

Nevada Breeze Fitnessgravity Program (in alphanumericalword)

hi (hi) I'm Nevada Breeze, Queen of Hooks (O yeh - shood N-E of U out thair (there) nEd (need) A hook or 2, look mE up & I'll hook U up!) wL (well) Im hap-P (happy) 2 B here 2 give U all sum N-site about **fit-nS-grav-vi-T (Fitnessgravity)**. A mU-sic-kOI (musical) fit-nS (fitness) prO-gram that use alpha-bets (alphabets) 2 trans-l8/trans-lAt (translate) words N-2 fiz-za-kOI (physical) move-mNt (movement)... sum-tlms (sOmetimes) wE spEk (speak) N **alpha-numerical-word** which is the lang-which (language) of sound... or shall I sA (say) the lang-which (language) of D-liv-ver-rE (delivery)... the rules of "**Alphanumericalword**" R (are) as fall-IOs (follows): up-per-kAs (Uppercase) "ALPHABETS & NUMBERS" R prO-nounced at fAs (face) val-U (value) as "WORDS" R cep-pa-rAt-ed (separated) bl (by) sil-la-bOIs (syllables) & dashes while B-ing (being) prO-nounced bl (by) sound... now 1 whood (would) call this mU-sic-kOI (musical) fit-nS prO-gram "danc-sing" but I rE-fer 2 it as **rhi-thum-grav-vi-T a-rO-bics (Rhythmgravity Aerobics)** which is 2 **rhi-thum-grav-vi-t8 (Rhythmgravit8)**... or shall I sA (say), **rhi-thum-slz (Rhythmcise)**... this mu-sic-kOI (musical) fit-nS (fitness) prO-gram is D-vld-ed (divided) N2 2 parts... **rhi-thum-kard-D-O (Rhythmcadio)** & **rhi-thum-P-dics (Rhythmpedics)**.

rhi-thum-kard-D-O (Rhythmcadio) is D-slnd (designed) 4 all P-pOI (people) of all A-ges (ages) & rep-prE-sNts (represents) full-bod-D (body) **Kard-D-O (cardio)**. al-sO, **rhi-thum-kard-D-O (Rhythmcadio)** off-ers 2 le-vels of lift-ing grav-vi-T (gravity) from your up-per bod-D 2 your N-tire bod-D w8/wAt (weight) 2 N-E con-sis-tNt/con-sis-10nt (consistent) rhi-thum (rhythm) bEt (beat) pat-tern 4 an X-stN-ed (extended) tIm (time) pier-E-ed (period)... the prl-mair-E (primary) fo-kus (focus) of **rhi-thum-P-dics (Rhythmpedics)** is target-ed (targeted) 4 sEn-yours (seniors) and/or 4 P-pOI (people) who do not have full use of their legs. **rhi-thum-P-dics (Rhythmpedics)** is prl-mair-IE (primarily) A "chair X-er-slz" (exercise) that off-ers the lift-ing of your up-per bod-D w8/wAt (weight) 2 N-E con-sis-tNt/con-sis-10nt (consistent) rhi-thum (rhythm) bEt (beat) pat-tern 4 an X-stN-ed (extended) tIm (time) pier-E-ed (period) while sEt-ed (seated)... rE-mem-ber (Remember) that not hav-ing full use of your legs does not mEn (mean) U can not B slf-sa-fish-Nt (self-sufficient) or mAn-tAn (maintain) X-cep-shun-nOI (exceptional) use of R up-per bod-D (body)... this is Y I am real-IE (really) X-cit-ed (exited) about **rhi-thum-P-dics (Rhythmpedics)**! ya nO, P-pOI (people) think A will-chair (wheelchair) mEns (means) "hand-D-kap" ("handicap") whN (when) real-IE (really), I B-IEv (believe)... wE R all hand-D-kap N R own lit-tOI (little) wAz (ways) - & un-4-U-nat-IE (unfortunately) as hand-D-kap as sa-sl-it-T (society) mAKs us, wE O it 2 R-sLVs (ourselves) 2 prove sa-sl-it-T (society) wrong! thair (there) R a-lot of "VSP's" out thair!... "vair-rE (very) special P-pOI (people)" N will-chairs & I hOp (hope) this mU-sic-kOI (musical) fit-nS (fitness) prO-gram will move thM (them)! the over-all mis-shun (mission) of **rhi-thum-P-dics (Rhythmpedics)** is 2 mas-ter & mAn-tAn (maintain) your up-per bod-D strNth (strength) sO that rE-ching (reaching) N-2 cab-nets (cabinets) & twist-ing off caps wL (will) nev-ver (never) sIO (slow) U down.

2 **rhi-thum-kard-D-O (Rhythmcadio)** or 2 do **rhi-thum-P-dics (Rhythmpedics)** is 2 bA-sic-IE (basically) **rhi-thum-grav-vi-t8 (Rhythmgravit8)** or 2 **rhi-thum-slz (Rhythmcise)**... now all of thEz (these) rhi-thum (rhythm) L-la-mNts (elements) with-N (within) A fit-nS (fitness) kard-D-O (**cardio**) work-out sS-shun (session) is con-sider-ed **fit-nS-grav-vi-T (Fitnessgravity)**... the con-stNt (constant) a-rO-bic (aerobic) move-mNt (movement) of the bod-D 2 N-E (any) con-sis-tNt/con-sis-10nt (consistent) rhi-thum (rhythm) bEt (beat) pat-tern is con-sider-ed kard-D-O (**cardio**) while the lift-ing of grav-vi-T (gravity) is con-sid-ered (considered) tO-ning... now, 2-get-ther (together) this is con-sider-ed rhi-thum grav-vi-T a-rO-bics (**Rhythmgravity Aerobics**)... 2 trU-IE build toler-ance, 1 shood nO how 2 brEth (breathe) pro-per-IE (properly) during N-E (any) work-out sS-shun (session)... this is Y it's M-port-tNt 2 rE-mem-ber tha "**rOs-whis-sOI**" ("**Rosewhistle**").

the **rOs-whis-sOI (Rosewhistle)** is A brEth-ing (breathing) tek-nEk (technique) D-slnd (designed) 2 hLp (help) U rE-mem-ber how 2 brEth (breathe) whN work-ing out.... now 2 N-hL (enhale) is 2 sML (smell) A rose... as 2 X-hL (exhale) is 2 bIO (blow) A whis-sOI.... U will find that whN U rOs-whis-sOI (**Rosewhistle**), U will have wA (way) more brEth-ing con-trol & stam-mN-na (stamina) 2 finish your work-out sS-shun (session) with-out B-ing out of breath...

as U all R aware of, R krE-8-tor (creator) krE-8-ed (created) us ful-IE (fully) E-quip-ed (equipped) with all the bilt (built) N com-pO-nNts (components) nS-sa-sair-E (necessary) 4 us 2 X-er-slz (exercise) on reg-U-lar (regular) bA-sis (basis) with-out us hav-ing 2 D-pNd (depend) on X-er-slz (exercise) E-quip-mNt (equipment) or gMs (gyms)... rE-mem-ber that this fit-nS (fitness) prO-gram is not a gM (gym) rE-plAs-mNt (replacement) but ra-ther, A gM (gym) add-a-tive (additive)... if U don't gO 2 the gM on reg-U-lar bA-sis, thN this mU-sic-kOI fit-nS (fitness) prO-gram shood B rek-con-nized (recognized) as A slf-trAn-ing (self-training) pro-cS (process) that wL (will) D-vel-lOp (develop) N-2 A hLth-E-er (healthier) llf-stile (lifestyle). As U B-kum (become) more a-qaint-ed (acquainted) with the mN-E (many) pract-tis-sis (practices) of this prO-gram, U wL (will) find that it's more than just A fit-nS (fitness) prO-gram but A hLth (health) mAn-10-nNce (maintenance) pro-cS (process) 2 mAn-tAn (maintain) A hLth-E-er (healthier) llv-IE-hood (livelihood)... A move-mNt! (movement!)

this mU-sic-kOI fit-nS (fitness) prO-gram uses alpha-bets N ka-mands (commands) 2 trans-l8/trans-lAt (translate) words N2 fiz-za-kOI (physical) move-mNt 2 B per-formed on Q (cue)... this is Y **alpha-bet stret-chS (Alphabet Stretches)** R M-port-tNt 2 fa-mil-your-riz (familiarize) your-slF (yourself) with B-cuz thA (they) rep-pre-sNt (represent) the lift-ing of grav-vi-T (gravity) & com-mun-ni-K-shun (communication) wE all kan (can) rE-l8/rE-lAt (relate) 2... all of thEz (these) alpha-bets prO-dUc (produce) grav-vi-T (gravity) which is Y grav-vi-T (gravity) plAs (plays) A gr8/grAt rOI (roll) N this mU-sic-kOI fit-nS (fitness) pro-cS (process) from the lift-ing your full-bod-D w8 (weight) 2 the lift-ing of your up-per bod-D w8/wAt (weight)... this w8/wAt (weight) is con-sider-ed **w8-2-bal-Inc (Weight2balance)**.

w8-2-bal-Inc (Weight2balance) is an E-fect-tive (effective) N-ti-mNt (intimate) source of build-ding (building) mus-sOI (muscle) mass that wE must al-wAz B kah-shus (cautious) of... this is Y wE sA (say) "U mN (men) must learn how 2 hold your w8/wAt (weight)" & "U wo-mN (women) must learn how 2 stA (stay) on your tOs (toes)" & wE mEn (mean) this lit-ter-ral-IE (literally)... simp-IE (simply) lift-ing your w8/wAt (weight) off your heels when-ever U kan (can) is X-treme-IE (extremely) E-fect-tive! I use-U-al-IE (usually) & dis-scrEt-IE (discreetly) lift mI (my) w8/wAt (weight) N pub-lic while stand-ing N lns (lines) & while walk-ing as wL (well)... this **w8-2-bal-Inc (Weight2balance)** D-liv-ers kor (core) con-trol B-yond your B-IEf (belief) once U B-gN (begin) 2 use it towards your per-son-nOI (personal) bN-na-fit (benefit)... the kE (key) 2 this kor (core) bal-Inc-ing (balancing) is 2 stA (stay) on your tOs (toes) 4 as long as possi-bOI (possible) with-out step-ping out-sld (outside) your bound-drE (boundary)... with all the lit-tOI mus-sOI (muscles) U must use 2 do this, it D-liv-vers (delivers) sU-perb bal-IncE (balance) & toned leg mus-sOIs (muscles) that I B-IEv covers-up cell-U-llt (cellulite) X-cep-shun-nOI-IE (exceptionally) wL (well)... how-ever the ult-ti-mNt (ultimate) rE-ward is the strNth-N-ning (strengthening) of your N-tire (entire) kor which will prob-ba-IE (probably) give U sum X-tra (extra) years of mO-bil-lA-T (mobility) thrU llf (life).

now sum-wair (somewhere) B-twEn (between) tha bal-INc-ing (balancing) of w8/wAt (weight) & stayN on ml (my) tOs (toes), **heel-slz (heelcise)** waz N-corporated to mAk it O-fish-shOI (official) sO that whN I have ml (my)) heels on at "tha club", I kan (can) act-shOI-IE (actually) git a ghooD work-out on tha daNc (dance) flor (floor) with-out kill-ing ml (my) fEt (feet)... now once I git home, I all-wAz (always) "**tAk-off-2-lift**" ("**takeoff2lift**") which means 2 tAk (take) off ml (my) shUs (shoes) 2 lift ml (my) w8/wAt (weight) as if I have on N-vis-si-bOI (invisible) heels on - this is con-sid-dered (considered) trAn-ning (training) 4 **heel-slz-ing (heelcising)**... git up off tha kouch (couch) & chow-INg (challenge) your-sLf (yourself) N front of your fA-vor-rit (favorite) TV shO (show). Start with 5 mN-its (minutes) & ever-rE (every) tIm (time) U step out-sld (outside) your bound-drE (boundary), start O-ver & add-on an X-tra mN-nit (minute) or an X-tra 5 mN-its (minutes) D-pNd-ding (depending) on your tal-ler-Nc (tolerance) level... this pro-cS will a-lial (allow) U 2 build tha nS-sa-sair-rE (necessary) strNth (strength) & tal-ler-Nc (tolerance) 4 **w8-2-bal-INce (weight2balance)**... this pro-cS (process) will strNth-N (strengthen) your kor (core) sO that fall-ing down N tha kum-ming (coming) years will B sum-thing (something) U will nev-er (never) have 2 N-dor (endure).

now dU (due) 2 arth-ri-tis, lack of X-er-slz (exercise), bad E-ting (eating) hab-bits, con-stNt (constant) fall-ing & bod-di-IE (bodily) N-jur-rEs (injuries), R bod-Ds (bodies) R thirst-T (thirsty) 4 nur-cher (nurture) & move-mNt (movement)... un-4-U-nate-IE (unfortunately), whN tha bod-D does not git tha act-tiv-va-T (activity) it needs, it B-gins 2 stiff-N & tha 1st thing 2 gO is R mO-bil-la-T (mobility) a-long with R com-fort & san-ni-T (sanity)... this is Y water, slEp (sleep) & X-er-slz (exercise) E-quals (equals) life... water is X-cep-shun-nOI-IE (exceptionally) M-port-tNt N this pro-cS (process) B-cuz it kIN-ses (cleanses) tha bod-D of tox-Ns (toxins) that R build-ing up & ll-ing (lying) dor-mNt (dormant) N R sis-tMs (systems) that will prob-ba-IE (probably) land us N tha hos-pi-tOI (hospital) 1-dA (day) fAc-sing (facing) seri-ous hLth (health) threts (threats)... wE do not nEd (need) thOz threts 2 git hLth-E (healthy)... wE just nEd 2 git hLth-E (healthy) sO that wE kan (can) pro-active-IE (proactively) prE-vNt most of thOz hLth threts.

fit-nS-grav-vi-T (Fitnessgravy) uses mU-sic (music) 2 prO-dUc A rhi-thum (rhythm) bEt (beat) pat-tern 4 an X-stNd-ed tIm pier-E-ed (period) & uses **alpha-numerical-word (Alphanumericalword)** 2 give quick ka-mands (commands) that wE all kan (can) rE-l8/rE-lAT 2... it is A fact that U kan (can) build mus-sOI (muscle) mass at N-E (any) Age... tha on-IE (only) thing wE lack is tha NerG (energy) & will-pow-er... sO sLf-mO-ti-vA-shun (self-motivation) will B your on-IE (only) trU chow-INg (challenge)... I D-slned (designed) this **mU-sic-kOI (musical) fit-nS (fitness) pro-gram** as a road-map 2 git back 2 A hLth-E (healthy) home that I kan (can) connect 2 N tha mEn-tlms (meantimes) & NB-twEn tImS (times) that will mAk A dif-fer-Nc (difference)... wa-ter vs. kR-bN-nA-shun (carbonation) shood B A nO-brain-er X-spe-shOI-IE (especially) whN tha rE-wards R all sO ghooD... U nO, sum-tlms (sometimes) tha mor mon-nE (money) wE spNd (spend), tha mor trouble wE're N!

not 2 mN-chN (mention), thOz killer "**finEs**" that ral-IE (rally) 2-gether like birds on A fether (feather) - kalf-fEn (caffeine), nic-kO-tEn (nicotine) & mor-fEn (morphine)wair (where) do U think tha term "fe-ning" ("**feen-N**") kums (comes) frum? hNt (hint)... hNt (hint).... it's qIt (quite) sM-pOI (simple)...tha mor hLth kon-jus (conscious) U R, tha hLth-E-er (healthier) U will B & tha mor U move, tha mor U will strN-thN (strengthen) your kor (core) & tha mor U lift grav-vi-T (gravity), tha mor toned U will B - sear-E-us-IE! (seriously!)... it does not tAk A roc-ket sl-N-tist (scientist) --- I have per-son-nOI-IE (personally) cEn (seen) tha rE-wards of just stA-N (staying) on ml (my) tOs (toes) & how it D-fines mE....lit-ter-ral-IE! (literally!) & yS (yes) I've cEn (seen) both slds (sides) & tha X-trEm dif-fer-Nc B-twEn "fall-N off tha wag-gon" & stayN on ml (my) tOs (toes) & boy is it A big dif-fer-Nc! I call it N-sper-rA-shun (inspiration)! just rE-mem-ber - R lms (limbs), as N R-arms & R-legs - R krU-shO (crucial) 2 R sta-bil-la-T (stability) & R mO-bil-la-T (mobility) thrU life X-spe-shOI-IE (especially) whN it N-klUDs (includes) a-lot of "R's"! "tha slns (signs) R ever-rE-wair (everywhere)!"

a-ther (other) as-pects of this mU-sic-kOI (musical) fit-nS (fitness) move-ment R dis-plAed (displayed) N tha top 10 ka-mand-mNts (Commandments) 2 hLth (Health) of **fit-nS-grav-vi-T (Fitnessgravy)** which shood pos-si-bIE (possibly) B changed 2 tha top 10 ka-mit-mNts (**commitments**) 2 hLth (Health) of **fit-nS-grav-vi-T (Fitnessgravy)**.... B-ing un-hLth-E (unhealthy) is just 2 E-Z but hav-ing tha will-power & sLf-dis-si-plN (self-discipline) 2 do whut it tAks 2 B hLth-E (healthy) is A trU chow-INg (challenge) which is Y tha top-10-ka-mand-mNts (commandments)-2-hLth (Health)-of-**fit-nS-grav-vi-T (Fitnessgravy)** R vital gld-lns (guidelines) 4 mE 2 mAk per-son-nOI (personal) rE-adjust-mNts... this mEns (means) that I am not per-fect & sO I rE-ql-er (require) sim-pOI (simple) gld-lns (guidelines) 2 kEp (keep) mE N check - that I kan (can) B rE-mInded (reminded) of.

sO now tha 1st ka-mand-mNt (Commandment) is thy shall slEp (**sleep**) nIt-IE (**nightly**) - thair (there) is nO bet-ter rM-a-D (remedy) or med-di-kA-shun (medication) thN life's rE-JU-va-nA-shun (rejuvenation).... & thats slEp (sleep)... ever-rE-dA (everyday) of tha wEk (week)!

tha 2nd ka-mand-mNt (Commandment) is **wa-ter-2-bal-INc (Water2balance)** - this mEns (means) 2 drink plN-T (plenty) of wa-ter. W have B-kum (become) sO a-kust-tumed (accustomed) 2 bl-ing (buying) all tha li-quids that harm our bod-Ds (bodies) that tha 1 wE kan (can) git 4 frE is tha 1 wE don't git E-nuff (enough) of& thats wa-ter!

tha 3rd ka-mand-mNt (Commandment) is **vi-ta-mNs-2-bal-INc (Vitamins2balance)** - U ml-nus (minus) nU-trish-shun (nutrition) E-quals U + vi-ta-mNs (vitamins)... this mEns (means) 2 prO-vld (provide) your bod-D with sup-pla-mNts (supplements) of tha nU-tre-Nts (nutrients) that your bod-D do not git from tha foods U eat.

tha 4th ka-mand-mNt (Commandment) is 2 - **chU (chew) or (dl) Die** - this mEns (means) 2 chU (chew) your food wL (well) sO your bod-D kan (can) ma-tab-bo-liz (metabolize) it prop-er-IE (properly)... this is your per-son-nOI (personal) qual-li-T (quality) con-trol N con-tri-bU-shun (contribution) 2 your sis-tM (system) & how its built 2 work.

tha 5th ka-mand-mNt (Commandment) is 2 - **Et-B4-U-drink (eat-before-you-drink)** - al-wAz (always) rE-mem-ber that "food" is A saw-lid (solid) nU-trish-shun (nutrition) & wa-ter wash-es it down & kIN-ses (cleanses) tox-Ns (toxins).

tha 6th ka-mand-mNt (Commandment) is - **w8-2-bal-INce (Weight2Balance)** - which means... U shood "**tAk-off-2-lift**" - tAk off your shUs (shoes) 2 lift your w8/wAt (weight) 1c (once) U git home or lift your arms N A "Y" stretch while U watch TV. not on-IE (only) is full-bod-D grav-vi-T (gravity) con-sid-dered (considered) **w8-2-bal-INce (weight2balance)** 4U but your upper-bod-D w8/wAt (weight) is al-sO con-sid-dered (considered) **w8-2-bal-INce (weight2balance)** 2.

tha 7th ka-mand-mNt (Commandment) is - **wEk-IE (weekly) fit-nS-tiv-vi-Ts (Fitnessstivities)** & 2 a-blD (abide) bl (by) tha rules - **rhi-thum-kard-D-O (Rhythmccardio)** kan (can) B your act-tiv-va-T (activity) or **stretch-tO-ning (stretch-toning)** on your tOs (toes) with-N your bound-drE (boundary).

tha 8th ka-mand-mNt (Commandment) is - **dA-IE (daily) quick-tiv-vi-Ts (Quickstivities)** - ever-rE-dA (everyday) quick prO-duc-tive

move-mNt AKA **quick-E (Quickie) fit-nS-tiv-vi-Ts (Finessivities)** - this mEns (means) 2 ka-mit (commit) your-sLf (yourself) 2 A dA-IE (daily) rU-tEn (routine) that U kan (can) build on like ever-rE (every) mor-ning B4 U git up do 10 sit-ups & build from that point.

tha 9th ka-mand-mNt (Commandment) is - **nit-IE (nightly) strS-IEf (Stesslief)** - this mEns (means) B-4 U IA (lay) your head down 2 sIEp (sleep), stretch your bod-D out under-nEth (underneath) tha shEtS (sheets) 2 rE-IEv your bod-D of all tha 10-chun/tN-chun (tension) that has plied up thrU-out tha wEk (week)! this is called **strS-IEf (stresslief)**.

tha 10th ka-mand-mNt (Commandment) is - thy shall not poy-son (poison) tha mind, bod-D or sOI (soul) of your-sLf (yourself) or N-E-1 (anyone) that U mA or mA not nO.

sO now lets talk about thOz **alpha-bet stret-ehS (Alphabet Stretches)**.... just 2 nAm A few... this is tha "I" & this is tha "3rd eye-ball" N which wE shoOd al-wAZ trI (try) 2 kEp (keep) open.... X-spe-shOI-IE (especially) N A world of X-trEm (extreme) tek-nal-la-G (technology) just 2 rE-mInd (remind) us that wE R not rO-bots!.... sO a-gN (again) this is tha "I"... this is tha "O"... this is tha "U"... & this is tha "Y".... al-thO (Although) R N-ter-pet-tA-shuns (interpretations) & hIt (height) le-vels mA vair-E (vary), it is M-port-tNt that your under-standing is klear (clear) 2 U & con-sis-tNt/con-sis-10nt (consistent) with your move-mNt... all of thEz (these) alpha-bets R worth their w8/wAt (weight) N grav-vi-T (gravity) & X-trEm-IE (extremely) un-der-rAted/un-der-r8ed.

this **mU-sic-kOI (musical) fit-nS (fitness) prO-gram** D-pNds (depends) sO-IE (solely) on U & whut U have tha power 2 do 4 your hLth (health) B-cuz whN U chEt (cheat) your fit-nS (fitness) rU-tEn (routine), U chEt (cheat) your-sLf (yourself)... as A per-son-nOI (personal) trAn-ner (trainer) & mas-sage thera-pist, I am vair-rE (very) fa-mil-your (familiar) with whut it tAKs 2 git tha best fiz-za-kOI (physical) rE-sults while mAn-tAN-ning (maintaing) ghooD cer-Q-IA-shun (circulation)... as A trAn-ner (trainer), 2 git tha best fiz-za-kOI (physical) rE-sults from NE (any) work-out sS-shun (session), push your-sLf (yourself) 2 A "rL" ("real") start-ing point 1c (once) U R kum-pleT-IE (completely) warn out & U kan (can) on-IE (only) git thair (there) bl (by) Us-ing (using) tha **rOs-whis-sOI (Rosewhistle)**! sO rE-mem-ber B-ing "warn out" is 2 "start" not "stop" 4 bet-ter thN ave-rage rE-sults.

as a massage thera-pist, al-wAZ (always) rE-mem-ber 2 push your bod-D flU-ids towards your heart 4 tha best cer-Q-IA-shun (circulation)... this mEns (means) 2 ap-pl (apply) all of your bod-D oils & IO-shuns (lotions) N an up-ward mO-shun (motion) as if U R real-IE (really) mov-ving tha flU-ids under your skin (skin)... it works & mA-B (maybe) tha kIOs-est (closest) thing U kan (can) git 2 A rL (real) mas-sage shoOd U not have A per-son-nOI (personal) ma-sUs (masseuse).

al-sO, kEp (keep) N mInd or shall I sA (say) B-aware of tha po-wers with-N your mN-tal (mental), fiz-za-kOI (physical) & spir-rit-ual B-ing.... "tha pow-ers of your hands"... with-N A sim-pOI (simple) beaU-T (beauty) tek-nEk (technique) & with-N A sim-pOI (simple) mas-sage Ilz (lys) tha C-krets (secrets) & po-wers of hU-man (human) nA-cher (nature)... tha hands R E-quiped 2 feel under tha skN (skin) N rE-a-bil-la-tA-tive (rehabilitative) wAZ that kan (can) heel & rE-pair B-yond tha kAp-a-bil-la-Ts (capabilities) of a wash rag or sponge (sponge)... 2 lit-ter-ral-IE (literally) git under tha skN (skin) is A rE-ward-ing tek-nEk (technique) that has bN (been) washed a-wA (away) with tIm & tek-nal-la-G (technology)... yet tha trUth will al-wAZ (always) rE-mAn (remain) 4 thOz who sEk.

Alone, I kan (can) hLp (help) ml-sLf (myself) but 2-gether wE kan (can) chAng tha world! this **mU-sic-kOI (musical) fit-nS (fitness) prO-gram** is mor thN just A tip-a-kOI (typical) fit-nS prO-gram... this is A con-cept, A (hLth-E-er) healthier wA (way) of think-ing, an un-der-stand-ing, A chow-INg (challenge)... & an O-ver-all move-mNt (movement) towards A hLth-E-er (healthier) wL-B-ing (well-being) & llv-IE-hood (livelihood) that kan (can) hOp-ful-IE (hopefully) 1 dA (day) B-kum (become) con-tA-jus (contagious).

thank U all 4 2-ning (tuning) N - this is Nevada Breeze, Queen of hooks wish-ing U all tha best in your per-son-nOI (personal) fit-nS (fitness) jurn-nE (journey) N mA-king your llf (life) worth liv-ing....Im just here 2 mA-king U think!