

fit10™



How to get and stay fit in only 10 minutes a day!

IT'S FAR BETTER TO BRUSH YOUR TEETH FOR 2-3 MINUTES A DAY, THAN FOR 45 MINUTES 2-3 TIMES A MONTH! THE SAME PRINCIPLE HOLDS TRUE FOR FITNESS.

Dave Hubbard, America's Fitness Coach®, has been educating, motivating and equipping people to get and stay fit for life since 1989. In his effort to take away all of the obstacles and excuses to fitness Dave developed and patented a fitness method called fit10™.

Fit10 stands for Frequency, Intensity, and Time (10 minutes). The idea is to increase the frequency of how often you workout, increase the intensity of your workout, and decrease the time of your workout to only 10 minutes. Over the years Dave's formula has proven highly effective for thousands of people, allowing many to achieve a lifetime of fitness, where other conventional methods have failed.

In this presentation you will learn; why most Americans fail with fitness - the difference between exercise and a workout - why anaerobic exercise is much more effective than aerobic exercise - how to burn fat and build strength, and much, much more!

"With my busy schedule I wanted a better workout in less time. Dave's workout has given me a better body, more flexibility, strength, improved my cardio conditioning, and it only takes 10 minutes!" -Dr. Lynn A. Buckler, CA

*"Dave Hubbard's fitness program really works!"
-Robby Robertson, U.S Navy Seal*



Dave Hubbard
America's Fitness Coach®

As an ex NFL athlete, author, coach and motivational speaker for over 30 years, Dave Hubbard knows how to engage and inspire people to make small changes that produce big results that last a lifetime. Dave has spoken to hundreds of Fortune 500, and Fortune 100 companies, and has been featured many times on radio and television. His book is titled: *BAD CHUTE! Why most Americans fail with fitness*. Dave and his wife Melinda live in Marietta, Georgia and have two adult children.

DATE:

TIME:

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