

The 4 Tips You Can't Afford To Miss....

Why What You're Doing, Not Doing, Or Doing Improperly is making your body worse!

Dear Friend,

You are being led astray on what it REALLY takes to become healthy and fit. The so-called health and fitness experts, gyms/studios, and companies are promising you unrealistic results on diets, workouts, and wiz-bang machines THAT DON'T WORK! They are wasting your money, your time, and most importantly, your hope. It is appalling that in the name of health, they are promoting classes with catchy titles like “restorative”, “Inferno fat burn,” or “Insanity,” with minimal understanding of the human body, which is leading to an increase in injuries.

The truth is that most (if not all) of the products and services they're peddling are worthless...to you. To them, they are a gold mine because they are raking in huge profits at the expense of your health and fitness. Sure, the cost of these services seems reasonable, but in the long run, you pay the dividends!

- Are you tired of the constant pain in your knees, back, hips, neck, and shoulders?
- Are you uncomfortable or disconnected in your body and know that you should be able to move better and feel stronger?
- Are you concerned about longevity so that your body can keep up with the life you have made?
- Are you tired of feeling like it's your fault when the “junk” they push on you doesn't work and ultimately ends up costing you more of your time and money when you start paying Dr's, PT, Acupuncturists, and Chiropractors from the injury you sustained while following their advice?

*If you answered yes to any of those questions,
then this may be the most important report you have ever read.*

Because what I have to tell you addresses the most critical issue you face—your health. From my experience as a Health and Fitness Practitioner, our health is our most valuable asset. And if it goes south, we will spend everything we have financially and emotionally to get it back. So please take a few minutes to hear me out.

My name is Ekemba Sooh, and I am a Soma Therapist (SMTh), Soma Trainer (SMTr), Business owner, Husband, and dad of 2 beautiful children with over 30 years in the Health and Fitness industry. So please, grab a seat in a comfortable chair and give me a couple of minutes to expose the problems with the Fitness Industry and reveal to you my “**4 tips**,” that will finally have you achieving the lasting health and fitness results you've always wanted.

“Structure Dictates Function”

Andrew Taylor Still-Father of Osteopathy

The foundation of anybody’s health and fitness is balance. If our whole being is balanced, we are free of our body’s hindrances and can strive for our unlimited potential. Weight/fat loss, pain elimination, more energy, and a stronger, more confident body will all be byproducts of a balanced body.

PILLAR I - Proper Movement

It has gotten to the point now that many people believe that the only criteria to be in a health and fitness program are to move around, have fun, and sweat by pushing yourself really hard!

This will not get you results.....

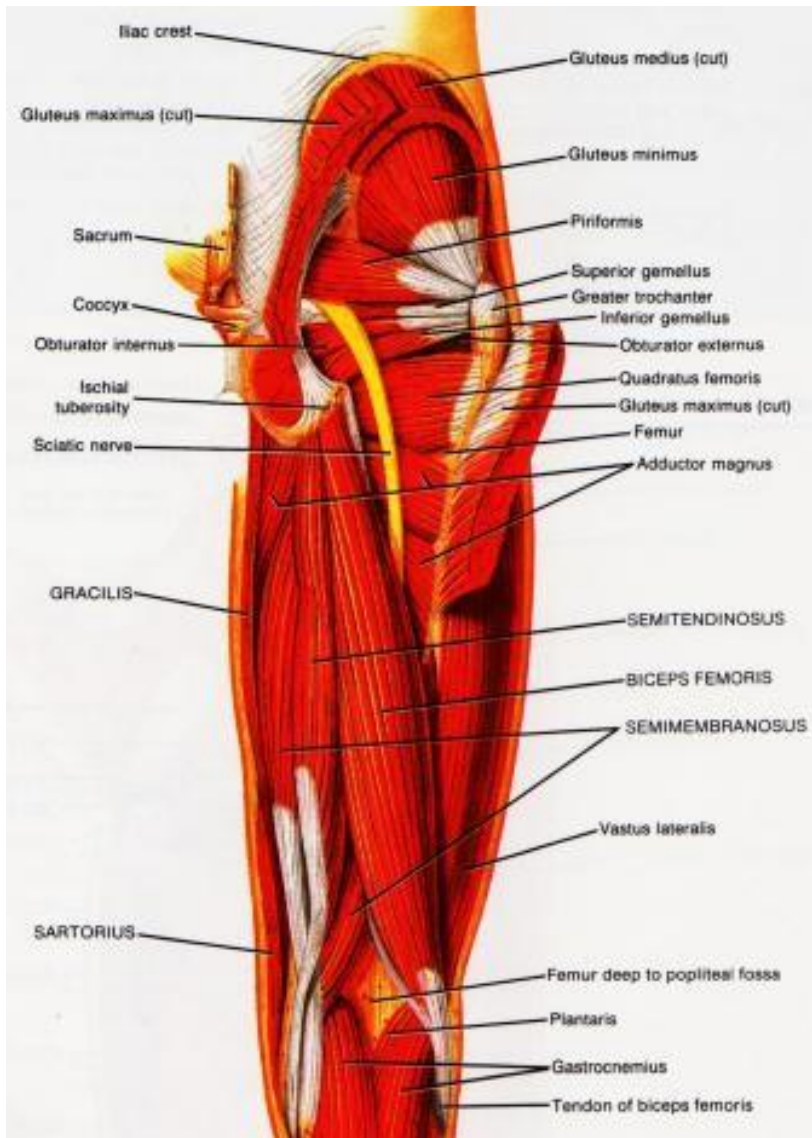
- **Moving around is a requirement for your body, not a fitness program.**
- **Only doing what is “fun” will be severely lacking and not get you results.**
- **Sweating and pushing yourself really hard doesn’t mean that you are targeting yourself at the proper levels to reach your goals.**

There is a foundational way that your body operates, and it is very factual. The information (exercises or movements) that you give your body will produce a specific effect relative to what you give or don’t give to it. So to do a workout program that promises **crazy** fat loss in a **ridiculously** short amount of time, or join a group class that twists you into crazy positions, uses Olympic lifts, kettlebells, and “functional” movements without assessing your abilities and limits, you are setting yourself up for failure and injury.

Don’t perform random acts of movement! If you have ANY health and fitness goal, then you need a workout program based upon a system of FULL body knowledge of where things in the body are placed, how they move, and how it’s balanced. In this system, you must consider where you are right now and what it would take to accomplish your goal, i.e. weight loss/fat loss, improved posture, strength and mobility, or reduced pain. This system needs to lead you in a direct line toward your goal. If you go to school to become an engineer and start taking history, PE, and underwater basket weaving courses, no matter how hard you study that course, you will never become an engineer!

We have over 600 muscles, over 300 bones, and all of our internal organs, nerves, arteries, and systems: nervous, endocrine, cardiovascular, etc. that make up our body structure. They are all connected by fascia, and all these muscles, bones, and organs have a specific function (jobs) and place to be. When you move your body, this movement affects your whole being. EVERYTHING you do is an education (an exercise) to your body. When considering starting any exercise program, you must assess your strengths and limitations in movement. Then, you MUST balance yourself with specific stretches, corrective exercises, and

awareness movements **BEFORE** advancing to any other fitness program.
Regarding a fitness program, one size **does not** fit all!



A basic example of the intricacies of the body that I have been taught and retaught is that we have 3 hamstring muscles, not 1:

Semitendinosus, Bicep Femoris, Semimembranosus
(Labeled on the right in the picture with the fascia removed).

Whether we are strengthening or stretching them, we must acknowledge where they are, the direction they go, and what they do. So, if I haphazardly throw my leg up to “stretch” or get on some machine to work my “hamstrings” without being specific about which one I am working and for what, then I am wasting my time and inevitably, I am going to hurt something.

There is one rule within the body that most people have heard of but don't really consider- **“we are only as strong as our weakest link.”** If you have an area with some imbalance, then you have to address that area **SPECIFICALLY!** If you “modify” a movement or “push” through the pain, you will further this imbalance until you hurt yourself. (On a side note, when I mention “hurting” or “injuring” yourself, it is generally something that will show up over time, not immediately.) It's like a leaky faucet. That drip won't rust and then produce holes in the basin immediately, but give it some time, and it will eventually. If you have pain in your body, your movements are hindered, and you feel “stuck,” then

you are on a path toward further injury (or you're there already). Whatever your goal, it starts with getting and keeping your body balanced.

“Tensegrity” is how we are held together. The term is typically used in architecture to describe the tension and compression that holds a structure together; however, our body is an excellent example of tensegrity. In the most basic sense, our bones, muscles, and fascia provide tension against each other. The fluids being held within our bodies provide compression. This tension, compression, and biomechanical actions allow our bodies to move.

If you want to improve performance, having a balanced body allows you to push yourself harder because your body is a fully functioning system and not being held back by deficiencies. The exercises you perform in your workout affect your entire body. If you become injured in one area, that instability affects the rest of your body because it is now unbalanced. If you continue to do the same workouts repeatedly (only targeting certain areas), those areas become too strong and/or too tight, leaving your body unbalanced. Keeping the body in the best tensegrity model is the basis of my training. Every exercise and stretch I incorporate into my clients' programs is to keep their bodies in a good tensegrity model. If my client has a balanced body, they function better, look better, and have less pain.

Let's take this example: Joe Blow comes to me and wants to "get more fit" ie. lose weight, increase flexibility, get stronger, etc. All of these things, he WANTS. To Get Fit needs to be more specific to develop a comprehensive program- I want to know why this is his goal and why it is important. Losing 20 pounds to run a race is different than losing 20 pounds to fit better in your clothes. Helping Joe clarify his health and fitness goals will help me develop a more precise program and keep Joe more invested and committed to his program. Then, Joe needs a thorough assessment of physiological impairments, health history, body fat measurements etc. This assessment will tell both Joe and I- what Joe NEEDS.

Generally, what a person NEEDS is of the greatest importance! This is usually structural and involves "corrective exercises" and stretching exercises. The goal is to have great total body posture and freedom within all planes of movement before focusing more on increasing cardio, fat loss, and strength. ..or anything your little heart desires. Trying to address all these issues in one workout or over random sessions of exercises will keep you in the same spot- "A jack of all trades is a master of none.”

Finally, once you have mastered these corrective exercises and stretches, you must be able to perform efficiently and correctly the 6 primal movements we use every day efficiently and correctly.

- **A Squat**
- **A Lunge**
- **A Bend**
- **A Push**
- **A Pull**
- **A Twist**

Whether we are squatting, lunging, and twisting while getting in the car or bending, lunging, and pulling to pick something off the floor, we perform these movements multiple times daily. The more efficiently we perform these movements, we significantly reduce the risk of bodily injury. When considering starting any exercise program, you must assess your strengths and limitations in movement. For example, if you feel pain in your knees when you squat, can't extend your arms above your head while keeping your back straight, or fall off balance while lunging forward, this is your clue that these movements need to be worked on. Please don't be fooled into workouts that use these movements but don't require that you work up to them. Having good form is very important, but if all the different links in your body aren't working correctly then your body will be guessing at what you want. This is compensation and cheating, and it will slowly destroy your body. Now is not the time to "power through" an exercise.

I often hear, "Don't worry, I modify (chosen movement) to make sure I don't hurt myself." While it is essential to be aware of not hurting yourself during an exercise, modifying a movement is also teaching your body to compensate. When you are in the "real world," those compensated patterns will show up when it is difficult to get in the car or strain your back when you twist and bend over in your office chair to pick something up.

Make sure your workouts accomplish your goals in the quickest, safest way possible and make you more efficient in your daily life. To master anything, even that which you have "forgotten" - like basic human movement **REQUIRES** that you invest time to gain the necessary experience.



“The best and safest thing is to keep a balance in your life and acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.”

- Euripides

Pillar II - Holistic Nutrition

The information we receive about health and nutrition is segmented, redundant, and confusing. We are bombarded constantly with messages like, “Don’t eat carbs...eat vegetarian..eat vegan..go Paleo...have 6 meals a day...3 squares..eat only when you're hungry.” Have this (insert edible item) because it has this new and exciting nutrient and it that will save humanity! It’s exhausting.... This type of thinking gives you paralysis by analysis and gets you out of touch with your body. It was much simpler “back in the day”. They ate what they grew in the fields and the animals around them. They prepared foods at the pace they needed to make them edible and, consequently, super nutritious. They didn’t worry about cutting calories, eating less meat and more grains, or watching their cholesterol.... they were just healthy. We (Modern Society) have done this for years, and what has it done? Obesity is an epidemic, type II diabetes is skyrocketing, people are “eating” their emotions, and mental disorders such as depression and ADD/ADHD are increasing. Not to mention how confused everyone is about food. Success?

We must start returning to our roots and connect with what works for us and keeps us healthy.

Along with adequately moving your body, there are a couple of points to get you on your way:

- **Eating for your metabolic type** and what works best for our bodies. Eat Organic, Grass Fed, Pasture-raised, Free Range, Wild Caught...in short, food that comes from the earth naturally. Realize that we need to focus on not just three micronutrients (Protein, Carbohydrates, Fats) but also a cascade of secondary nutrients. When you eat “organic” and for your metabolic type, you end up eating foods that satisfy your body and processes really well. That means no bloat, "weird" desires, and a positive head space. You are setting yourself up for failure if you calorie count or use some other dogmatic restrictive process. That sort of restriction usually doesn’t last long; you end up feeling hungry and unsatisfied and more than likely will binge/spurge later on the “bad” foods.

- **Drink enough quality water.** Water is one of the most important staples to our health and fitness. If we are dehydrated, it can present as a whole host of physical problems that we will waste time and money trying to diagnose and “cure.”

Mild:

- thirst
- dizziness
- anger
- depression
- confusion
- light-headedness
- dry mouth and nose
- slowed urine production

Moderate:

- sunken, dry eyes with few or no tears
- poor skin elasticity
- rapid and deep breathing
- low blood pressure

Severe:

- fainting
- severe muscle contractions in the arms, legs, stomach and back
- convulsions
- heart failure
- kidney problems
- lack of urine
- cool, moist extremities
- low or undetectable blood pressure
- peripheral cyanosis (bluish skin)

You should drink half your body weight in ounces of water, and it's best if you get it from an Artesian or Spring source. Filtered is the bare minimum; if you do, quality electrolytes (Celtic Sea salt) must be added occasionally.

**“Respect your body when it is asking for a break.
Respect your mind when it is seeking rest. Honor yourself
when you need a moment for yourself.”**

~Unknown

Pillar III - Sleep, Rest and Play

We understand that stressors and dysfunctional lifestyle factors, such as sleep deprivation, bad diets, and toxic work environments, are contra-indicated to your health. Yet the demands of our modern lifestyle make it seem as if we always have to be “on” and ready for the next thing.

Being “on” also means being connected to all different electronic devices, which puts us in constant contact with all EMFs (electromagnetic fields), which also harm the nervous system.

This, combined with unbalanced bodies and non-optimal nutrition, never allows our body to rest and recuperate. If we don’t allow the body the time it needs to rest, it can lead to chronic illness, pain, and fatigue. But worse is the loss of vitality that happens along the way, and you lose the energy and motivation to live your life the way you want.

Along with balancing your body correctly, drinking enough good water, and eating for your metabolic type, you need to ensure time for proper sleep, rest, and play.

Getting close to 8 hours of restful sleep will produce amazing benefits to your body and mind. In short, it allows everything time to heal and rest. If you don’t allow this time, you will constantly put yourself in the deficient zone.

Short, quick naps or allowing your brain some rest time during the day will help you feel more energetic and centered later in the day. This is where meditation can be beneficial—stopping and allowing thoughts and feelings to pass by for a few moments. The benefits and applications are numerous.

- **Get 8 hours of sleep a night** and be asleep no later than 10.... 10:30 pm. Sleep not only keeps you looking good, but it also has a cascade of internal effects:
 - Improved memory, being more creative, sharpened attention, and improved brain function
 - Reduces inflammation.
 - Improves your performance.
 - Have a healthier weight.
 - Reduces stress.
 - Improves your mood and wards off depression.

Making time for play allows you to operate and connect to more of the “left brain” aspects of yourself. It takes you out of the “check off tasks” persona and allows creativity and intuition to come into your life.

As busy as people are today, this can be hard to start. Plan some time where you don't schedule ANYTHING. When you start doing this, you will notice a fuller existence even in task mode. You will be more creative and have more intuitive thoughts while trying to get things done.

The benefits of play

- Relieve stress. ...
- Improve brain function. ...
- Stimulate the mind and boost creativity. ...
- Improve relationships and your connection to others. ...
- Keep you feeling young and energetic. ...

As much as making plans to work, eat well, and exercise properly is a fantastic way to achieve your health and fitness goals, taking time to sleep, rest, rejuvenate, and “goof off” is vital to your success.

- **Be nice to yourself!** Beating yourself up with head trash, overextending yourself, not trusting your instincts, and doing actions that don't truly fulfill you or reflect who you are will always leave you feeling deficient.

“The journey of a thousand miles begins with one step.”

~Lao Tzu



Pillar IV - Motivation, Commitment, Support

Before starting any exercise program- be honest with yourself about what you want, what you are willing to commit, what your body needs to get you to your goals, and whether what you are doing, not doing, or doing improperly is working for you. Seek expert help from someone who knows the body and has experience and a system that can be proven. This preparation will reduce

frustration and decrease your time to get your ideal body and health.

- **You won't know how to get there until you sit down and think of what you want and why it's essential.**
- **You will waste time, money, and hope until you commit to yourself and your health and fitness program.**
- **Until you get a sound support system around you to help, encourage, and coach you along the way, you will feel lost and frustrated.**

When training, I have noticed that most clients with no specific goals for themselves will become unsatisfied with training and eventually give up on working out altogether or bounce around to different fitness avenues, i.e., pilates, yoga, cross-fit, etc., with little success. For those individuals who set broad goals for themselves- "Get in better shape." "Lose weight." "Feel better." etc., but haven't broken down the goal into actionable/measurable objectives; they are also less likely to achieve their goal because they never know when the goal has been accomplished or if the steps they are taking are on the right track.

We are all motivated by something. We are motivated by something, whether we are trying to achieve, acquire, or fulfill some need or desire. The funny thing is that most of what motivates us is subconscious, and if we don't choose what we want, our subconscious and all its potential “head trash” will choose it for us.

During the first session with a new client, I conducted an evaluation. Part of the evaluation is to determine the client's goals and what their motivation is to

accomplish those goals. Surprisingly, about 70% of the people I consult with cannot give me a definitive answer as to why they want to work. Consequently, the ones that never figure it out will eventually stop working out.

When you can identify these specific goals, you must commit to them and the actions and time needed for them to succeed. Without actions, your goals are just daydreams, but these daydreams can turn into nightmares. If you can't start accomplishing these goals, the lack of accomplishment can eat away at you and bring a whole list of negative thoughts and feelings that go with them. Commit to a schedule of three to five days per week where you do some actions toward your goals. If you can be consistent for 21 days, it will become significantly more accessible and a habit. From this, you will want to continue doing more, and your results will compound.

It has become so ingrained in us that we need/should be able to do everything independently. This is unrealistic as there is only one you, and we all work better with a sound support system around us. Some people energize, encourage, and coach us along our path. These people are rooting for us along our life's journey; however, this may not always be our friends and family. Surround yourself with those who can support and encourage you to accomplish your goals.

Having a qualified coach along the way is the quickest, easiest, least frustrating way to get you to your health and fitness goals.

You have three choices when it comes to learning and implementing an effective health and fitness program:

- 1) Do nothing**
- 2) Start reading and studying anatomy, biomechanics, nutrition, and how to train and then learn to put into a systemized program.**
- 3) Hire a professional with a proven track record for getting results and keeping you safe.**

Almost every self-help book talks about the critical importance of having a coach/mentor. A coach is an experienced and trusted counselor or teacher. You will inevitably come up against hard times on your path to losing weight and getting fit. A coach will guide, motivate, educate, and support you – so you can quickly and rapidly overcome these hurdles. A coach is critical to systemizing your exercise program for maximum results and assisting you in heightening your motivation and strengthening your commitment. And a coach becomes your “objective feedback system,” helping you see, understand, and correct the problems that interfere with your progress. Exercise and nutrition are bona fide sciences, and learning everything you need to know on your own can take years of struggle – but not if you have a coach.

If you are motivated to improve your life and don't want to make health and fitness your career, I STRONGLY suggest researching and hiring the right

personal trainer. Ensure they know the body and what it takes to get YOU fit and healthy. And make sure that this person knows how to assemble all the components required for your success. It's like a mechanic. A person could have all these significant parts of a Ferrari, but it is utterly useless unless they know where to put what and why it goes there.

With these new “tools,” start becoming more aware of how certain things affect you. A good idea is to journal the foods you ate, the rest you got, your activities, and how it all made you feel. Then, compare what you are doing with your goals. Until you know where you are coming from and what will work for YOU, you will never be able to have a program that ensures your results.

You've just read some of the most valuable information you will ever hear on improving your health and getting fit. And having the RIGHT information is critical. But intellectually understanding what should be done and doing it are two very different things.

Most people can't grasp the three essential factors that separate those who achieve real and lasting health and fitness transformations from those who don't. Most people have difficulty with commitment, don't grasp the importance of progression, and lack the personal accountability to achieve their weight loss and fitness goals. Why?

Three reasons:

- 1. Bad information from bad sources without the proper education and training to properly and safely coach you.**
- 2. It's easy to cheat yourself and your results without feedback from a trusted, reliable source.**
- 3. No guidance, or worse, ineffective and inappropriate guidance from under-qualified, self-appointed "personal trainers"**

So What Is The Ultimate "Secret" To Successfully and Rapidly Achieving Your Health And Fitness Goals?

I have discovered that the ultimate secret to getting the desired results is finding a coach who understands you and provides you with a practical and proven health, nutrition, and exercise program and guidance, motivation, and support... but most of all, a coach who makes you ACCOUNTABLE!

Ask yourself, do I want the ability to have the freedom to do the things I enjoy when I'm in my 60's, 70's, 80's or even 90's? Well...approaching your health and fitness without these PILLARS will diminish your ability to do the things you enjoy into your golden years.

Anyone can enjoy the benefits of improved health, lower cholesterol, better blood pressure, feeling stronger and more mobile, and a lean, toned body that has no pain if they understand the basic, fundamental principles I've discussed in this report – and then apply them to their daily lives. But remember that no matter how hard you work – if the underlying "system" is faulty, you'll never achieve health and fitness success. In most cases, you'll worsen your problems, especially when you follow poor advice from an unreliable source with no education or experience. That's why I encourage you to investigate our program – a time-tested, proven, and guaranteed system.

It's worked for many people and will work for you. But you have to take the first step by picking up the phone and calling us so we can explain how our **Pillars of Health and Fitness Program** will work for you.

We've proven it over and over again. Look at what some of our clients have to say:

Jim R



“I’m a 58-year-old guy with two fake hips and disc issues. I’m also quite active, swim 3-4 days a week, and was a dancer in a previous life (about 30 years ago!). I’ve worked with lots of trainers and therapists over the years, and I have a few key things I look for when I work with someone: **Expertise**. A trainer must know what they are doing and quickly demonstrate that to gain my trust. Ekemba knows a lot about the body and has exceptional knowledge in the specialized area I need to improve my back issues. With him, we’ve made serious progress in a few short months. Real progress. My pain is gone!

Empathy. I have physical challenges, and if my trainer doesn’t care or empathize, I’m not motivated to continue with him or her. **Ekemba cares about my physical state, understands, and shows genuine interest in where I’m at in my progress arc. That means a lot to me.**

Humor. Hey, what’s the point if I can’t laugh through it all? Yes, Ekemba pushes me hard. And gives me tons of verbal direction. And harasses me. And often gives me things to do I wouldn’t give to an enemy. But he’s doing it for me. And I make jokes about it, and we laugh. (Maybe he’s laughing AT me?!)

I’m bummed he’s leaving town because we’re making great progress and I was looking forward to the next steps with him. But when I continue on with the work he’s given me, I’ll always hear his voice in my brain....pushing me harder, focusing on position, flexion, turn out, rotation.... all those fun things

Jim came to me to keep him out of spinal fusion. He had four herniations and had previously had two hip replacements and a heart bypass. Within a month and a half two months, we could keep him from surgery and reduce his pain SIGNIFICANTLY!

Amber

“For decades I had maintained a committed Hatha Yoga practice which ultimately led to issues causing sever back pain. I was dealing with this pain for a solid two years before I found SolCore. Given that my yoga practice was at least in part the cause of my problems, I tried everything but yoga to cure it: rolfing, chiropractic, acupuncture, diet modification. It was undoubtedly Ekemba and the SolCor method that finally broke the cycle of looking for something to help. The biggest hurdle was really just finding the right method. The things I tried gave me temporary relief but didn’t provide the lifestyle change- the change of incorporating a truly effective, anatomically correct method- into my daily life. A trusted friend of mine who had also tried literally every method told me that Ekemba was the absolute best and urged me to try out SolCore. There is nothing easy about the process but Ekemba is extremely precise and attentive and there is no room for cheating. It is a fascinating method because it is accessible to

everyone- I could see any age and any fitness level benefitting- and at the same time there is always more precision, alignment and growth potential. Nothing worth it is ever “easy” and the more committed to SolCore, and the difficulty of making an effort I have been, the better my body and life is. My back pain eased by a solid 80%. I can’t even express what that feels like because it is one of the profoundest things that’s ever happened for me. My pain is mostly gone which improved my daily experience by leaps and bounds. It has been difficult to accept that I can’t practice yoga in the same way I once had, but that is a good lesson because I now have a mentor whom I trust and respect 100%. Ekemba is learned, and kind and committed and I know I will never get hurt at SolCore- this should be a given, but with the abundance of methods and teachers out there, it is not.”

Michelle

“Before I started with SolCore Fitness It had been years since I took an exercise class. I’ve always tried to create my own exercise routine using YouTube for yoga and other classes. But now I love getting out of the house for an 8:00 am class and I like the community of people that I’ve met there. It’s also good to know someone is watching and correcting me if I am doing a pose/stretch incorrectly. I go to class at least 3 days a week and always leave feeling invigorated and ready to start my day. It was actually my doctor who suggested I try out Solcore Fitness because I was having a lot of pain in my hips. When I first started going to the classes I found most of the stretches very difficult.

Many of the stretches are still difficult because I have very

tight muscles. However, now I am noticing that I think about my posture throughout the day, I can sit up straighter to meditate. That is something I always had a problem with.

I know that these stretches are helping, and I even do some of them on days I don't have class. Solcore Fitness has become a part of my life. I am a full-time artist and my posture while standing at the easel had previously been a strain. Now I am cognizant of how I stand and hold my body while painting. Many of the hand and arm exercises in class are helpful as well for my painting hand.”

Ashley



“Before I came to SolCore Fitness, I was very active. I hiked, camped, and did P90X and other Gym workouts. I enjoyed exerting myself and loved staying active, but I wasn't getting the desired results and was starting to accumulate aches and pains. As well as being very active, I am a concert Violist, and the demands on my body are a lot. We practice hours daily and regularly have performances 3 - 5 times a week, going well into the night for most. My sister (also a musician) introduced me and my husband(also a professional musician) to a technique called ELDOA when we went and visited her in Dallas. It was the most fantastic class we have ever done. We felt incredible afterward and knew that we wanted to continue with it. My husband and I play with the Santa Fe Opera in the summers, and I asked the Instructor of the ELDOA class if he knew anybody there who did this. Amazingly, the Instructor was a friend of Ekemba's (owner of SolCore Fitness), and he is based in Santa Fe. When we first started with SolCore Fitness, we were

blown away by how comprehensive the program was. It's not only ELDOA used at SolCore Fitness but an extensive array of Holistic Osteopathic exercises he puts together in different programs. It is not easy as you are working on areas you usually don't, but the outcome is amazing. You are pushed and challenged to do it right but safely. All the aches and pains I develop in my life go away; I feel stronger, more mobile, and just plain good! This program is one that I will keep up with for the rest of my life because I want my body to keep up.”

Amy

“Before I started with SolCore Fitness, I was very active. I skied, gardened, hiked, and walked. I wasn’t much of a go-to-the-gym type and was content with my activities outside. But that all changed when my back started hurting. I had to cut back and had to start watching my activities, which was frustrating. My partner Barb had been going to SolCore Fitness for years and had tried to get me in before, but now I was desperate. When I first started, it was eye-opening how challenging the stretches and exercises were. But Ekemba is very good at explaining to you why things are difficult, and being a former nurse, I understood, and it made sense. I am so glad I continued because not only does my back feel great, but I am feeling stronger and more mobile. I feel

better than I have in years. This program is now part of my self-care. I know that it will not only help me not get injured but also allow me to continue to get stronger and more mobile. I Highly recommend SolCore Fitness.”

Our **4 Pillars of Health and Fitness Program** is the most effective way to safely and permanently get the improved health and fitness results you want.

Through our experience, education, and extensive study, we have developed an approach that has enabled many average individuals to achieve excellent health and fitness results. It's a program that will support you in becoming laser-focused on the results you want, empower you to accept responsibility for making safe, effective exercise part of your lifestyle, and provide you with the tools you need to reach your fitness goals.

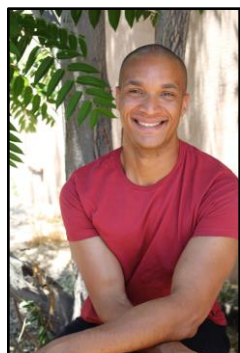
- **You don't need a gym membership for fancy workouts that encourage unsafe speeds of lifting to prove your "fit."**
- **You don't need expensive home fitness equipment.**
- **You don't need fad diets or doctor-prescribed (or over-the-counter) medication.**
- **You don't need the latest fad workout as seen on TV or in popular magazines.**
- **You don't need anything but the education, guidance, support, motivation, and accountability we will provide. That's it!**

Sign up for a free consultation. Because you can think and plan from now 'til kingdom come, but it won't get you anywhere. Only action will relieve the pain you are experiencing.

While this information is fresh, start your program now with our help. With our proven system, you have nothing to lose and every health benefit imaginable to gain.

Don't let another day go by without taking the action you need to take in your heart. If you don't have your health, what do you have? Start with us today; you will look back on this decision as one of the wisest of your life – I guarantee it.

It's not just working out; it's building a foundation for a better life
Ekemba Sooh



Founder and CEO
SolCore Fitness
www.solcorefitness.com
505-577-2171

P.S. If you are tired of the status quo and ready FINALLY to look and feel better than you have in years, then please request a FREE Health and Fitness Diagnostic Consultation by calling 505-577-2171 or going to https://calendly.com/ekemba_solcorefitness/ica-interview. I guarantee our Pillars of Health and Fitness Program will help you feel better than you ever have before.