



# CORE57

## 1 HYDRATION

The water in our bodies is essential for life. Without water, we cannot survive as it is involved in every bodily function. Here at CORE57 we recommend that our clients drink half their bodyweight in ounces daily.

## 2 FUEL

Your body is an amazing machine – give it the right fuel and it will take you to great places! We believe that proper nutrition is crucial to help you reach your fitness goals and we're here to help guide you every step of the way!

## 3 MOVEMENT

Think of movement as medicine with only positive side effects. Movement is more than exercise - it is your daily activity level. We recommend aiming for at least 7,000 daily steps.

## 4 HEART RATE TRAINING

Wearing a heart rate monitor means you can get immediate feedback on how hard you're working or not working. By knowing this, it enables you to train smarter, allowing you to get the desired training effect out of each workout which can get you to your goals faster.

## 5 RECOVERY

Recovery should be an essential part of your everyday routine. Preparing your body for movement by rolling and stretching improves flexibility, range of motion, decreases risk of injury and increases your performance level. At CORE57 we offer different types of recovery classes to fit your needs.

## 6 LIFE BALANCE

At CORE57 we strive to make you a better version of yourself. We understand that life can get hectic and that you put yourself and your health on the back burner. Our trainers are here to guide you and to help you find a better balance.

## 7 COMMUNITY

A well rounded fitness plan is about more than the individual. It is about a supportive, health conscious community as well. That's why at CORE57, we have a community board and call each other family. Like our long time members, you will love to see yourself as you change and connect with other members on the same path to vibrant fitness.