



See What

Great Rate

Can Do for You!

Experience the new fitness activity that **starts from the heart** and **benefits you all over!** Great Rate is a **monitored cardio fitness program** that identifies your unique optimum cardio workout zone and keeps you in it (even as it improves and changes) for superior fitness results. Participants who follow the program should expect to **gain:**

- **Improved heart muscle conditioning**—as measured by a lower resting heart rate
- **Increased endurance**
- **Overall better conditioning**

And **lose** due to

- Greater fat burning

The program is introduced and monitored by NASM certified personal trainer Sarah Carothers whose training includes NASM's "Cardio-Respiratory Training for Fitness Performance and Weight Management Goals."

The program includes:

- Three Great Rate monitored workout sessions to establish your optimum cardio workout zone
- Optional use of Excel's cardio fitness equipment up to six days a week to continue the Great Rate optimum cardio workouts
- Optimum workout zone re-evaluations and adjustments as conditioning improves and/or to tweak your unique Great Rate workout zone.

Call Excel at **908.696.8418** to sign up for your time slot today!