

# Fundamentals of Physical Fitness: "THE GLOW"

## 7. Aerobic Exercise

Examples:

- Running/Jogging
- Aerobics Classes or DVD's
- Swimming
- Exercise
- Other Cardio Equipment

Do you want to know how to get..."The Glow"?

Here's how:

A. Begin with the "Base/Foundation" shown below, starting from the bottom up;

B. Next, get a balance of all three main types of exercise, on a regular, consistent basis. The three types are:

- Yin Elements,
- Aerobic Exercise, and
- Yang Elements

\*Some exercises have a mix of elements, such as Kickboxing aerobics, for example

## 6. Yin Elements ☯

Examples:

- Tai Chi
- Yoga
- Dance

## 8. Yang Elements ☯

Examples:

- Resistance Exercises (e.g., Weights, Bands)
- Karate
- Tae Kwon Do
- Kickboxing or Boxing
- Kickboxing aerobics, Tae Bo, etc

6. Yin Elements

7. Aerobic Exercise

8. Yang Elements

5. Periodicity/Frequency & Variety

4. a. Flexibility b. Alignment

3. Physical Energy (via healthy diet & sleep)

2. Commitment to Ego-Regeneration / Spiritual Fitness

1. Inspiration & Motivation

The Base/  
Foundation