

Lessons You Can Learn From Fitness Classes

Pump, Step, Attack And Jam
Your Way To Optimal Health

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Foreword

Health and fitness, these are primarily the words used to portray people's physiological condition. Medicine, recreation and sports are essential aspects of the health and fitness industry, but you will find it also overlaps into other fields like tourism, education, etc.... Get all the info you need here.



Lessons You Can Learn From Fitness Classes

Pump, Step, Attack and Jam Your Way to Optimal Health

Chapter 1:

Introduction

Synopsis

The industry offers all kinds of products and services, all designed to sustain or enhance physical health. There are medical and sports facilities devoted entirely for health and fitness, and diet regimens for weight loss programs are usually accompanied by workout routines that not only are meant for addressing weight but also for promoting general fitness and healthy lifestyles.



The Basics

In addition, during the past decades a whole range of natural therapies have been introduced to provide people another alternative, an alternative considered by many to be better at delivering health and fitness goals.

With the industry involving varied fields, it also offers job opportunities demanding varied skills. Depending on your related skills, you can get employment in sporting clubs, leisure centers, fitness gyms, swimming pools, schools, sports facilities, equipment and food health manufacturers, resorts, sports equipment retailers, medical clinics and many others.

What This Course Offers

Diet and exercise programs fuel the industry, but there are just too many of them that sometimes you have a difficult time choosing. This course, however, won't confuse. Instead it will enable you understand your needs in relation to health and fitness better.

This course is composed of 10 chapters aimed at providing you basic knowledge of how your body works and the effective ways you can keep it healthy and fit by following a regular exercise routine and appropriate diet.

To provide you with a preview of the whole course and give you an idea of the benefits you will get from it, the following is a summary of topic discussed in each chapter.

Chapter 2-- entitled the bio-chemistry of fitness and health discusses the things that you should be doing to ensure your health remain stable. It discusses the importance of knowing how your body works, obviously the bio-chemistry of people are not the same, and what specific diet you should be following to keep your body running well.

Chapter 3 --this chapter, entitled Fitness and Health, discusses the importance of regular exercise to good health

Chapter 4 ---this discusses what regular exercise specifically does for you and what it contributes to your health.

Chapter 5 --this chapter discusses the relationship between nutrition and fitness. You will find out in the discussions that getting fitness is not just about exercises, it also requires other things like proper nutrition.

Chapter 6 --this chapter discusses the reasons why fitness training is important to maintaining good health.

Chapter 7 --this is the chapter that contains the main content of the course – the unique exercises featuring the pump, step, attack and jam routine.

Chapter 8 --this describes the benefits you will get from the unique styles of exercises.

Chapter 9-- this is a discussion on how the exercise helps you attain optimal health

Chapter 10 --in this chapter which is the last chapter of the course, you will read various case studies clearly illustrating how the technique helped people obtain the excellent health they are enjoying now.

There are many health and fitness courses online. This one is different in that it helps you understand your body and its needs better and thus you get better appreciation of the exercises.



Chapter 2:

The Biochemistry Of Fitness And Health

Synopsis

Our body should be fuelled enough to sustain our daily activities. Imagine it to be a vehicle that should be maintained for long: checking if gas will not run out and if the engine is running smoothly.

How much we take care of our vehicle should be the same with taking care of our body. We should check daily if our food consumption is enough for a day's work. Not too much as it may clog veins nor too little to cause dizziness.

Do you know how to check your body's fuel? Check your body's biochemistry of fitness and health by doing these practical tips:



You Need To Be Aware Of Signs

The biochemistry of fitness and health should start with knowing the warning signs your body is giving. All unnatural intakes, especially drugs and other medicines, may affect the biochemistry inside your body so you may feel better if you are suffering from any disease.

On the other hand, it may also cause complications especially when these are taken without proper precautions. In order to check your biochemistry, you need to be more sensitive and be aware of signs and symptoms.

Maintain a Healthy Lifestyle

Just like any ordinary vehicle, your body should be maintained in a proper way. With that, it is good to practice a healthy way of living by investing on healthy food items that are low in fat. A balanced diet should also be practiced with the right amount of carbohydrates, proteins and fats. For example, you are to drink alcohol tonight so you need to understand that at large consumptions, you may feel dizzy. This is your body telling you to stop. This also goes when we feel sleepy with sugary snacks or feel full as we eat a high-fat meal.

Tune-Up and Check-Up

Our body needs the right tune up in order to function well. With that, a thorough check-up should be done once or twice a year – even more when necessary. It is ideal to go visit your doctor for a series of medical check-ups and talk to healthcare professionals on how to

maintain a healthy lifestyle. In this way, you will get to learn how your body's chemistry works. You will know how to deal with any signs and take control of your over-all wellness.

Long Term Maintenance

If you are on a restricted diet without the help of food supplements, you are sure to be susceptible to nutrient deficiencies. This is the reason why health advocates continue to hold campaigns of fortifying certain food items with vitamins and minerals.

These are the facts that you need to know about the biochemistry of health and fitness. We all have a different biochemistry, just as we have different thumbnails. Some people may have fast metabolism while other have slower ones. A drug can be effective to one but ineffective to others. Others have a strong immune system while some develop infections easily. This is how we are different and the way to define the balance of your biochemistry is called homeostasis.



Chapter 3:

Exercise and Health

Synopsis

We all already know that exercise is good for the body. Maintaining a life with constant exercise helps in the prevention of many diseases especially those that are lifestyle-generated like diabetes, heart diseases, obesity and even cancer. Aside from that, regular exercise is known to give you a fitter body and a healthy weight.

With its many benefits, health experts recommend a regular physical activity for 20-30 minutes at a regular interval, ideally 3-4 times a week. This is good enough to maintain a healthy cardiovascular system just as long as you are doing an aerobic activity like walking, jogging, bicycling and many others.

To gain strength and burn more calories, it is also advisable that you allot time for strength training. This is done by doing resistance workout to build more lean body mass.

Exercise

If you are still starting to learn how to do a consistent exercise, or you were previously active and have gone sedentary, you may need to start slowly. To do this, you can start to do light activities for about 20 minutes at your own comfortable pace. When your body is able to cope up, you may increase the duration or the intensity of a fitness routine you are performing. Practicing this activity can burn as much as 1000 calories, enough to burn a high-fat fast food meal!

Now that you have learned the importance of exercise, you may want to appreciate more of it by knowing what it can further contribute to your body. Regular physical activity has been known to improve health and over-all wellness.

To be more specific, here are the benefits of having a regular physical activity:

- Lessens the risk of dying at an early age or dying prematurely.
- Lessens the risk from dying at an early age due to heart disease which may develop because of sedentary activity and poor diet.
- Lessens the risk of developing blood sugar problems.
- Lessens the risk of developing blood pressure problems which may lead to hypertension.

- For those who already have hypertension, it also helps in the regulation of blood pressure.
- It contributes to mental health by developing good vibes thus reduces the onset of anxiety and depression.
- Aids in weight management
- Lessens the risk of cancer
- Helps in developing a fit body by increasing lean body mass, healthy bones and joints
- Helps older people strengthen their body so they are able to move better and lessen the risk of physical injuries.
- Promotes healthy mind and psychological health

These are the specific benefits of exercise that your body can achieve. In order to know the best exercise that is good for your health profile, it is advisable that you visit your doctor or your fitness trainer so you can practice a program that will allow your body shift from a life of sedentary to an active one. More so, combine your regular physical activity with a healthy diet. In this way, you are holistically changing your lifestyle to a fitter and healthier you.

Chapter 4:

How Effective Is Fitness to Health

Synopsis

Regular physical activity has different beneficial effects to human health, especially the heart. Energetic exercise makes the heart pump better making this muscle stronger and healthier. Even activities like household chores can increase the circulation of the blood, lowering blood fats and blood pressure.

All these good effects reduce the common health problems of the heart such as stroke and heart attack.

Fitness can also result to other benefits like building muscles, enhancing flexibility, and strengthening bones. These benefits will protect you against thinning of the bones known as “osteoporosis.”

Consistent activity also promotes health of the mind because of the relieved anxiety and pressures. It results to sound sleep and renewed body energy. If benefits of exercise can be contained into a small container, this would be the most saleable medicine everywhere.

Activity is Effective to All

People can become healthy through the activities they do. But each year, surveys show that more people become inactive as they continue to live. They are less physically active and this causes their serious health problems. Sadly, but there is a cost of being inactive, and people pay for this.

The cause of being inactive is not hard to identify. Most jobs that require long hours of sitting can limit the body to do physical activity. These days, people tend to rely more on modern devices like power tools, appliances, cars, when they are supposed to do hand-on tasks.

However, there's one more reason why overweight and lack of physical movement happen. Look at those bodies on televisions showing how vigorous exercise is. Viewers have the notion that exercise is tough to do and requires lots of perspiration. They think exercise is best done by the fit, strong, and sporty individuals. However, it is proven wrong. Good benefits are acquired even from minor activities such as sweeping, gardening, and walking.

Activity and Maintaining Ideal Weight

If your body burns more calories compared to the amount you consume, the result is you shed pounds. For additional 3,500 of calories spent, you will lose 1 pound. Have vigorous physical

activity and you get your calories burnt immediately. Fortunately, you burn equal amount of calories with minor activities. The secret is you should perform it more frequently and with longer time. Exercise also offers slimming effects to the body. It helps in reducing body fat and builds leaner muscles. A mass of muscle has more weight than the similar amount of fat.

Since exercise helps to build tough muscles, it can also encourage the desire to go on diet. As the body reduces calories, the metabolism will slack off burning calories more gradually. So it makes weight loss harder to attain. But studies show that routine activities will correct the low burning of calories. As a result, it also helps to continue to shed pounds.

If you have some struggles about spending time on fitness, then don't be discouraged. As long as you have daily activities and you don't remain sedentary most of the time, then you can still be healthy. Keep in mind that minor activities like walking and gardening have the same health benefits you get from exercise. Just do it regularly and you are on your way to your good health.

Chapter 5:

Fitness and Nutrition

Synopsis

The significance of nutrition and body fitness can't be denied in terms of keeping good shape and health. Nutrition and fitness have the same value in helping individuals gain optimum health. Nutrition is the procedure where organisms consume and use food materials. Basically, nutrition comes from the liquid and solid food people take in regularly.



Importance of Liquid in the Body

One of the most popular substances that humans need in order to live is found in plain, clean water. This life-giving liquid is necessary in each bodily function—from inhaling oxygen through breathing to blinking of the eyes. Every human cell is made up of water. If there's no sufficient supply, cells will eventually dry out and perish.

The total weight of the body is composed roughly of 70% water. Breaking it down into smaller amount, people's blood is made up of 90% water, muscles 75%, brain 95%, and lungs 90%. See how useful water is inside the human body? All vital parts of the body benefit a lot from what water can do to the entire system.

Water consumption is a nutritious liquid food that has great direct effects on fitness. What is needed is to drink enough water every day. People who drink five glasses of 8-ounce water everyday are 50% more likely to live although they have heart disease than to those who only drink two glasses or less every day.

Water also helps the body to normalize the right temperature. The body perspires when its temperature changes. It is the natural way of causing the body temperature to become lower. Also, water helps in keeping the normal pH balance inside the body.

In all possibilities, the body's pH level must be 7 or a little bit higher. If pH level turns acidic, the probability of getting sick and vitamin

deficiency will increase significantly. Aside from the usual water consumption, taking one to two ounces of apple cider everyday will turn the pH level of the body more alkaline.

For digestion purposes, water is important for vitamins and minerals absorption. Water assists in metabolizing the body fat and in giving recovery from physical work and exercise. Water keeps the brain functioning well, joints to have lubrication, and blood to circulate properly.

For nutritional value, how much amount of water should people drink every day? The right answer will depend on different aspects, which include the level of physical movement, surroundings, and general condition of health including sex.

Here are some helpful guidelines on the suitable amount of water to drink:

Required Amount of Water

1. To prevent the formation of kidney stones, it is recommended to drink 10 glasses of water, equivalent to 2 liters.
2. For pregnant females, it is recommended to drink water at least 2.3 liters each day. For women who breastfeed, 3.1 liters are needed. It is also suggested that men should drink 3 liters of water every day and women 2.2 liters.

3. The quickest way to know that body has enough liquid or not is to observe the color of your urine. Light yellow or colorless urine means you have enough water inside the body. You should also release about 1.5 liters or 6 cups or urine every day.

Bear in mind that consumption of water must be increased when you are ill, especially when you have fever. You should also drink more water during the hot summer season and while you are exercising. With enough liquid in the body, you will get the best fitness and nutrition you need.

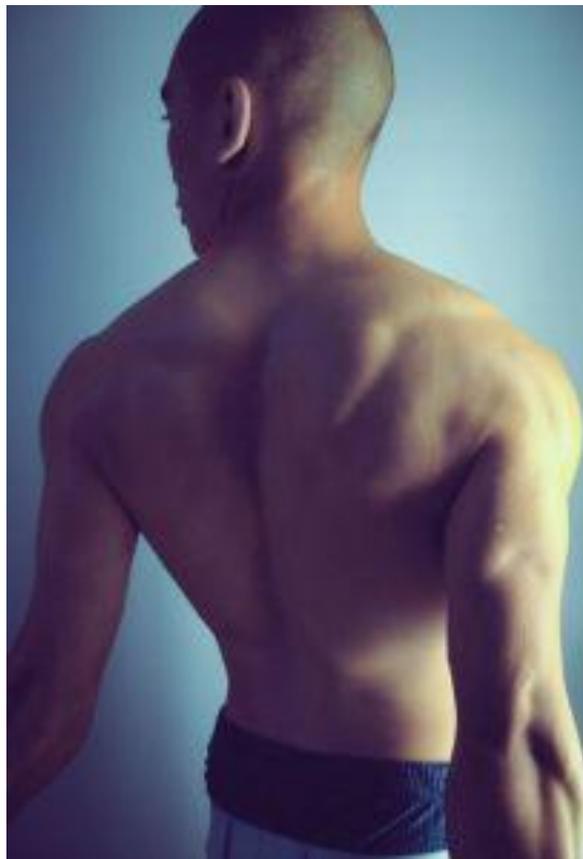


Chapter 6:

15 Reasons on Why We Need Fitness Training

Synopsis

Fitness training can literally change your life if you commit to making it an essential part of your daily routine. It may be hard work at the start, but that's all good when you consider the numerous benefits you stand to enjoy with fitness training.



Reasons

Reason #1: It can reduce stress.

The cause of your stress does not matter. If you want a productive outlet for relieving your stress, then fitness training is your answer.

Reason #2: It promotes healthy eating habits.

The rules on what you can and can't eat may differ, but all fitness training programs generally lie on the same fundamental principles for healthy eating. It promotes increased intake of fruits, vegetables, lean meat, and those rich in high cholesterol and other essential vitamins and minerals. Conversely, it encourages lesser intake of food rich in calories, sugar, and fat.

Reason #3: It aids in weight loss.

Fitness training should be a part of your plan if you want to lose weight more quickly. The nature of your training does not matter as long as it is effective in burning calories.

Reason #4: It leads to increased intake of good cholesterol.

Fitness training programs also promote increased intake of food that have high levels of good cholesterol, which consequently lowers your risk from suffering any kind of cardiac disease.

Reason #5: It offers a sense of safety about one's well-being.

Regular and proper training gives you a sense of safety about your health and well-being. You become more confident about yourself and your ability to enjoy life even as you age.

Reason #6: It lowers blood sugar levels.

Diabetes remains today as one of the diseases with the highest mortality rates. Reducing intake of sweets is always a good thing to do if you want to avoid becoming diabetic but regular exercise definitely helps as well.

Reason #7: It minimizes risk of high blood pressure.

Hypertension also has one of the highest mortality rates among today's most common types of diseases. Proper training can help burn excess oils and fats that could cause your blood pressure to elevate.

Reason #8: It strengthens the body's ability to fight oxidants.

Simply put, think of fitness training as natural antioxidants for your body. Combine it with a daily cup of green tea – well known for its high content of antioxidants as well – and you will effectively eliminate toxins in your body.

Reason #9: It lets you enjoy a better quality of sleep.

Just because you've slept for a good number of hours doesn't mean you have the best quality of sleep. Fitness training also ensures that your body is better prepared to enjoy a long and relaxing rest.

Reason #10: It improves stamina.

Fitness training can gradually improve your endurance, allowing you to enjoy more activities for longer periods of time.

Reason #11: It lowers risk for several types of cancer.

Studies have revealed that risks for having breast and colon cancer may be reduced with fitness training.

Reason #12: It sharpens your mental skills.

Just because you're getting older doesn't mean you'll become less smart. Keep your wits sharp as ever with regular exercise.

Reason #13: It reduces symptoms for anxiety and depression.

You will be less prone to moodiness, depression, and anxiety with regular fitness training.

Reason #14: It makes you more flexible.

Get to enjoy the maximum potential of your body with fitness training.

Reason #15: It improves a person's life expectancy rate.

Finally, when you combine all the benefits of fitness training above you get to enjoy a higher life expectancy rate compared to others.

Chapter 7:

Why the Unique styles: Pump, Step, Attack and Jam

Synopsis

In the previous chapter, you have learned why you need exercises and trainings to keep you fit and healthy. Since these two states are necessary to improve your well-being, you need to make sure that you adapt the appropriate workout or training styles which will suit your body needs.

Well, as you go into fitness classes, you will learn a lot of styles that are used in these trainings. Some of these are commonly used in gyms and other exercise sessions, but there are also those unique styles which could be actually more fun and effective.

Trying these uncommon classes will add to your variety of exercises and help you achieve that fit and healthy body.

Why these unique styles?

Introduced by Les Mills from New Zealand, here are four unique classes that you should try for yourself. Moreover, find out the reasons why these four should come first on your list:

Pump

Also called BodyPump, this cardio-strength class is enjoyed by many in different parts of the world. With upbeat music, this class, which requires the use of barbells, lasts about 45-60 minutes and definitely works out the whole body, increase heart rate, and burn calorie.

Why this class? Well, if you want to lose weight soon, surely you would consider pump upon knowing that you can burn around 600 calories in a 60-minute session using this style. Moreover, you will not only lose fat but also be ready to notice a better body shape as your body tone up as it gains muscle.

Step

If you want a fun-filled training, you should find yourself in BodyStep or Step class. This is not only a challenging exercise for your body but also for your mind. Each 55-minute session includes doing a variety of simple steps onto a platform.

Step will help you be fit as you burn up to 620 calories and tone your body muscles. Also, aside from improving your lung and heart

condition, this workout will revitalize you as you get motivated by the nice instructors and sing-a-long music.

Attack

Another unique workout style that you will love is BodyAttack which is a sports-inspired cardio exercise usually lasting about 55 minutes. This workout combines stabilization and strength trainings with athletic aerobic exercises.

What you would love about this class is that aside that you improve your stamina and lose 735 calories each session, from a typical athletic individual, your competitive side will be totally unleashed in this group dynamic class.

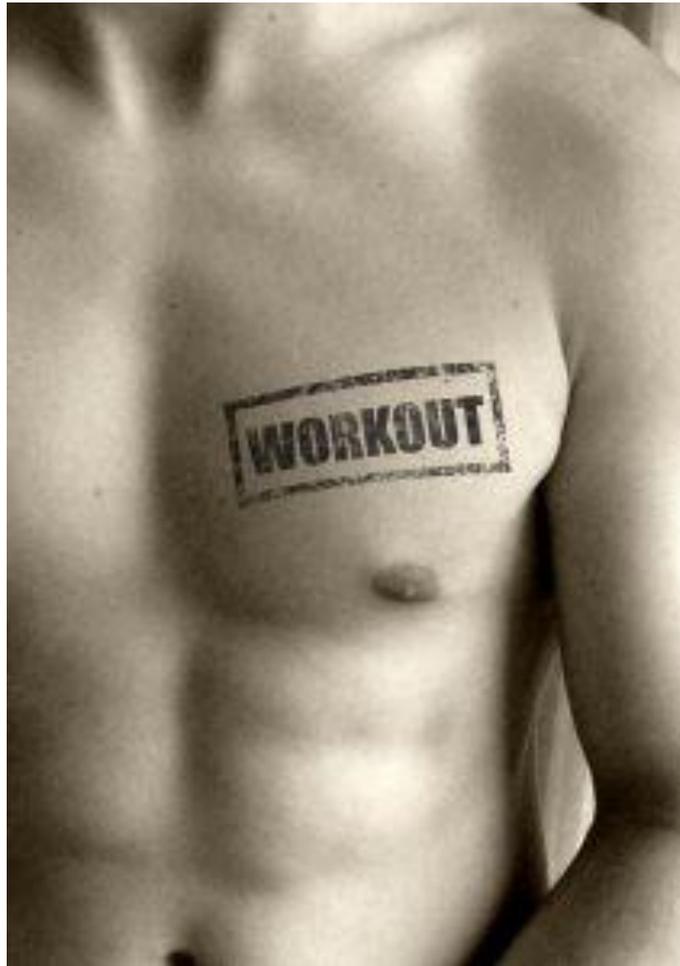
Jam

If you love dancing then BodyJam is the right class for you. The jam style is actually a combination of the newest funky music and latest dance moves. In every 55-minute session, learn how to dance with attitude from your hippy instructors. Enjoy new choreography and music every now and then as this class depends on what is the latest and hottest craze.

Aside from burning an average of 530 calories per session, jam will also help you improve your body coordination and self-expression.

These mentioned unique fitness classes are just some of the new styles that people are adding to their exercise routines. Not only are

they proven effective but they are also guaranteed fun. Therefore, if you want to achieve that perfect hourglass figure, better enroll into one of these classes already.



Chapter 8:

Benefits of the Unique Styles

Synopsis

Learning about Les Mills' unique fitness classes gives an idea that losing weight and gaining a healthy body can be done in various ways that are not only fun but are also as effective than the usual workouts—or even better. Moreover, aside from being enjoyable, some of these classes also help the person become better by either helping them improve their skills or develop their self-esteem.

To help you understand more the advantages of going through these unique classes in fitness trainings, here are some of the general benefits of the Les Mills styles that you can experience yourself when you try them:



Going for the Unique Styles

Lose Weight

One of the common goals of fitness exercises is to lose weight and have a leaner body. Well, you are assured that you can achieve these through the Pump, Jam, Attack, and Step styles. All these classes help you to burn more fat and calories within each session. Depending on how much effort or energy you exert in every exercise, you can lose a great deal of calories. If you do a class regularly, you can count on seeing a big improvement on your body in a short matter of time.

Get a Leaner and Toned Body

Losing weight is not enough to say you have a fit body. There are those who really lose weight through massive exercises and intense diet, but instead of looking better, they just appear skinny and stressed out. This is all because the secret to having a better body shape is by having your muscles toned. This way, you get a leaner figure without looking thin and sickly. Well, these unique styles are developed to help you accomplish this goal. They do not only help you burn calories but they help your muscles grow and be toned up so that you can have that perfect figure you are dying for.

Improve Stamina and Strength

Moreover, just like other fitness trainings, these Les Mills classes will also help you increase your endurance and stamina. The cardio-workouts, such as Attack and Pump, are designed not only to build your muscles and lose fat but also to improve your stamina and

strength. How are these important to your overall fitness? Well, by being strong and having a good stamina, you do not only endure more workouts for a faster weight loss but you also become fit enough to get more work done in your daily routine.

Be More Confident

Another benefit that you can get from these unique styles is an increased self-esteem. First of all, by having a better shaped body, you feel attractive so you can walk with your chin up. What is more, some of these classes help you develop your skills in dancing, such as Jam and Step. Through them, you improve your body coordination and become more used to following rhythms. Of course, if you are confident of your talent, you will be more comfortable executing it in public and you lose all your shyness.

Pump, Attack, Step, and Jam are just some of the unique classes that can help you achieve a better body and health. These exercises are also designed to have an impact on your whole being. Your figure, health, skills, and confidence are just among the areas they can improve in you. If you want to find out about the other benefits of these styles, you better try doing them now.

Chapter 9:

Associated Importance to Optimal Health

Synopsis

Most people go to the gym or attend fitness classes to lose weight and have a better figure. However, this mindset defeats the primary reason why being fit is important. More than having a good body shape, fitness is necessary in order to remain healthy. Yes, it is all about being healthy.

Getting optimal health should be a main concern for people who go to fitness classes. If you have forgotten what optimal health is, it means that being in the healthiest state possible—without sickness and having enough energy to do anything.

This includes being healthy in all areas of your life, meaning physically, intellectually, emotionally, and spiritually. If you succeed of keeping all these up, you can enjoy an optimal health.

How Fitness Affects Optimal Health

One thing that you should realize is that optimal health is a lifestyle. It does not happen overnight so you need self-discipline to achieve it. How is fitness associated to optimal health then?

As stated above, getting optimal health means living an active and sickness-free life. In order to have this kind of physical health, you need to be fit. Of course, if you easily get tired because you have low stamina, you cannot be active all throughout the day. Also, you cannot call an obese person healthy either.

On the other hand, being fit allows you to do more things in a day. You will have enough energy to keep you active though you have been moving around from morning even until late in the evening. Also, being fit means you have a better resistance against sickness so it means that you are totally healthy.

Well, a plus point of why fitness is essential to achieve optimal health is appearing presentable. Yes, a good body shape can also contribute to your optimal health. Feeling attractive and confident of yourself is an indication that you have a healthy self-image—and it is part of optimal health.

Overall, you should understand that your physical health has a big impact on the other areas of your life. No matter how intelligent you are if you are sick, you still cannot use your mind properly. Even if

you have no reason to get depressed but you are easily exhausted, surely you would feel sulky. Therefore, you should never take fitness for granted if you do not want these to happen to you.

Fitness Lessons for Optimal Health

The fitness classes that we have discussed in the previous chapters can contribute much to the achievement of optimal health. You have learned how these lessons have been created to help you lose weight, improve stamina and strength, and even develop your confidence. If you want to be completely healthy, going through these classes in a regular basis will not hurt.

You should find out which fitness class is suitable for you. You can consider among the Les Mills trainings, such as Pump, Step, Jam, and Attack. These unique styles of exercise can help you hit two birds with one stone as they can have other positive effects on you aside from keeping you fit.

Wrapping Up

Case Studies

The Craze for Fitness

A lot of people attend fitness classes because of their desire to achieve a slim and leaner body. Others who enroll are health-conscious and they consider such trainings helpful in making them lose weight and improve their overall health. Whatever their reasons are, those who regularly attend these classes believe in the power of exercise in making them fit and healthy.

However, there are those who are skeptical of the effects of fitness exercises. Some think that they do not have to waste money attending a training class because they can lose weight on their own. They believe skipping meals and a simple exercise daily are enough to keep them fit. What these people do not know is that a fitness class offers more than just weight loss.

Those who have regularly attended a fitness training program have experienced firsthand the wonders of these classes. For them all their time, money, and effort have not been wasted. To encourage you of what these exercises can do to you, here are some case studies showing how fitness classes have helped a lot of people become fit and healthier.

Case Study 1: Just In Time for the Prom

Since childhood, Karen R. had been called piggy by her schoolmates because of her size. When she entered high school, she gained more weight until she reached 200 pounds. The situation got worse for her because no guy took her seriously because of her physical appearance. It was during her senior year when she became really determined to lose weight. She had the goal of enjoying her prom by wearing a sexy dress she had never able to wear before.

To help her in her goal, Karen's friend suggested that she enroll in a BodyStep class. Together, they had been regularly attending classes for months. The light but rigorous movements which last up to 55 minutes per session had done a lot to improve Karen's body figure. In a matter of 4 months, she was able to lose up to 40 pounds. When their prom came up, it was a big success for her to finally be able to wear her dream dress—and dance with the cute guys whom never paid attention to her before.

Case Study 2: Better Body for a Better Health

At 260 pounds, Andre B. was suffering from obesity since his early adulthood. Aside from having difficulty in moving around and finding clothes his size, other health complications started to arise, like high blood pressure. He also became more prone to stroke and heart attack. To solve his health condition, his doctor advised him to do workouts, along with a controlled diet.

Being athletic in his teenage years, he decided to enroll in a BodyAttack training class. This sporty workout allowed him to burn a great deal of calories in each session and in 6 months, he lost much weight. Having decreased to 190 pounds has helped improve his health. He is also now able to buy clothes easily.

Aside from being enjoyable, these fitness classes are no doubt effective in helping people achieve a fit and healthy body. However, these cannot help you if you have no self-discipline. Of course, regularity of exercise and a balanced diet are also necessary. Therefore, if you want to enroll into one of these classes, better be determined first of what you want to achieve through these trainings.

