FITNESS

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Introduction

1. Would you like to be healthy?
2. Would you like to be happy?

When you gain control of your body, you gain control of your life!
Variety of fitness programs

Which are for you?
Fitness and pregnancy

Now she is exercising for two!
Your flexibility is depend on you.
Supplements

It is only your choice
Muscles and Fitness

Everything is in your hands!
WELCOME TO THE FITNESS WORLD!

Conclusion

COME ON! YOU CAN DO IT!
Credits

1. I took all pictures from Internet
2. I used information from book "Body-for-Life", Bill Phillips, 1999

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