

## ENHANCED MOOD AND BRAIN/CNS FUNCTION

- Improved decision making, cognitive function, dexterity, co-ordination and reaction time under stress and when fatigued
- Increased serotonin production and serotonin receptor activation
- Combats depression and anxiety
- Stabilisation of emotional composure
- Combats insomnia and improves sleep
- Excites neural plasticity and facilitates positive re-wiring of the brain and Central Nervous System (CNS)
- Endorphin production dramatically increased.

enhanced wellbeing and vitality



## ACCELERATED POSITIVE OUTCOMES OF EXERCISE ON

- Osteoporosis
- Hormone profiles
- Cholesterol
- Blood pressure
- Asthma and pulmonary/lung conditions (including faster rehabilitation after giving up smoking)
- Immune function
- Muscle tone
- Recovery from surgery (especially Cardiac surgery)
- Reduce side effects of chemotherapy and radiation treatments
- Sexual health



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# HYPOXIC TRAINING

for health, beauty and wellness



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## slow down the aging process and increase youthfulness

Inefficient oxygen utilisation accelerates aging, whilst efficient oxygen utilisation minimises the effects of aging on the body. Our bodies are in effect much like burning candles, or decaying fruit, but hypoxic training in a simulated altitude environment makes our bodies use oxygen more effectively, thereby slowing down the aging process and increasing the characteristics of youthfulness.

Hypoxic training in a simulated altitude training environment dramatically stimulates the body's metabolism and optimises hormonal and biochemical levels, resulting in significant changes in many health, beauty and wellness parameters.

Simulated altitude training sessions allow you to workout with much less stress on your body, but at the same time enhances the effectiveness of any workout, whilst triggering a wide variety of physiological responses and changes in your body.

Clinical research and empirical evidence suggest the following potential positive outcomes of low intensity hypoxic training in a simulated altitude training environment.

## WEIGHT LOSS

- Accelerated fat loss
- Increased fat burning aerobic enzymes and mitochondria
- Boosts resting metabolic rate for days after your hypoxic workout
- Powerful stimulant effect of the hormone EPO
- Reduced appetite and increased leptin hormone levels
- Improved insulin and glucose sensitivity and decreased diabetes symptoms
- Increased growth hormone production (the body's most powerful fat burning hormone)

## BEAUTY ENHANCEMENTS

- Improved skin elasticity, tone and appearance
- Reduction of skin wrinkles
- Increased collagen production
- Accelerated wound healing
- Greater skin micro-circulation
- Dramatically faster recovery from plastic surgery, with superior outcomes
- Enhanced beauty treatment outcomes