

Heading 1; Calibri

## Top Gym

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- White text on black background for header row.
- Background Aqua.

| Reasons for joining  | Health problems   |
|--|---|
| <ul style="list-style-type: none"><li>• To become fit</li><li>• To stay fit</li><li>• To lose weight</li><li>• To control weight</li><li>• To build muscle</li></ul> | <ul style="list-style-type: none"><li>• High blood pressure</li><li>• Heart problems</li><li>• Diabetes</li><li>• Back problems</li></ul> |

Place list in the center of the cell.

★ Getting the right amount of exercise can rev up your energy levels and even help you to feel better emotionally. Exercise significantly reduces depression and improves sleep. Exercise improves mood and feelings of well-being. A 10 minute walk can boost mood quickly and the after-effects can be long-lasting. Exercise improves strength at any age. Exercise relieves symptoms of PMS (premenstrual syndrome).

★ Physical activity will *redstar.jpg* is provided as data. e and muscle tone all will improve. Exercise boosts memory. Adults who exercise aerobically increase significant amounts of blood flow to the brain which leads to better memory. Even moderate exercise works to stimulate the brain.

★ The evidence is overwhelming: a balanced diet combined with moderate exercise is one of the best things you can do for your body. It bolsters the immune system, and lowers the risk of heart disease, cancer, high blood pressure, diabetes, obesity, and osteoporosis. Exercise slashes the risk of heart disease. 120-160 minutes per week of aerobic activity can help control cholesterol, high blood pressure and diabetes. Maintaining or reducing your weight increases longevity. Exercise may reduce breast cancer risk.

[Source](#)

Link to

<http://www.healthchecksyste.ms.com/motive.htm>

Heading 2

### Jan Steyn's progress

| Date     | Chest (cm) | Middle (cm) | Biceps (cm) | Weight (kg) |
|----------|------------|-------------|-------------|-------------|
| 00/06/09 | 91.4       | 86.5        | 30.3        | 72.6        |
| 00/06/23 | 91.6       | 86.5        | 30.3        | 72.6        |
| 00/07/07 | 92.2       | 86.1        | 30.3        | 72.5        |
| 00/07/21 | 92.3       | 85.8        | 31.0        | 72.3        |
| 00/08/04 | 92.5       | 85.7        | 31.5        | 72.2        |
| 00/08/18 | 92.8       | 85.2        | 31.6        | 72.0        |
| 00/09/01 | 93.0       | 84.9        | 32.2        | 72.0        |
| 00/09/15 | 93.3       | 84.7        | 32.4        | 71.9        |
| 00/09/29 | 93.6       | 84.4        | 32.7        | 71.7        |
| 00/10/13 | 93.9       | 84.1        | 33.1        | 71.5        |
| 00/10/27 | 94.1       | 83.9        | 33.4        | 71.4        |
| 00/11/10 | 94.3       | 83.6        | 33.7        | 71.3        |
| 00/11/24 | 94.4       | 83.4        | 34.1        | 71.1        |
| 00/12/08 | 94.7       | 83.2        | 34.4        | 71.0        |
| 00/12/22 | 94.9       | 83.0        | 34.8        | 70.9        |
| 01/01/05 | 95.2       | 82.7        | 35.1        | 70.8        |
| 01/01/19 | 95.5       | 82.5        | 35.4        | 70.6        |
| 01/02/02 | 95.7       | 82.2        | 35.8        | 70.5        |
| 01/02/16 | 96.0       | 81.9        | 36.1        | 70.4        |
| 01/03/02 | 96.1       | 81.6        | 36.5        | 70.2        |
| 01/03/16 | 96.2       | 81.4        | 36.8        | 70.1        |
| 01/03/30 | 96.5       | 81.3        | 37.1        | 70.0        |
| 01/04/13 | 96.8       | 81.1        | 37.3        | 69.9        |
| 01/04/27 | 97.1       | 80.8        | 37.5        | 69.7        |

Display the file *JanSteyn.jpg*. Add a 10pt a border.  
Alternative text : *Jan Steyn's progress table*

Link to the file *GymForm.pdf*.

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[Top Gym form](#)  
[Information at the Top Gymn Club](#)

Send e-mail to: [information@topgym.co.za](mailto:information@topgym.co.za)