

# Personal Fitness For You

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ABOUT THE FUNCTIONAL FITNESS TEST Although physical fitness has traditionally been associated with the young through the middle-aged it is most critical for those in their senior years

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A fitness boot camp is a type of group physical training program conducted by gyms personal trainers and former military personnel These programs are designed to build strength and fitness through a variety of types of exercise Indoor and outdoor boot camp workouts became popular in the United States in the late 1990s

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### **My Philosophy Al Kavadlo**

Nothing Lasts Forever Youâ€™ve probably noticed that I have a few tattoos A lot of people tend to ask me about the one on my neck It says â€œNothing Lasts Foreverâ€• and it is applicable to everything in life especially the world of fitness

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