



SPLASH! SPECIAL REVIEW of Beach-Body Fitness! Final Secret-Revealed!

"Hint: The Answer is 2 & 1/2 Hours!"

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SPLASH! Welcome to the World of Splash Beach-Body Fitness in Review!

"Hello, Hot Stuff!"

Ideally, we want to give our bodies what they need to maintain reasonable, good health. An, usually maintaining good health includes doing a well-rounded exercise routine!

Most fitness experts support the general rule that claims that, "the average individual who engages in physical activities for "2 & 1/2 hours every week" allows for the body to maintain good, reasonable health!"

So, let's take it from the top & dive into each week's Beach-Body Fitness Secret in review:!!

1. Posture
2. Shoulders
3. Waistline
4. Gluteus MAXIMUS
5. Feet & Ankles
6. Shank, shins
7. Thighs
8. Hands & Forearms

9. Biceps & Triceps

10. Head & Neck

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"This is the complete SPLASH! Beach-Body Fitness Summer-Series, in review!"

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Check out each Splash! Beach-Body Fitness Secret, posted every week this Summer!

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Undeniable point! Splash's Fitness Secrets-Reveals that proper fitness, exercise & sports is a contributing factor to feeling healthier, happier & looking sensational!

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Just remember!

The FINAL Splash Beach-Body Fitness Secret-Reveals the importance & benefit of reserving at least 2 & 1/2 hours every week, for fitness!

(Double whistle!)

"So long, HOT STUFF! We'll see you in September!"

Go get 'em!

Holly Fairfield

Primary Sources: Gray's Anatomy, Wikipedia - Human Anatomy. And, The Dr. Oz Show.