

# FITNESS LATINOS



SPANISH AND ENGLISH INSTRUCTOR ALBA



# TOP 6 BENEFITS TO LEARNING A FOREIGN LANGUAGE WITH US!

# BENEFIT #1

## INSPIRE

YOUR JOURNEY WILL INSPIRE OTHERS TO BE COURAGEOUS AND TO STEP OUT OF THE MUNDANE ROUTINE OF LIFE AND GET TO KNOW SOMEONE NEW AND EXCITING.

## BENEFIT #2

### FUN

THE STUDY OF A NEW LANGUAGE HELPS US BE ABLE TO NAVIGATE OUTSIDE THE TOURIST BUBBLE, TO CONNECT AND INTERACT WITH THE PLACE AND ITS PEOPLE IN A WAY THAT IS TYPICALLY NOT ACCESSIBLE TO THOSE WITHOUT THE LANGUAGE.

## BENEFIT #3

# APPRECIATE

WE BEGIN TO APPRECIATE OTHER TRADITIONS, MANNERISMS, AND CULTURES. WE DEVELOP A GREATER ACCEPTANCE OF OTHERS AND WE LEARN TO HAVE EMPATHY FOR HUMANITY.

## BENEFIT #4

### HEALTH

HIGHLY SUCCESSFUL PEOPLE EXERCISE BECAUSE EXERCISE KEEPS THE BRAIN HEALTHY, REDUCES STRESS, HELPS IMPROVE MEMORY, CREATIVITY, CONCENTRATION, PROBLEM-SOLVING SKILLS, WE CAN MULTITASK BETTER AND WE BECOME BETTER LISTENERS.

## BENEFIT #5

# CONNECT

WE BECOME SOMEONE WHO IS  
ABLE TO CONNECT AT A DEEPER  
LEVEL WITH OTHERS SIMPLY  
BECAUSE WE ARE MORE IN TUNE  
WITH THE DIFFERENCES WE EACH  
POSSESS.

## BENEFIT #6

## CHALLENGE

OUR MOTTO IS "THROUGH LANGUAGE, WE COMMUNICATE, THROUGH ACTIONS WE CONNECT."  
OUR WEEKLY CHALLENGE WILL ENCOURAGE YOU TO HAVE THE COURAGE TO MAKE NEW FRIENDS ONE STEP AT A TIME.



# ESPAÑOL 1: ¡Charlemos!

EJERCICIOS

GUÍA PRINCIPAL

CONSEJOS DE

PRÁCTICA

CONSEJOS DE VIDEOS

COGNADOS

ACENTOS & Ñ

GUIÓN

ALFABETO

SALUDOS

NÚMEROS

FORMAS

TAMAÑOS

COLORES

HORA

DÍAS DE LA SEMANA

MESES DEL AÑO

TERMINOS DE TIEMPO

DIRECCIONES

CARDINALES

TRANSPORTACIÓN

ANIMALES

VERBOS

SUSTANTIVOS

PENSAMIENTOS FINALES

- ▶ 22 lessons total.
- ▶ Tips for getting the most out of our lessons and videos.
- ▶ Master guide with online resources.
- ▶ Vocabulary with practice worksheets.
- ▶ Cognates, nouns & 50 verbs.

Company website:

[www.FitnessLatinos.com](http://www.FitnessLatinos.com)

Course website:

[www.Mogobooks.com/fitnesslatinos.com](http://www.Mogobooks.com/fitnesslatinos.com)

# ESPAÑOL 2: ¡El mundo está listo para ti!

EJERCICIOS

GUÍA PRINCIPAL

CONSEJOS DE

PRÁCTICA

CONSEJOS DE VIDEOS

COGNADOS

ACENTOS & Ñ

GUIÓN

ALFABETO

SENTIMIENTOS

FAMILIA

DEPORTES

PROFESIONES

ROPA

PARTES DEL CUERPO

CUARTOS DE LA CASA

COMIDA

OBJETOS DE LA ESCUELA

OPUESTOS

VERBOS

SUSTANTIVOS

PREPOSICIONES

INTERROGATIVOS

PENSAMIENTOS FINALES

- ▶ 22 lessons total.
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# ENGLISH 1: Let's Chat!

EXERCISES

MASTER GUIDE

PRACTICE TIPS

VIDEO TIPS

COGNATES

SYLLABUS

ALPHABET

SIGHT WORDS

GREETINGS

NUMBERS

SIZES

COLORS

SHAPES

TIME

DAYS OF THE WEEK

MONTHS OF THE YEAR

WEATHER TERMS

CARDINAL

DIRECTIONS

TRANSPORTATION

ANIMALS

VERBS

NOUNS

FINAL THOUGHTS

- ▶ 22 lecciones total.
- ▶ Consejos para sacar el máximo provecho de nuestras lecciones y videos.
- ▶ Guía principal con recursos en línea.
- ▶ Vocabulario con hojas de práctica, las primeras 500 palabras: enlaces con tarjetas didácticas.
- ▶ Cognados, sustantivos y 50 verbos.

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# ENGLISH 2: The world is ready for you!

EXERCISES

MASTER GUIDE

PRACTICE TIPS

VIDEO TIPS

COGNATES

SYLLABUS

ALPHABET

SIGHT WORDS

FEELINGS

FAMILY

SPORTS

PROFESSIONS

CLOTHING

PARTS OF THE BODY

ROOMS IN A HOUSE

FOOD

SCHOOL OBJECTS

OPPOSITES

HOMOPHONES

VERBS

NOUNS

PREPOSITIONS

INTERROGATIVES

FINAL THOUGHTS

- ▶ 22 lecciones total.
- ▶ Consejos para sacar el máximo provecho de nuestras lecciones y videos.
- ▶ Guía principal con recursos en línea.
- ▶ Vocabulario con hojas de práctica, segundas 500 palabras: enlaces con tarjetas didácticas.
- ▶ Cognados, homófonos, sustantivos, preposiciones, interrogativos y 50 verbos.

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# AFFILIATE LINKS

Want to start your own courses online? We recommend **Mogobooks** for their ease of use, great customer service and great value.

- ▶ <https://www.mogobooks.com/signup/step1?a=4329a176514df82344e86a617341b648>

Do you have a Bachelor's Degree and have at least 1 year experience teaching children? The top online company teaching Chinese children is **VIPKID**! Alba will train you so you can work from home and set your own schedule.

- ▶ <https://t.vipkid.com.cn/mkt/landing/personal?referralToken=73e856a1b03091ed9276526cd01e938d&refereid=23857303>

Need help with Digital Marketing? Scale your business with the help of a free digital marketing apprentice of your choice. **GenM** partners digital marketing professionals with businesses for just \$150 for 3 months.

- ▶ <https://genm.co/r/4jh41m5>