

ALANA COLE

The Heart Smart Trainer

How 10 minutes a day can change the way you look and feel



“Give yourself 10 minutes everyday, and you will look and feel better than ever, you owe it to yourself,” says Alana Cole, a personal trainer, certified nutrition counselor and creator of the Heart Smart in 10 Wellness Program. Her new program targets the

average American, with little time to breathe, let alone exercise. “The great thing about Heart Smart in 10, is that you can do it from home with absolutely no fitness equipment, I show you how to use your own body weight for a maximum calorie burn.”

GET HEART SMART: INJURY IS NO OBSTACLE!

The two oldest reasons in the book for not exercising are: no time and injuries. Heart Smart in 10 throws that out the window and gives you a program tailored to fit every fitness level. In just 10 minutes, Cole shows modifications to work around most injuries, including a weak back and bad knees. She also shows how you can advance specific exercises for a more challenging workout. This program has something for everyone, no matter your fitness level and you don't have to spend money on equipment. Heart Smart in 10 takes ten basic muscle toning exercises, mixed in with cardio

intervals for a total body workout. “When you feel strong physically, that confidence translates to every part of your life. Heart Smart in 10 is about feeling your best from the inside out and the rest will fall into place,” says Cole.

for more information or to contact Alana Cole visit
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Alana Cole, is a certified personal trainer (AFAA), and nutrition counselor (AFPA) in the South Florida area. A proud Floridian, Alana grew up waterskiing, swimming, and playing any sport possible in her hometown of Clearwater Beach. . “I’m a water girl, no matter where I am I have to be close to the water. My favorite memory growing up was getting on my wave runner and taking off, it still is my greatest stress reliever.” Alana graduated from the University of South Florida with a BA in Journalism., which she credits for giving her the foundation needed to develop and produce her fitness programs and training videos. She lives in South Florida with her “little girl,” English Bulldog, Harley, who makes frequent cameos in Alana’s fitness videos.

