

Mornington Shapes Healthy Women with Contours

We all know about the health benefits of exercise, but the structure and nature of our work-outs are what really affect our results.

Interval training, individual attention and using the right weights are small but significant factors in helping us achieve our goals. Short fitness programs that combine weight bearing equipment with a cardio workout improve strength and fitness at the same time, offering a great way to get in shape.

Since revolutionary women's fitness studio Contours opened its doors in Mornington in August 2006, it has shaped the lives of hundreds of women by providing an effective and efficient workout option.

Specifically for women, Contours provides a unique program based on a quick, effective, non-intimidating 29 minute workout combining low impact aerobic activity and resistance exercise. Each member is given the support and individual attention needed to ensure they get the most out of their session.

The weight bearing equipment used is specifically designed for women, providing both positive and negative resistance for a far superior workout to hydraulic equipment used by other women's fitness studios.

Local studio owner Monique McLaren says Contours attracts women who care about their health, but are looking for something different from the mainstream gyms.

"Many women are intimidated by more traditional gyms," said Monique. "The beauty of Contours is that it provides its members with a comfortable environment and workout that suits even the busiest of lifestyles."

Opening the first Contours studio in Mornington was an exciting achievement for Monique as it has enabled her to help local women not only get in shape, but also to overcome health issues such as osteoporosis.



According to Osteoporosis Australia, 2.2 million Australians will suffer with a form of Osteoporosis this year. Contours' innovative exercise program incorporates activities to increase bone density, helping to prevent or treat osteoporosis.

"There are lot of women out there, particularly older women, who would love to improve their health and fitness. Contours provides them with the perfect program to do this, it takes just 29 minutes, three times a week – it doesn't get much easier than that," said Monique.

Promoted as a 'gym without the jims' and 'fitness without the fanatics', Contours' state-of-the-art workout concept has caught on fast – there are now more than 10,000 members across Australia.

The Contours studio is located at 61A/1140 Nepean Highway, Mornington. Phone 5975 5989 to book your free consultation.



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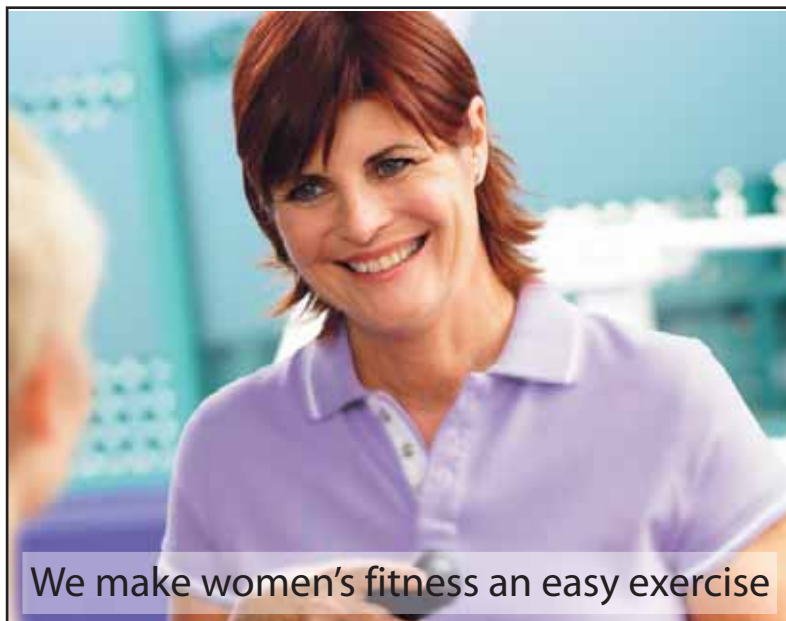
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