

DISCOVER THE PHYSICS OF PHYSICAL ACTIVITY!
ACHIEVE FAT LOSS, SUPER IMMUNITY, INCREASED
STAMINA, AND MAXIMUM HEALTH

TAKE

THE
10-MINUTE

LEAP

Lifetime **E**xercise **A**dherence **P**lan

SIMPLE SCIENTIFIC WAYS TO CALCULATE:

- ★ Your Safe Starting Level
- ★ Your Disease Risk Reduction Level
- ★ Your Body Composition Change Level
- ★ Your Cardiovascular Improvement Level
- ★ Your Optimal Training Level
- ★ Your Overtraining Level

MAXIMIZE PERFORMANCE WITHOUT BURNOUT OR INJURY!

RICHARD L. BROWN, Ph.D.
TOP OLYMPIC COACH

Take The Leap Lifetime Exercise Adherence Program

H Kauffman



Take The Leap Lifetime Exercise Adherence Program:

The LEAP Richard L Brown,1999-04-21 Discover the Physics of Physical Activity Achieve Fat Loss Super Immunity Increased Stamina and Maximum Health A New You is just a L E A P Away L E A P looks at you as an individual establishes your ability to consume oxygen and helps you set up an exercise program that balances your physical activity with your capacity to recover L E A P helps you to determine how much physical activity is exactly right for you giving you a place to start a realistic goal at which to aim and a schedule to follow that gives you answers to the questions How often How long How hard L E A P provides tips on how to get the most from the time you spend on physical activity and shows you the strategies to help you get through the rough spots L E A P gives you simple tools that help you in specific areas such as training schedules diet intensity measurements stress reduction and motivation What are you waiting for Take the L E A P

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