

**It's Time for Luke's Fit**  
**By: Don Lucas**

Want to run or walk a marathon or a half marathon, but don't know where to start. Want to get fit but don't know how?

Today's marketplace includes a proliferation of opportunities, that is, programs, classes, instruction, personal trainers and coaches and "how to's" from all kinds of sources. Picking the right resource for you is not always easy. However, there are a number of reliable tests that can be applied to help you with the decision.

Obviously, you should try to learn as much about the resource as possible by attending orientations, talking to prior year participants and coaches, learning who will be leading the program instruction "hands on" as opposed to marketing it and understanding the basic training principles underlying the program. Once you select your training partner, it is important that you commit yourself to the training philosophy and training schedule realizing that ultimately your success and satisfaction will result in large measure from the quantity and quality of your personal effort and dedication.

At Luke's Locker, we have created some of the nation's premier fitness programs, all of which are designed to help you achieve your personal fitness goals – both near and long term. For over 25 years we have helped literally thousands of Texans attain a higher level of personal fitness and experience the personal satisfaction of good health. Moreover, our programs integrate knowledge and instruction with regular physical activity so that the training experience is complete.

This May, Luke's Locker, launches its' 11<sup>th</sup> season of Luke's Fit, a 26 week program designed to meet the needs of just about anyone and everyone who is serious about either (1) becoming more fit, or (2) walking or running a marathon or half marathon, or (3) wanting to improve on a prior performance but either don't know how or lack the structure and motivation to get there by themselves. Luke's Fit is for people of all abilities – walkers, joggers and runners. We don't target any one group; we target them all. We have approximately the same number of participants in each of three programs: early marathon, regular Dallas marathon and half marathon. In addition our walking programs are extremely popular and are widely recognized as some of the best anywhere; our introductory run program is designed specifically for the person less certain of their short term goal other than the importance and necessity of getting going and wanting to begin correctly.

All of Luke's fit programs will be explained in considerably more detail during in-store orientations scheduled at our respective locations. Many of our coaches are available on these occasions. All of our coaches are experienced and most have participated in the programs themselves.

You should plan to attend one of the orientation sessions at the Luke's store near you (call for details or check our website). Our programs are constantly evolving so orientations are strongly recommended for all participants.

Luke's training programs work. We see the results! More importantly, our participants experience them! Our participants also tell us that they are fun, challenging, fulfilling and – in most instances – life changing in a very positive way. We hope that this will be the season that you become one of the many satisfied program participants of Luke's Locker.