



HEALTH

- 0 to 99 years old
- 2 to 3 times a week (1-hour session)



FITNESS

- 8 to 99 years old
- 4 to 5 times a week (1-hour session)



SPORT

- 8 to 50 years old
- 5 to 6 times a week (1-hour session)
- Seasonal sports differ

A

Accept or acceptance

- Activity needs to commence to prevent chronic disease.
- Activity plan for all ages and demographics.

Adhesion to a program:

- Muscle mass
- Strength
- Endurance

Athlete Development

B

Basic or Base

- Program to regain healthy lifestyle habits.

Believe in yourself. Believe in the program.

Build the foundation for the future.

LTAD - Long Term Athletic Development

C

Community built program.

Consistency and goal setting.

Competition