or pressure to buy anything before, during or after your session.

Visit www.one30fitness.com to learn more about this cutting-edge approach to physical fitness. If you have an open mind and a desire to do something good for yourself, give One 30 Fitness a call. Now there's a way to improve your health and maintain it in just 30 minutes a week. 



"Strength training is the most efficient form of exercise and dramatically improves all areas of general health. The human body is an amazing machine," says One 30 Fitness owner, Al Coppola. "When you make simple changes in your lifestyle, the results you'll see are nothing short of miraculous."

Get Results with One 30 Fitness

Achieve all of your weekly exercise goals in just a single 30-minute session at One 30 Fitness.

Other benefits include:

- Overall improved quality of life
- 4 day Metabolic Spike (body working hard without your consent)
- Reduction in body-fat
- Increased metabolic rate - which burns more fat, 24/7.
- Increased muscle strength (resulting in firm, toned muscle)
- Increased bone density
- Increased energy
- Improved blood pressure
- Improved cholesterol levels
- Improved sports performance (including tennis, golf, etc.)



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