

We Manufacture:

**3D Wallpaper, 3D Flooring, Printed Vertical Blinds,
Printed Roller Blinds, Printed Wooden Venetian Blinds,
Printed Roman Blinds, Printed Sunscreen Blinds,
Printed Triple Shade Blinds**

Printed Glass Film (1way Vision, Frosted, Clear film, Vinyl),

**Printed Vinyl For Furniture Like Wardrobe,
Table, Table Top & Doors, Canvas Paintings,
Printed Customized Leatherite (For Sofa, Chairs,
Bed Quilting, Wardrobe Shutters. And Other Objects),
Wall Stickers Normal And 3D, Backlit Ceiling,
Designer Wall Decal Clock**

Printed Customized Curtains And Shower Curtains



















Coaching





Good Health



Good Life











How to Lose Weight

Everything you've been told
about weight loss is wrong.

It's *not* about calories.
It's *not* about exercise.

Actually, it's easy.



fit activities family vegetables running gym work out treadmill
walking natural persistence attitude enjoy success push ups
health

LOSE WEIGHT

exercise goal sit ups
diet protein fruit start now cardio coach future
live longer time pounds drink water struggle
get healthy eat less miles



**EXERCISE HELPS
OLDER ADULTS MAINTAIN
OR LOSE WEIGHT**

- As metabolism naturally slows with age, maintaining a healthy weight is a challenge.
- Exercise helps increase metabolism and build muscle mass, helping to burn more calories.
- When your body reaches a healthy weight, your overall well-being will improve.

1

**EXERCISE REDUCES THE
IMPACT OF ILLNESS AND
CHRONIC DISEASE.**

- Among the many benefits of exercise for adults over 50 include improved immune function.
- People who exercise also have a lowered risk of several chronic.

2

**EXERCISE ENHANCES
MOBILITY, FLEXIBILITY, AND
BALANCE IN ADULTS OVER 50.**

- Exercise improves your strength, flexibility and posture.
- Helps your balance and coordination.
- Strength training also helps alleviate the symptoms of chronic conditions.

3

**PHYSICAL HEALTH BENEFITS OF
EXERCISE AND FITNESS OVER 50**

Call us today at **520-917-8068** to schedule your visit and see all the fitness activities Sun City Oro Valley has to offer.

www.SunCityOroValley.com







TRAINING

HIGHEST
LEVELS

ENERGIES

A sport is commonly defined as an organized,
competitive, and skillful physical activity

ACTION

POWER

0432

0432997004















WELLNESS
FITNESS CARE CARE
DIETING LIFE
LIVING WELLNESS DIETING FITNESS
ENERGY FIT BODY MIND
RELAXED LIFE RUN HEALTHY FOOD SOUL SPIRIT
MENTAL HEALTH LIVING ENERGY
LIVING EXERCISE
HAPPINESS HEALTH
LEISURE WELLNESS
LIFESTYLE

























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