

Nevada Breeze Fitnessgravity Program (in English)

Hi I'm Nevada Breeze, Queen of Hooks (O yeh should NE of U out there need a hook or two, look me up & I'll hook U up!) well I'm happy 2 B here 2 give U all some N-site about **Fitnessgravity**. ... A musical fitness program that use Alphabets 2 translate words N2 physical movement. Sometimes we speak N **Alphanumerical word** which is the language of sound.... or shall I say the language of Delivery..... The rules of **Alphanumerical word** are as follows: Uppercase ALPHABETS & NUMBERS R pronounced at face value as WORDS R separated by syllables & dashes while being pronounced by sound. 1 would call this musical fitness program "dancing" but I refer 2 it as **Rhythmgravity Aerobics** which is to **Rhythmgravitate**... or shall I say, **Rhythmcise**... this musical fitness program is divided N2 2 parts.... **Rhythmcadio** and **Rhythmpedics**.

Rhythmcadio is D-signed for all people of all ages and represents full-body **cardio**. Also, **Rhythmcadio** offers 2 levels of lifting gravity from your upper body 2 your entire body weight to any consistent rhythm beat pattern for an X-tended time period. The primary focus of **Rhythmpedics** is targeted 4 seniors and/or 4 people who don't have full use of their legs. **Rhythmpedics** is primarily a "chair exercise" that offers the lifting of your upper body weight 2 any consistent rhythm beat pattern for an extended time period while seated. Remember that not having full use of your legs doesn't mean U cant B self-sufficient or maintain exceptional use of our upper body. This is Y I am really excited about **Rhythmpedics**! ya know people think a wheelchair means handicap when really, I believe.... we R all handicap NR own little ways - AND unfortunately as handicap as society makes us all, we O it 2 ourselves 2 prove society wrong! There are a lot of (VSP's) out there!... **very special people** N wheelchairs & I hope this musical fitness program will move U! The overall mission of **Rhythmpedics** is 2 master and maintain your upper body strength so that reaching N cabinets and twisting off caps will never slow you down.

2 **Rhythmcadio** or 2 do **Rhythmpedics** is 2 basically **Rhythmgravitate** or 2 **Rhythmcise**. Now all of these Rhythm elements within a fitness **cardio** workout session is considered **Fitnessgravity**. The constant aerobic movement of the body 2 any consistent rhythm beat pattern is considered **cardio** while the lifting of gravity is considered toning. Now, together this is considered **Rhythmgravity Aerobics**. 2 truly build tolerance, one should know how 2 breathe properly during any workout session. This is Y it's important 2 remember the "**Rosewhistle**". The **Rosewhistle** is a breathing technique D-signed 2 help U remember how 2 breath when working out.... now 2 N-hale is 2 smell a roseas 2 X-hale is 2 blow a whistle.... U will find that when U **Rosewhistle**, U will have way more breathing control AND stamina 2 finish your workout session without being out of breath. As U all R aware of, our creator created us fully equipped with all the built-N components necessary 4 us 2 exercise on a regular basis without us having 2 D-pend on exercise equipment or Gyms. Remember that this fitness program is not a gym replacement but rather, a gym additive. If U don't go 2 the gym on regular basis, than this musical fitness program should B recognized as a self-training process that will develop N 2 A healthier lifestyle. As U become more acquainted with the many practices of this program, U will find that it's more than just A fitness program but A health maintenance process to maintain a healthier livelihood. A movement!

This musical fitness program uses Alphabets N commands 2 translate words N2 physical movement 2 B performed on cue. This is Y Alphabet stretches R important 2 familiarize yourself with because they represent the lifting of gravity & communication we all can relate 2. All of these alphabets produce gravity which is Y gravity plays A great role N this musical fitness process from lifting your full-body weight 2 lifting your upper-body weight.... this weight is considered "**Weight2balance**". "**Weight2balance**" is an effective intimate source of building muscle mass that we must always B cautious of. This is Y we say "U men must learn how 2 hold your weight" and "U women must learn how 2 stay on your toes" AND we mean this literally. Simply lifting your weight off your heels whenever U can is extremely effective! I usually and discreetly lift my weight N public while standing N lines and while walking as well. This **weight2balance** D-livers core control B-yond your belief once you began to use it towards your personal benefit. The key to this core balancing is to stay on your toes for as long as possible without stepping outside your boundary. With all the little muscles you must use to do this, it delivers superb balance and toned leg muscles that I believe covers-up cellulite exceptionally well... however the ultimate reward is the strengthening of your entire core which will probably give U some extra years of mobility thr U life.

Now somewhere between the balancing of weight and stayN on my toes, "**heelcise**" was incorporated to make it official so that when I have my heels on at the club, I can actually get a good workout on the dance floor without killing my feet. now once I get home, I always "**takeoff2lift**" which means 2 take off my shoes to lift my weight as if I have on invisible heels on - this is considered training 4 **heelcising**. Get up off the couch and challenge yourself in front of your favorite TV show. Start with 5 minutes and every time U step outside your boundary, start-over and add-on an extra minute or an extra 5 minutes D-pending on your tolerance level. This process will allow U2 build the necessary strength & tolerance for **weight2balance**. This process will also strengthN your core so that falling down N the coming years will B something you will never have to endure.

Now due 2 arthritis, lack of exercise, bad eating habits, constant falling & bodily injuries, R bodies R thirsty 4 nurture & movement. Unfortunately, when the body does not get the activity it needs, it B-gins 2 stiff-N and the 1st thing 2 go is R mobility along with R comfort and sanity. This is Y water, sleep & exercise equals life. Water is exceptionally important N this process because it cleanses the body of toxins that R building up & lying dormant N R systems that will possibly land us in the hospital 1-day facing serious health threats. We do not need those threats 2 get healthy.... we just need 2 get healthy so that we can pro-actively prevent most of those health threats from purging.

Fitnessgravity uses music to produce A rhythm beat pattern 4 an X-tended time period and uses **Alphanumericalwords** to give quick commands that we all can re-late 2. It is a fact that you can build muscle mass at any age. The only thing we lack is the NerG & willpower. So self-motivation will B your only true challenge. I D-signed this **musical fitness program** as a roadmap to get back 2 a healthy home that I can connect 2 N the meantimes & NB-tween times that will make a difference. Water vs. carbonation should be a no-brainer X-specially when the rewards R all so good... U know, sometimes the more money we spend, the more trouble we're N!

Not 2 mention, those killer "**finer**" that rally together like birds on a feather - caffeine, nicotine & morphine ...where do U think the term "**feen-N**" comes from? hint....hint.... It's quite simple...the more health conscious U R, the healthier U will B & the more U move, the more U strengthen your core & the more U lift gravity, the more toned U will B - seriously... it does not take a rocket scientist - I have personally seen the rewards of just stay-N on my toes & how it D-fines me.... literally! & yes I've seen both sides & the extreme difference B-tween "fall-N off the wagon" & stayN on my toes AND boy is it a big difference! I call it inspiration!

just remember - **R** limbs, as **N R**-arms & **R**-legs - **R** crucial 2 **R** stability & **R** mobility through life especially when it includes a lot of "**R**'s"! "the signs **R** every-where!"

Other aspects of this musical fitness movement **R** displayed **N** the top 10 Commandments 2 Health of **Fitnessgravity** which should probably **B** changed 2 the top 10 "**COMMITMENTS**" 2 Health of **Fitnessgravity**. Being unhealthy is just 2EZ but having the will-power and self-discipline 2 do what it takes 2B healthy is a true challenge which is **Y** the **top-10-Commandments-2-Health-of-Fitnessgravity** **R** vital guidelines 4 me 2 make personal readjustments. This means that I am not perfect & so I require simple guidelines to keep me in check - that I can **B** re-minded of.

So now the 1st Commandment is thy shall **sleep nightly** - there's no better remedy or medication than life's rejuvenation.... & thats sleep...everyday of the week!

The 2nd Commandment is **Water2balance** - this means 2 drink plenty of water. We have become so accustomed 2 buying all the liquids that harm our bodies that the 1 we can get 4 free is the 1 we don't get enough of& thats water!

The 3rd Commandment is **Vitamins2balance** - U minus nutrition equals U + Vitamins. This means 2 provide your body with supplements of the nutrients that your body do not get from the foods U eat.

The 4th Commandment is 2 - **Chew or Die** - this means 2 chew your food well so your body can metabolize it properly. This is your personal Quality Control **N** contribution 2 your system & how its built 2 work.

The 5th Commandment is 2 - **Eat-B4U-drink** - always remember that "food" is a solid nutrition AND water washes it down & cleanses toxins.

The 6th Commandment is - **Weight2Balance** - which means... U should "**tAk-off-2-lift**" - tAk off your shoes 2 lift your weight once U get home or lift your arms **N** A "Y" stretch while watch TV. not only is full-body gravity considered **weight2balance 4U** but your upper-body weight is also considered **weight2balance** too.

The 7th Commandment is - **Weekly Fitnessivities** & 2 abide by the rules - **Rhythmccardio** can **B** your activity or **stretch-toning** on your toes with **N** your boundary.

The 8th Commandment is - **Daily Quickivities** - everyday quick productive movement AKA **Quickie Fitnessivities** - this means to commit yourself 2 a daily routine that U can build on like every morning **B4** U get up do 10 sit-ups & build from that point.

The 9th Commandment is - **Nightly Stesslief** - this means **B4U** lay your head down 2 sleep, stretch your body out underneath the sheets 2 re-leaves your body of all the tension that has piled up through-out the week! this is called **stresslief**.

The 10th Commandment is - thy shall not poison the mind, body or soul of yourself or anyone that U may or may NOT know.

So now lets talk about those Alphabet Stretches.... just 2 name a few... This is the **I** and this is the **3rd eye-ball** **N** which we should always try 2 keep open.... X-specially **N** A world of extreme technology just 2 re-mind us that we **R** not robots!.... so again this is the **I**... this is the **O**.... this is the **U**.... and this is the **Y**.... Although **R** interpretations & height levels may vary, it is important that your understanding is clear 2 U & consistent with your movement. All of these alphabets are worth their weight **N** gravity & extremely under-rated.

This **musical fitness program** D-pends solely on U & what U have the power 2 do 4 your health **B**-cuz when U cheat your fitness routine, U cheat yourself. As a personal trainer and massage therapist, I am very familiar with what it takes to get the best physical results while maintaing good circulation. As A trainer, 2 get the best physical results from any workout session, push yourself to a "real" starting point once U **R** completely warn out & U can only get there by using the **Rosewhistle!** So remember being "warn out" is 2 "start" not "stop" 4 better than average results.

As a massage therapist, always remember to push your body fluids towards your heart 4 the best circulation. This means to apply all of your body oils and lotions **N** an upward motion as if U **R** really moving the fluids under your skin. It works and may **B** the closet thing U can get 2 a real massage should you NOT have a personal masseuse.

Also, keep **N** mind or shall I say **B**-aware of the powers with-**N** your mental, physical & spiritual being.... "the powers of your hands".... with-**N** A simple beauty technique & with-**N** A simply massage lys the secrets & powers of human nature. The hands **R** equiped 2 feel under the skin **N** rehabilitative ways that can heal & repair beyond the capabilities of a wash rag or sponge. 2 literally get under the skin is A rewarding technique that has been washed away with time & technology.... yet the truth will always remain 4 those who seek.

Alone, I can help myself but together we can change the world! This **musical fitness program** is more than just a typical fitness program. This is a concept, a healthier way of thinking, an understanding, a challenge...AND an overall movement towards a healthier well-being & livelihood that can hopefully 1 day become contagious....

thank U 4 tuning **N** - this is Nevada Breeze, Queen of hooks wishing all of U the best in your personal fitness journey **N** making your life worth living....Im just here 2 make U think!