

## Original Mea.Fit Playlists and Workout Tips

Due to copyright laws the original music intended for the Mea.Fit videos could not be used therefore copyright free music was substituted. Create your own by purchasing the music from iTunes. This offers you the best workout experience.

### Rhythm of the Tides:

#### Artist / Song

1. Third Force: *She Whispered to Me*
2. Spa Italian Music Relaxation Nature Sounds: *Eden*
3. Soul Chillaz: *Promised Land*
4. Solaris Navis: *Blissful Memories*
5. M-Seven: *Invisible*
6. Gelka: *Have You Kept Your Ticket?*
7. Calming Music Serenity: *Once in Capri*

### Tides:

#### Artist / Song

1. Third Force: *She Whispered to Me*
2. Spa Italian Music Relaxation Nature Sounds: *Eden*
3. Soul Chillaz: *Promised Land*
4. Solaris Navis: *Blissful Memories*
5. M-Seven: *Invisible*

### Ten Harmonic Poses:

#### Artist / Song

1. Diane Arkenstone: *The Secret Garden*
2. Diane Arkenstone: *Waters of Life*
3. In Credo: *Angels with You*
4. Spa Italian Music Relaxation Nature Sounds: *Eden*

### Allegro:

#### Artist / Song

1. Miriam Stockley: *Ifemeli*
2. Miriam Stockley: *Massai Rain*
3. Miriam Stockley: *Homeland*
4. Miriam Stockley: *Umoya*
5. Miriam Stockley: *One Dream*

---

## Stretch & Warm-up:

### Artist / Song

1. Parish: *Heart of Africa*
2. Tya: *Nonamata / Long Ago*
3. Miriam Stockley: *Ruwensuri (Mountains of the Moon)*



## Workout Tips & Insights

Here are tips and insights to help you get the most out of your workout experience:

- Appropriate for average fitness levels and above
- Moderate exertion levels strengthen and tone the whole body, build flexibility and balance, and support the Achilles tendon to help prevent injury
- Provides effective physical training in shorter workout intervals
- Each program is under 30 minutes
- All programs can be done in combination with the Stretch & Warm-Up
- The Stretch & Warm-Up video serves as a great mini workout on its own
- Ideal for Pilates and Yoga practitioners
- Extra padding for knees may be desired
- A sturdy chair or bar for balance portion of the Stretch & Warm-Up video is required
- You may want to watch each program first, prior to working out
- 3 times a week is a good rule of thumb