

- Wit teks op swart agtergrond vir header row.
- Agtergrond Aqua.

Heading 1; Calibri

Top Gym

Horisontale lyn

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

Plaas die lys in die middel van die sel.

★ Setting 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 *redstar.jpg* is as data gegee. , hair, posture 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](#)

Skep 'n skakel na
<http://www.healthchecksyste.ms.com/motive.htm>

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

Heading 2

Vertoon die lêer *JanSteyn.jpg*. Sit 'n 10pt raam om.
Alternatiewee teks : *Jan Steyn's progress table*

Skep 'n skakel na die lêer *GymForm.pdf*

Horisontale lyn

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

Stuur e-pos na: information@topgym.co.za