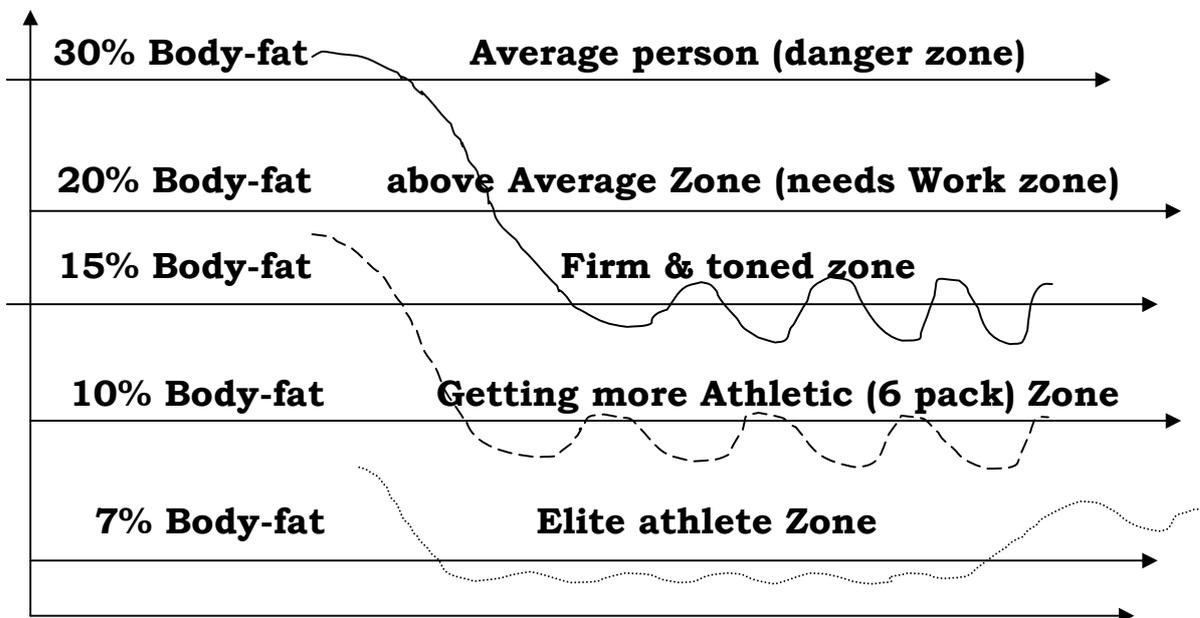


**The 'catch phrase' These days is the Zone what is the Zone ?**

Basically, when you have reached a certain % body-fat your in the manageable ZONE. In other words not only have you got your total weight 'under manageable control' but you have your body composition in a manageable zone .

In other words if you understand your 'body composition' ie the muscle and fat ratios then you have a perspective on where you are really at relative to healthy muscle/body-fat ratios.

After training/applying correct nutritional processes/life style boundary's /and various issues to make your training program acceptable in your life style 'Zone'



Generally, wherever you are now ...you usually try to aim for ½ of the body-fat % you are now ... Generally , women will range between 25 to 35 % and men 20 to 30%

**The ZONE is a 'manageable' body-fat %**

for example 30% to 15 % this will usually take about 12 weeks of 'focused' dieting and training with all elements in synergy Diet/nutrition/training( both cardio and weights)/supplements for recovery.

**Once you reach your personal Goal or Zone** you then maintain this preferred Zone

Note there is (+ & -) variations about **the Zone** this accounts for a few Kg above or below the mark as your lifestyle adjusts to various things like Holidays/Christmas/ etc 'at the end of the day' you have to 'Have a Life' as well so inbuilt Flexibility will make you a health and fitness advocate for a LIFE TIME rather than a 'Fad' follower .

**Why not be a Burning Light rather then a 'shooting star'**

"Let's make a **PERMANENT LIFESTYLE CHANGE** rather than a Quick FIX" Graham Healy