



Fitness for immortals

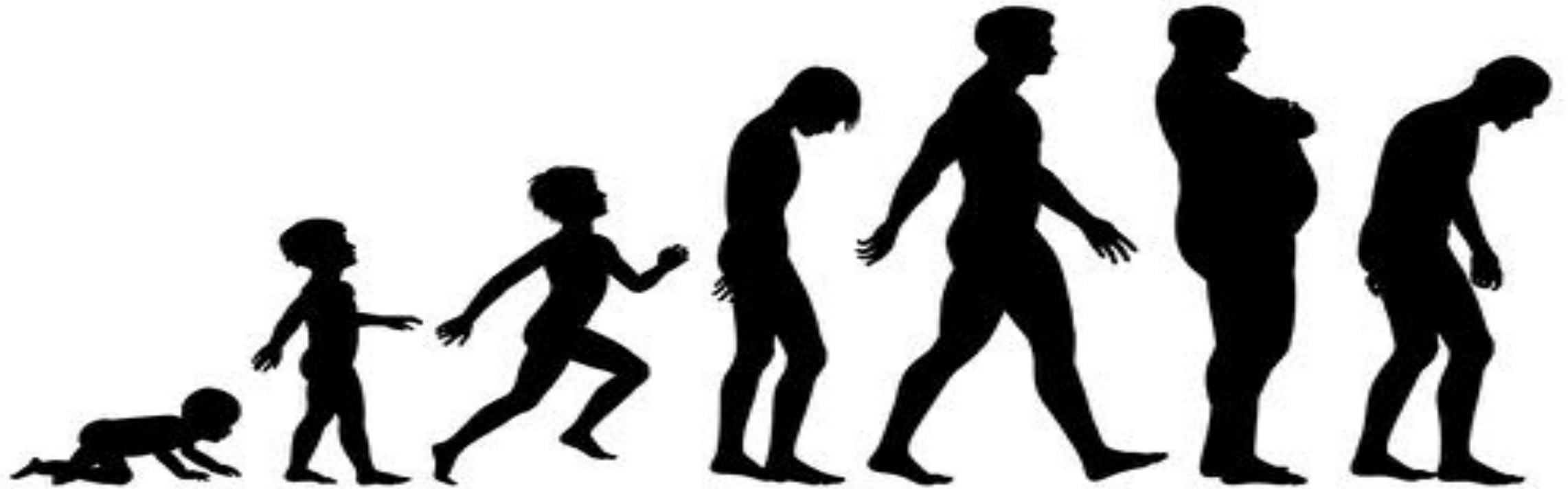
BY ILANA LEA

My Journey

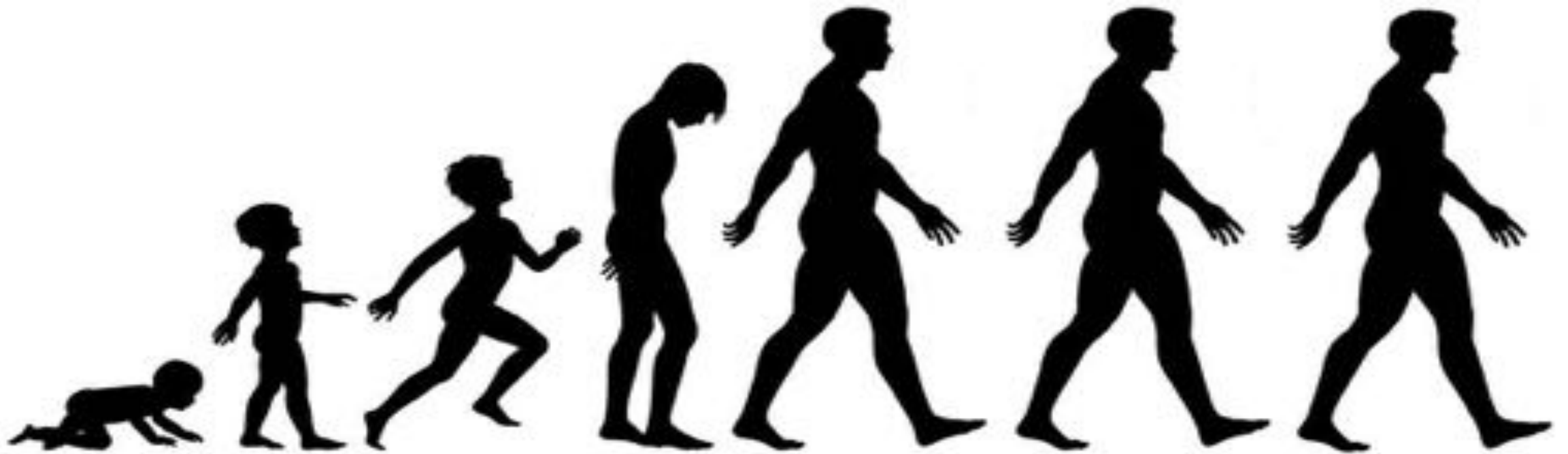
25 years of...

- ▶ **Discovery**
- ▶ **Training myself and others**
- ▶ **Lots of trial and error**
- ▶ **New awareness**

Our Past...



Our Future...



Therefore

Fitness for Mortals



Fitness for Immortals

Question everything



We are in the

Unknown

What we do know

- ▶ We have to move



- ▶ Take action



Outcomes you DON'T want to have

- ▶ **Don't die**
- ▶ **Don't have a near death experience**
- ▶ **Don't damage your body**

A decorative header bar with a purple-to-pink gradient and a wavy bottom edge. A vertical pink rectangle is positioned on the right side of the bar.

ALWAYS LISTEN

Just because you can
do it, doesn't mean you
should.

Old Mindset

Survival fitness



New Mindset

Forever fitness



How do you know you are moving in the right direction?



Fitness check list for immortals

- ▶ **Endurance**
- ▶ **Strength**
- ▶ **Agility**
- ▶ **Flexibility**
- ▶ **Zero pain**



Where are you ?

- ▶ **Endurance** 1.....5.....10
- ▶ **Strength** 1.....5.....10
- ▶ **Agility** 1.....5.....10
- ▶ **Flexibility** 1.....5.....10
- ▶ **Zero pain** 1.....5.....10

Foundation

Be at 5 and up



Will guarantee

HIGHLY FUNCTIONAL
IMMORTAL

Exercise Modalities

- ▶ **Personal training**
- ▶ **Small group training**
- ▶ **Large group training**
- ▶ **Wearable technology**
- ▶ **HIIT**
- ▶ **Strength Training (weights, body weight)**
- ▶ **Yoga**

Thank you for listening

