

NEW WEBSITE UNDER CONSTRUCTION - CHECK BACK SOON!!!

The **Fun & Fit 4 Life Foundation, Inc.** is a **501(c)(3) non-profit organization** committed to fostering and promoting affordable, fun-filled, active, healthy lifestyles and their positive effects on the mind, body and spirit for all ages!

Our mission at Fun & Fit 4 Life Foundation, Inc. is to improve the quality of life for each and every one of our participants by providing experienced training and guidance, nutritional and lifestyle mentoring, and access to our quality fitness facilities.

Our focus on providing assistance in maintaining the highest quality of lifestyle is founded on the principle that everyone, regardless of their financial status, should have access to the finest resources and the most qualified and professional staff available.

SCHEDULE CHANGES AND NEW CLASSES HAVE BEEN ADDED TO FUN & FIT 4 LIFE FOUNDATION'S SCHEDULE

FEBRUARY 2012 CALENDAR

Benefits of Regular Exercise

- * Helps relieve stress and anxiety
- * Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity
- * Keeps joints, tendons and ligaments flexible, which makes it easier to move around
- * Reduces some of the effects of aging
- * Contributes to your mental well-being and helps treat depression
- * Increases your energy and endurance

- * Helps you sleep better
 - * Enhanced work, recreation, and sport performance
 - * Helps you maintain a healthy weight by increasing your metabolism (the rate you burn calories)
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