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Vermont US City Network Directory: Exercise



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American Council on Exercise

The American Council on Exercise (ACE®) is a nonprofit organization committed to promoting active, healthy lifestyles and their positive effects on the mind, body and spirit. ACE pledges to enable all segments of society to enjoy the benefits of physical activity and protect the public against unsafe and ineffective fitness products and trends.

American Senior Fitness Association

The American Senior Fitness Association provides fitness training, professional certification, and health and wellness resources for instructors and program developers who serve older adults. The SFA is also a primary internet resource for elderly exercise participants. SFA programs include senior personal trainer, senior fitness instructor and long term care fitness leader. Distance certification is available.

Deepak Chopra Center

This site explores new frontiers in the expansion of human consciousness through programs, products and services for the integration of mind, body, spirit and environment in health care, education, business and personal development.

Fitness Quest home fitness equipment

Manufacturer of affordable home fitness exercise equipment & products including, Torso Track, Total Gym® 3000, NitroFlex™, SlamMan™, and the FlexaBall™, Total Gym® 2000, Ab Mouse, Yoga collection and more. Fitness Quest offers flexible payment plan.

FitnessHeaven

FitnessHeaven.com is a health, fitness, wellness, diet and athletic site built to

give its users a wide range of opportunities. The comprehensive site offers virtual reality 3D Web Racing (tm) technology; articles from over 500 passionate experts from around the world; a 10,000-page medical encyclopedia to look up diseases, symptoms, treatments and conditions; virtual personal trainers; personalized online diets; and the most extensive nutritional analysis on the Web.

Greg Landry's "Real Fitness"

Help with weight loss, fitness, exercise, muscle tone, and boosting metabolism.

Healing Moves

Healing Moves shows how to use physical activity to prevent and treat disorders including depression, diabetes, cancer, arthritis, asthma, back pain, carpal tunnel syndrome, anxiety, PMS, obesity, HIV/AIDS, sexual dysfunction, menopause and PMS.

Home Exercise and Fitness Equipment- Total Gym

Total Gym- The #1 selling piece of home exercise equipment four years running. Total Gym allows you to train all three components of physical fitness (Strength, Flexibility, and Aerobic Conditioning) for all major muscle groups of the body.

More To Love Fitness

Feeling good about fitness is what More To Love Fitness is all about.

OneBody

It is our philosophy to help people live healthier, balanced lives and experience a deeper sense of well-being. We are devoted, both online and offline, to bringing alternative, complementary and traditional medicine into harmony.

ValuSport

ValuSport.com is a leader in online nutrition and fitness products, striving to bring you the finest products available. All products and service is guaranteed.

White Lotus Foundation

The White Lotus Foundation, a non-sectarian, non-profit organization in Santa Barbara offering programs including yoga teachers' certification and yoga classes.

energyfirst.com

Healthy lifestyle through nutrition, exercise, and supplementation.

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