

**The Fitness
Program
As Unique
As You**



**The World's Only Patented Body Type
Fitness Program**



The Motivating Factor in Fitness ®

WHAT IS EXUDE?

EXUDE is the largest motivational and one-on-one fitness consulting company in the United States. Since 1985, Exude has been designing both individual and corporate fitness programs both here and abroad and has garnered thousands of testimonials along the way.

Whether you are currently exercising or leading a sedentary lifestyle, you will realize the many benefits of exercising properly and consistently by investing in the Exude methodology. Exude owns the **world's** only medically proven and patented body type fitness programming that promises a positive change in your body in just two weeks.

EXUDE has revolutionized the way people exercise by creating a formula based on four factors: your lifestyle, your medical and orthopedic background, your current level of fitness and most importantly, your unique body type. Exude puts it all together to prove you with a safe, efficient and effective fitness prescription.

EXUDE serves clients from 6 to 96 years of age, regardless of any physical or lifestyle constraints. Fun, flexible and challenging, your program will be adapted to fit any environment. Whether in your home, office, gym or hotel room... your fitness routine will be tailored to go wherever you go.

As you move forward, you'll become more educated about the most effective exercises for your body type. By the end of your Exude program, you will possess the knowledge and motivation necessary to exercise properly and regularly, on your own, for the rest of your life.

OUR METHODOLOGY

The key to starting, maintaining and increasing your fitness level is - to create a clear path in order to make exercise a consistent part of your life.

EXUDE's proven methodology ends the frustration from hard work with nothing to show for it, eliminates all perceived constraints to regular exercise, and guarantees results without relying on fancy or complicated equipment.

EXUDE will show you that despite medical, orthopedic, or lifestyle constraints, you will become more educated to work around them to achieve both your fitness and aesthetic goals.

EXUDE is the architect of a unique fitness and body type formula. Each person has an exercise prescription comprised of an exact ratio of specific aerobic and anaerobic exercises which will create positive change for your body type. In only a short period of time Exude will teach you to become self-reliant and self-motivated, to achieve that *nirvana* called fitness.

Whether you're currently inactive or are exercising at a health club, gym, work out at home or travel often, when you have completed your Exude sessions, you will be armed to perform your individualized fitness program on your own, anywhere in the world.

As a result, Exude promises you will look and feel your best. You will also possess the balance, coordination, flexibility and agility to perhaps start or excel in your current favorite sport or leisure activities.

THE PROCESS

EXUDE does not charge any membership fees. In fact, all of Exude's clients either belong to an existing health club, gym or workout in their home. What they don't have however, is an effective and efficient fitness plan that can be performed around their every day environment. And equally important, is an exercise regimen that allows them to realize their health, fitness and aesthetic goals.

EXUDE mirrors your daily environment, coupled with your hectic lifestyle before the design of your fitness plan. So, whatever fitness equipment you have access to, time constraints or other concerns, your program is simplified and based on what you have access to day-in and day-out to insure success! Whether you're just starting out and require motivation or are currently exercising with little or no results to show for your efforts, Exude pinpoints exactly what you need to do each and every time you exercise.

Once you have completed your Fitness Orientation with one of Exude's Program Directors, you then have the option of taking either a short, medium or long-term program based on 3 factors: *your current level of fitness, how motivated and consistent you presently are with exercise and your budget.*

You are then matched with one of Exude's nationally certified and Exude certified Fitness Consultants who will educate you how to exercise properly for your body type. Then, one of Exude's Fitness Consultants will go right to your office or home or you may come to us at whatever time is best for your schedule.

SERVICES & PRODUCTS

In addition to one-on-one fitness consulting in your home, health club or at Exude's Facility, we provide the following services:

- Weight loss / control programs*
-
- Nutritional counseling*
-
- Exercise therapy / Cardiac rehabilitation*
-
- Exercise regimens for Special Populations*
-
- Sports-specific training (i.e. golf, tennis, etc...)*
-
- Children's fitness programs*
-
- Pre- and post-natal exercise*
-
- Boxing / Self-defense*
-
- Home gym design*
-
- Exude's fitness DVDs, videos & equipment*

For the group and corporate sectors, Exude offers the following services:

- Fitness facility design and management for companies, residential buildings & schools*
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- One-on-one fitness training and assessments*
-
- Group exercise classes*
-
- Design of travel training programs*
-
- Fitness and motivational seminars*

EDUCATIONAL MATERIALS

You can learn more about Exude's philosophy and its CEO, Edward Jackowski, Ph.D., who has authored the following books in the motivational & fitness arenas:

America, You're Exercising Wrong
Hold it! You're Exercising Wrong
Escape Your Shape
Escape Your Weight
Escape Your Weight Guide
Jump Into Fitness
Fit To a Tee

Exude also offers through its website: www.exude.com –**FastFitness**, the world's only web-based individualized Lifestyle & Body Type programs for those who cannot visit Exude in the New York City tri-state region.

EXUDE'S CUSTOMIZED FITNESS PROGRAMS



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