



elite fitness
endurance training

Title: Unleashing the SUPER POWER IN YOU!

Opening: Introduction/ My story

●FITNESS POWERS (FITNESS)

- Powers your Health
- Powers your Productivity
- Powers your Capability

-Fitness DEMO

● NUTRITION FUELS (NUTRITION)

- Nutrition Fuels your fitness
- Nutrition Fuels your life

-Fitness DEMO

**GET
FIT!**

CLOSING

●The Big picture of Your Life (Life Skills)

- Make a decision today
- Get active -- do something
- Self images define you-If you say you can't, you wont!