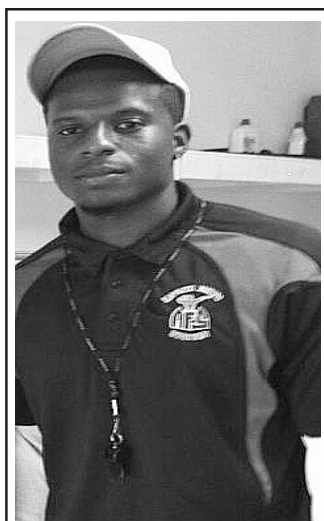


Community Spot-Lite

ABSOLUTE FITNESS SYSTEMS: WHERE DESIRES BECOME REALITY



Coach Brad - (910) 568-3538

by Val Jones
www.fayettevillepress.com

tions began while I was attending the University of North Carolina at Pembroke. While at UNC-P, I began working as a personal trainer and attained three certifications. I have been a certified personal trainer since 2008.”

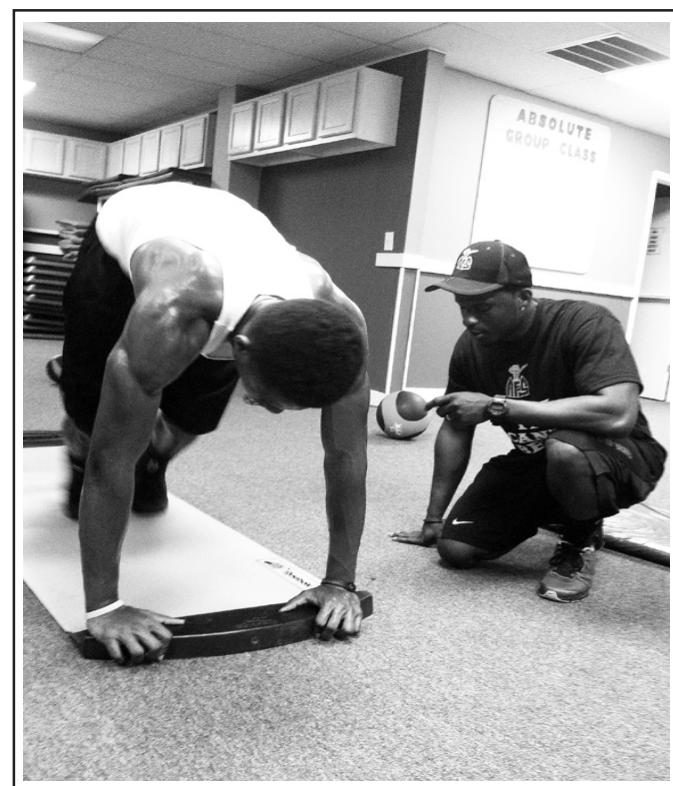
Many may think they can't afford a personal trainer. Yet they will waste money on gimmicks and "quick fixes" that don't work in the long-run. The fact is, yo-yo dieting and new fad pills or drinks only serve to empty your pockets but not the extra pounds from your body. Coach Brad is a firm believer that health and true body transformation begin with movement and exercise and a motivated attitude. "While working as a personal trainer, I started training adults who have the desire of transforming their body," says Coach Brad. "Witnessing my members' ambition, hard-work and dedication lead to incredible success in their body transformation journey is a breath taking experience. This inspired me to open a training facility which has two systems. The first focuses on athletes (starting at age 5) which we call the Absolute Advantage and the other is the Body Transformation Systems, which focuses on weight-loss, weight-gain, or just maintaining great level of health and fitness."

Youth/Sports specific training is, for the most part, overlooked in the fitness industry. However, AFS has gone to great measures in developing a significant amount of expertise so it will be able to assist in the distinction of chronic diseases (i.e. obesity and diabetes). AFS youth have the benefit to attain sports performance training such as speed and agility training as well as resistance training, which will put them ahead of their peers and competition.

AFS judges that training the youth of today will build a healthier America for tomorrow. AFS offers several different classes — ranging from Freshman (ages 5-7) to Elite (College and Pros) with sessions broken down into 1-hour sessions (group or personal) with expert coaches who are passionate, motivated and assured to become a significant factor in every part of your child's life.

Is it important for a child to start physical activity early in life? Coach Brad says YES. "One misconception people have is they don't think our youth should do strength training because they feel it is unsafe. Strength training increases bone density and encourages stronger muscles and joints if done correctly and with proper supervision. AFS wants to change the trend of late intervention pertaining to youth and exercise. Our desire is to target our youth/athletes and teach them the importance of good health and exercise before they develop an unhealthy weight and lifestyle."

Discussing another misconception in exercising, Coach Brad says, "Cardiovascular exercise is thought to be the most effective form of fat burning. Resistance training is a very good way to maximize fat burning. AFS incorporates resistance training in almost every session we have in an effort to build muscle mass and encourage weight loss."



If it's been a while since you hit the gym or went for a run, starting an exercise routine can be difficult. Getting a personal trainer will help you stay on your goal and keep you motivated to do your best and will essentially help you to look better, feel better and live better. The best thing about AFS is it is a fitness center for the entire family. With a different style and outlook on how goals should be achieved, Coach Brad and his staff create a "team like" atmosphere where each individual, each family becomes ONE.

Come join the TEAM at Absolute Fitness Systems and let them help you and your family become the best you can be when it comes to fitness and health. Absolute Fitness Systems (AFS) - "Where Desires Become Reality."

AFS is located at 2444 Owen Drive, Fayetteville, NC 28306. Gym hours are: Monday-Thursday 8:30am-11:00pm, Friday 8:30am-9:00pm, Saturday 8:30am-6:00pm and Sunday 2:30pm-6:00pm. If the member is a trainee, they are available 24/7. Contact the Fitness Consultants of AFS today at (910) 568-3538.

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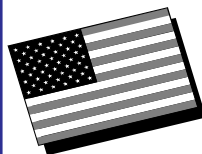
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