



ELITE
PERSONAL TRAINING & FITNESS SOLUTIONS

HEALTH TOPIC OF THE WEEK

12/18 - Merry Christmas

This week's health topic is short and sweet.

We simply want to wish each of you a Merry Christmas and joy and peace during this holiday season.

We are truly grateful for our clients. Thanks to all of you for allowing us to partner with you to improve your health through exercise and nutrition. We look forward to seeing your progress in 2024!



You've probably noticed our physical renovations. We appreciate your patience during this busy time! We aren't just increasing our training space - we're also expanding our services to include:

- Nutrition Classes: Making Sense of Nutrition Madness
- Massage therapy
- DEXA scan body composition analysis
- VO2 max testing for aerobic assessment



I would like to leave you with a nutrition tip/suggestion for Christmas. There are many recommendations from nutritionists via the Internet regarding a healthy Christmas dinner. Recipes include low-fat gravy, sugarless ice cream and low-calorie entrée options.

One of the key ingredients of nutrition and lifestyle change is sustainability. This means learning how to eat healthy most of the time while enjoying "cheat" days or meals occasionally. Eating foods like pizza or donuts once in a while won't kill you. Eating them all the time certainly will.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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Eating patterns must be sustainable in order to achieve a permanent lifestyle change.

Looking forward to some tasty “unhealthy” food is essential for sustainability.

What you eat on Christmas Day will not dictate your health for the year – what you eat throughout the year will!

So, here is EPT’s recommendation for your holiday meal - enjoy every bite of eating whatever you want and as much as you want with your friends and family.

Merry Christmas,

Your friends at EPT



SCAN ME



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