

Why join this program?

- The fitter you are the more trees you will plant.

Planters who followed this program planted 12.5% more tree than planters who did not train. That's about 20\$/day more in your pocket.

- The fitter you are the less likely that you will be injured and lose money by having to slow down or not plant.

Planters who followed this program experienced 40% fewer injuries or illnesses than planters who did not train.

Are you willing to commit to the program?

These fitness workouts will help increase your planting income BUT you get back what you put into it. If you do want the benefits, you must be serious about doing the workouts as described below.

You can purchase your training equipment for about \$40 from a sport medicine store or directly from www.plant-a-tree.com.

YOUR TRAINING LOG

This training log will give you day-by-day instructions for your workouts. It is important to try and follow the program as it is written. Each workout has a specific effect, if one is missed then the next workout will not work as well.

You also need to listen to your body. If you have not been getting any regular exercise you will find these workouts to be very difficult, and you may need to take it slower. If you are very sore, have any pain in your joints, or you get sick, then you may need to rest. Take a day or two off, and then go back to the beginning of the cycle that you were on when you took your extra rest. For pain that lasts more than a few days see a good sports medicine specialist immediately. You may have an underlying weakness or injury that requires rehabilitation before you can proceed with the training program.

The first step in beginning this program is to decide what types of exercise you feel comfortable with. Running is great, but it isn't for everyone. Swimming, cycling, rowing, cross country skiing or any other large muscle mass activity will work. If you are not sure which to choose, send me an email or call and I will help you decide.

