

*Helping you live more!™*



[www.jilltiffany.com](http://www.jilltiffany.com)

**Jill Tiffany, CN, CPT**

Nutritionist & Trainer

612.466.0024



## The “At-Home Challenge” workouts incorporate Resistance Training & Interval Training:



**Resistance Training:** adds muscle

- improves blood pressure
- stamina
- stability
- immune system
- bone density
- increases metabolism

The main way we will use resistance training is through the use of your own bodyweight – such as calisthenics.

### **Interval Training:**

- increases heart strength and lung capacity
- improves cholesterol & hormone levels
- improves blood pressure, and more!

Intervals are relative to each one of us – all interval training can be adjusted to your fitness level. And the great thing about intervals is that they can be done anywhere...with or without equipment! Any activity can be turned into intervals!



The information in this document and on [www.jilltiffany.com](http://www.jilltiffany.com) is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Jill Tiffany, CN, CPT. Jill encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

*Helping you live more!™*

[www.jilltiffany.com](http://www.jilltiffany.com)