01 IMPROVES BONE DENSITY
02 ENHANCES THE FUNCTION OF THE CARDIOVASCULAR SYSTEM
03 GETS YOUR MIND OFF OF NEGATIVE THOUGHTS
04 REDUCES JOINT PAIN
05 IMPROVES DIGESTION
06 IMPROVES ATHLETIC PERFORMANCE
07 INCREASES THE LEVEL TO HDL (THE GOOD CHOLESTEROL)
08 DECREASES LDL (THE BAD CHOLESTEROL)
09 DECREASES CHOLESTEROL
10 DECREASES TRIGLYCERIDES
11 INOVIGORATES THE BODY & MIND
12 REDUCES ILLNESS
13 MAKES IT EASIER TO RELAX
14 STIMULATES & IMPROVES CONCENTRATION
15 INCREASES RESPIRATORY CAPACITY
16 ALLEVIATES CONSTIPATION
17 LOWERS YOUR RISK OF CANCER
18 IMPROVES THE QUALITY OF YOUR LIFE
19 RELEASES LIMITATIONS IN THINKING
20 BURNS UP EXTRA CALORIES
21 STRENGTHENS THE HEART
22 IMPROVES HOW YOUR BODY USES CALORIES
23 IMPROVES ENDURANCE
24 INCREASES MORE MUSCLE DEFINITION
25 IMPROVES RESISTANCE TO INFECTION DISEASE
26 REDUCES TENSION & STRESS
27 IMPROVES BLOOD FLOW THROUGH THE BODY
28 ALLEVIATES MENSTRUAL CRAMPS
29 STRENGTHENS YOUR IMMUNE SYSTEM
30 GIVES YOU MORE ENERGY
31 ENHANCES NEUROMUSCULAR RELAXATION
32 INCREASES THE BODY’S AWARENESS OF ITSELF
33 REDUCES OR PREVENTS BOREDOM
34 IMPROVES LIVER FUNCTION
35 HELPS ALLEVIATE VARICOSE VEINS
36 GIVES YOU A CLEARER PERSPECTIVE
37 MAKES YOUR CLOTHES LOOK BETTER ON YOU
38 IMPROVES EMOTIONAL STABILITY
39 MAKES YOU FEEL MORE ALIVE
40 ADDS A HEALTHY GLOW TO YOUR COMPLEXION
41 INCREASES THE NUMBER OF MITOCHONDRIA IN EACH MUSCLE CELL
42 ENHANCES FEEDBACK THROUGH THE NERVOUS SYSTEM
43 INCREASES YOUR METABOLIC RATE
44 GIVES YOU THE OPPORTUNITY TO EXPERIENCE YOUR FULLEST POTENTIAL
45 ENABLES YOU TO ENJOY ALL TYPES OF PHYSICAL ACTIVITY MORE
46 MAKES YOU LOOK AND FEEL GOOD
47 HELPS YOU LIVE AND FEEL BETTER
48 MAKES YOUR MORE FLEXIBLE
49 IMPROVES YOUR APPETITE FOR HEALTHY FOOD
50 IMPROVES THE STORAGE OF GLYCOGEN
51 INCREASES SPEED OF MUSCLE CONTRACTION AND REACTION TIME
52 HELPS YOU LIVE LONGER
53 DECREASES THE CHANCES OF DEVELOPING OSTEOPOROSIS
54 INCREASES THE CONCENTRATION OF MYOGLOBIN, WHICH CARRIES OXYGEN, IN THE SKELETAL MUSCLES
55 INCREASES MAXIMUM CARDIAC OUTPUT BECAUSE OF AN INCREASE IN STROKE VOLUME
56 TONES AND STRENGTHENS YOUR MUSCLES
57 ALLEVIATES DEPRESSION
58 HELPS YOU MOVE PAST SELF-IMPOSED LIMITATIONS
59 INCREASES YOUR RANGE OF MOTION
60 INCREASES YOUR SELF-CONFIDENCE AND SELF-ESTEEM
61 ENHANCES OXYGEN TRANSPORT THROUGHOUT THE BODY
62 HELPS YOU LOSE WEIGHT AND KEEPS YOU AT YOUR RIGHT BODY WEIGHT
63 IMPROVES EFFICIENCY IN BREATHING
64 HELPS PREVENT HEART DISEASE
65 IMPROVES COORDINATION AND BALANCE
66 STIMULATES A FEELING OF WELL-BEING AND ACCOMPLISHMENT
67 ENHANCES SEXUAL PERFORMANCE
68 IMPROVES YOUR BODY COMPOSITION
69 MAKES YOU FEEL BETTER EVERY DAY
70 IMPROVES THE DEVELOPMENT AND STRENGTH OF CONNECTIVE TISSUE
71 DECREASES YOUR APPETITE FOR SUGARY FOODS
72 HELPS YOU MEET NEW PEOPLE
73 INCREASES THE EFFICIENCY OF YOUR SWEAT GLANDS
74 INCREASES YOUR ABILITY TO SOLVE PROBLEMS MORE EASILY
75 IMPROVES CIRCULATION AND HELPS LOWER BLOOD PRESSURE
76 HELPS YOU KEEP YOUR BODY TEMPERATURE HIGHER IN COLDER ENVIRONMENTS
77 HELPS YOU FEEL BETTER ABOUT YOURSELF
78 DECREASES BODY FAT
79 STIMULATES THE RELEASE OF HORMONES THAT ALLEVIATE PAIN
80 INCREASES AGILITY
81 GET MORE COMPLIMENTS FROM THE PEOPLE AROUND YOU
82 BUILDS STRENGTH
83 ENHANCES THE FUNCTION OF THE CARDIAC RESPIRATORY SYSTEM
84 STRENGTHENS YOUR BONES
85 IMPROVES BLOOD FLOW TO THE ACTIVE MUSCLES AT THE PEAK OF TRAINING
86 ENABLES YOUR BODY TO UTILIZE NUTRIENTS MORE EFFICIENTLY
87 IMPROVES YOUR BODY SHAPE
88 INCREASES THE LEAN MUSCLE TISSUE IN YOUR BODY
89 INCREASES MUSCLE SIZE
90 IMPROVES THE BODY’S ABILITY TO DECREASE HEART RATE AFTER EXERCISE
91 INCREASES THE LEVEL OF HORMONE NOREPINEPHRINE
92 LOWERS YOUR RESTING HEART RATE
93 INCREASES THE ENZYMES IN THE BODY THAT BURN FAT
94 EASES AND MAY ELIMINATE BACK PAIN/DECREASE PAIN
95 IMPROVES YOUR ATTITUDE ABOUT YOURSELF AND YOUR LIFE
96 IMPROVES THE BODY’S ABILITY TO REMOVE LACTIC ACID
97 ENHANCES CLARITY OF MIND
98 IMPROVES YOUR POSTURE
99 MAKES YOU EXERCISE MORE BECAUSE YOU WANT TO CONTINUE TO LOOK AND FEEL BETTER
100 INCREASES CONTRACTILITY OF THE HEART’S VENTRICLES
101 HELPS YOU TAKE MORE RISKS AS A RESULTS OF INCREASED CONFIDENCE AND SELF-ESTEEM

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