

# July's 1/2 OFF Promotion

During the entire month of July, purchase any LifeFitness Home Cardio machine (Model 5 or higher), and get 1/2 OFF any LifeFitness Home Gym System. That's up to a \$1,700 savings!! Contact store for details!!



**G3 System**  
**Save \$1,147**

**G4 System**  
**Save \$1,347**

**G5 Gym**  
**Save \$1,297**

**G7 Functional**  
**Trainer**  
**Save \$1,697**

A healthy lifestyle is best achieved with a well-rounded program that combines a balanced diet with both [cardiovascular](#) and [strength](#) training. Each element on its own is a step in the right direction, but when you put them all together you're sure to see optimal results.

## Strength Training

Regular strength training helps you increase muscular strength, endurance and flexibility, control weight, reduce body fat and increase muscle mass. When you increase your muscle mass you raise your metabolism, as muscle tissue, even at rest, burns 25% more calories than fat tissue. Plus, strength training will help you improve your posture, appearance, and overall daily functioning. Properly conditioned muscles are essential to ensure safe performance in sports and in other cardiovascular conditioning programs.

## Cardiovascular Training

**Increased Lung and Heart Efficiency:** Just 20 minutes, of regular aerobic exercise three times a week can improve your cardiovascular system and make your heart stronger and more efficient.

**Lower Blood Pressure:** Blood pressure may be reduced by regular cardiovascular exercise, which may also lower your risk of heart disease.

**Efficient Weight Loss:** By burning more calories, regular aerobic exercise can help you achieve and maintain optimal body weight. Exercise also decreases fat stores and increases lean muscle tissue, enabling you to burn more calories, even while at rest!

**Strong Bones:** Women who remain physically active into their later years are less likely to suffer from osteoporosis, which is a gradual weakening of the bones. Older women who begin a regular exercise program can slow down or, in some cases, reverse the effects of osteoporosis.

And you don't have to train like a professional bodybuilder to achieve all these great benefits. Just combine 2 to 3 strength training sessions, with at least 3 sessions of cardio workout a week, and you'll be on your way to a great physical health!