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The three biggest days of exercise for the year!

by Dr. Michael Triglia

Well, here we are again at the beginning of another new year. And this is what I hear about this time every year...

It actually starts the week before Thanksgiving. See if you have heard (or personally used) any of these statements: *“Well, we are too close to Thanksgiving, so it makes no sense to start a health focused program now! I will eat way too much...but I will get a jump start right after Turkey Day!”*

Next thing you know, it’s a week before Christmas. Then I hear people saying things like, *“So why start getting healthy now? We have many parties before Christmas. However, right after the holidays I am on it! I will watch what I eat, start my exercise program, and will have a major jump start for the New Year!”*

And then this is the next conversation...

“Yay, it’s Christmas Day! Awesome, and I have all the new stuff I need – a new sweatshirt, pants, great running shoes, a head band, a heart monitor watch and a clean pair of new white socks. I am looking fine. I have tried everything on, but I have to put it all back under the tree along with the other presents until I am ready to get back in the fitness saddle right after the first of the year!”

And finally, this...

“Finally, it is New Year’s Day and I am ready to start my health journey! Oh, wait a minute, it is my last day off. I have that big New Year dinner tonight. Why start the program now. Let’s start with a real launch.”

It’s Dr. T again, and now you know why I talk about the three biggest days of exercise of the year – January 2nd, 3rd and 4th!

Back to what I hear...



Day 1: *“Today is the day. It’s January 2nd and I am READY! Okay, I have gotten up early. Wow, it is still dark, but I have carefully put on all my new clean workout clothes and gear. I am looking fine and ready to ROCK!”*

Dr. T back again. As a side note, this is where I ride through all the neighborhoods passing out my card and stating “Happy New Year!” The stranger looks a little shocked

and responds, *“I am stepping high and feeling good. I really don’t need a Doctor of Chiropractic.”* I say to them that they may not right now, but they just might want to keep my card.

So now, you go to work feeling great! You see some of the extra left-over goodies in the break room. However, YOU are committed and choose to stay committed. So instead of indulging, you guzzle down some awesome water and finish out your day. Later you get ready for bed feeling pretty good about your first day of your new health & fitness program. You do notice a little twinge in your legs and low back, but it could be just your imagination.



Day 2: It’s January 3rd! You wake up a little stiff, but hey, that is what athletes do. You put your nice new workout clothes and shoes on a little slower. You have taken your vitamins and now you’re out the door fairly happy thinking to yourself, *“I am out getting it done. Back to work and well, I will just eat one goodie. After all, I have been burning it up for the last two days, I deserve a little reward now.”*

By the time you get home on Day 2, you are moving a little slower and wondering if the ‘pain’ you’re starting to feel is worth the effort.



Day 3: January 4th, wow. You wake up and you feel like a ninja came in during the night and beat the breath out of you! *“How can I feel this sore,”* you ask yourself. It wasn’t a ninja, it actually feels like a train ran over you! Every muscle in your body is sore. It even hurts to move your toes back and forth. Your calves are screaming at you. You’re not positive, but you believe even your hair hurts!

At this point you might be thinking, *“Okay, that is IT. I will diet...just exist on water, anything...but I will not go back and exercise!”*

Now friends, I know none of us have ever said or done this, but I’m sure you may know someone who has. To that end, let’s make sure you know your real purpose for getting in shape in the New Year. And... how to implement a complete success plan.

If shedding a few pounds is your purpose, then the real first step is not exercise. *Wow, did Dr. T just say that?!* I know, quite a statement from a guy who owns an exercise equipment company.

Yes, it’s time to tap into your Xooma product line to jump start your program.

In fact, Xooma just launched their **2016 Get Fit Weight Loss Program**. The MetaboWize System will help you jump start your commitment to getting fit. One of the greatest parts about this Challenge is that it has a ‘rolling start date’, which means you can begin any time up to and including Sunday, January 31st.



Xooma’s products are the ideal way to support your ‘getting fit’ success. You can add one or two MetaboWize Protein Fiber Shakes to your daily diet. Plus, MetaboWize’s AM and PM Formulas help get you results because they work with your metabolism 24 hours a day. Don’t you think that would help facilitate quicker and longer-lasting weight loss?

If you are truly interested in improving your long-term health, then certainly add an exercise program along with your weight management products from Xooma. The best way to create success by getting in shape, though, is to have a plan. And that plan does NOT need to include ‘knocking yourself out’ exercising so hard the first three days in January that you want to quit because you have over-done it!

Get started on your MetaboWize package of your choice, and don't forget your X2O water. **And feel free to consult a fitness specialist, call Xooma for help or get up with me.**

Most people are aware of the need for exercise. But what should you look for in a complete fitness program? Here's what I can share.

You always want to start off with proper biomechanics. Remember, structure has a direct link to function. Next, you need a program that will help you if you are a beginner or a professional sports athlete. That entails looking for what I call the “5 Major Factors of Fitness.” They are: 1) Cardiovascular; 2) Flexibility; 3) Muscle Balance; 4) Endurance; and 5) Strength. These will help give you the total system concept of fitness. Then you have reasons why people don't exercise. (I certainly know none of my XOOMA family who uses these excuses!) But ‘Others’ might. They are: 1) time; 2) boredom; 3) convenience; and 4) soreness, to name just a few.



What is the answer? There are certainly many options when it comes to exercise. Let's talk about one of my companies, which is the ISOROBIC™ Life Improvement Center, Inc. This is the world's best 6-15 minute exercise program on the planet for any age.

If you are looking for a total exercise program in a short amount of time, then this is ideal. It will work anywhere because it only weighs 2½ pounds.

Does it work, you ask? Our original concept has flown on Apollo 8, 9 and 11 space missions. Our prototype is in the Air & Space Museum in the Smithsonian in Washington, D.C. And this program has been

available for over 30 years. We've been honored over the years to have professional teams utilize our program. Mr. Clark Bartram, who was on the cover of IRON MAN magazine at 44 years of age, promotes our program. However my target market has always been the average person *like me* who is busy and simply wants to look better, feel better and live longer - in the shortest amount of time possible.

If that is you, then call me now on our ISOROBIC line 302-628-(FITT) 3488. During the month of January only, you will receive a very special discount as a gift, from “Dr. T” and XOOMA.

So if you are interested in getting physically fit, call my office and leave a message, and we will call you back. If you just have general questions, you can feel free to contact our office. This special offer expires February 1st, 2016.

Have an explosive Financial and Physical Health New Year!

Yours in health and wellness,
Dr. Michael A. Triglia (Dr. T)
A.A.S., B.S., D.C.



Dr. Triglia has been in private practice for over 25 years. As an entrepreneur he knows the value of diversification. As a Doctor of Chiropractic for over 25 years he has also been involved for that long or longer in the health and wellness and motivation industry. As a Christian he attempts to look at all areas of life through the lens of the word of God. Dr. "T" states that is the most important center piece of his life that keeps him highly motivated to do his very best daily.

Dr. Triglia is President/Founder/CEO of Peninsula Chiropractic Center, ISOROBIC Life Improvement Center, Fitness Motivation Institute of America, Bushin Kai Martial Arts Academy, where he holds a sixth degree black belt as well as black belts in four other martial arts.

About seven years ago he had a friend who asked him to accompany him to Hampton, Virginia to take a close look at XOOMA Worldwide. After hearing people like Ron Howell, Ken Marsh, Zack Howell, and Erick Stinger, he said, "I realized I may be a Doctor but knew I had more to learn about water, ph, and the power of healing!" Xooma's mission was so appealing that he decided to join the team and is very happy he did. Xooma's many multifaceted products have been a part of his and his patient's daily life ever since.