

**ABEER EVALDSON**

ACE CERTIFIED PERSONAL TRAINER  
AFAA CERTIFIED GROUP FITNESS  
"SPINNING" CERTIFIED (INDOOR CYCLING)

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E-MAIL: [evaldson@hotmail.com](mailto:evaldson@hotmail.com)

PERSONAL TRAINING: \$50.00 PER HOUR  
2 PERSON RATE: \$30.00 PER HOUR  
10% DISCOUNT FOR 10 SESSION PACKAGE

REGULAR EXERCISE IS A CRITICAL COMPONENT OF GOOD HEALTH, ESPECIALLY AS YOU AGE. NOT ONLY WILL REGULAR EXERCISE IMPROVE YOUR GENERAL CARDIOVASCULAR AND MUSCULAR HEALTH, BUT WILL ALSO HELP YOU SLEEP BETTER, LOSE WEIGHT, IMPROVE YOUR RESISTANCE TO FIGHT INFECTIONS, LOWER YOUR RISK FOR DISEASES, HELP YOUR BRAIN WORK BETTER AND REDUCE STRESS. WHEW!!! ISN'T THAT AMAZING!

THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM) AND THE AMERICAN HEART ASSOCIATION (AHA) PUBLISHED PHYSICAL ACTIVITY GUIDELINES FOR HEALTHY ADULTS UNDER THE AGE OF 65.

DO MODERATELY INTENSE CARDIO 30 MINUTES A DAY/5 DAYS A WEEK

OR

DO VIGOROUSLY INTENSE CARDIO 20 MINUTES A DAY/3 DAYS A WEEK

AND

DO 8-10 STRENGTH TRAINING EXERCISES, 8-12 REPETITIONS OF EACH EXERCISE TWICE A WEEK.

**EXERCISE SHOULD BE CHALLENGING, SAFE AND FUN.**