

Win Your War With The Scale!



Your Guide to Slimmer Hips, Thighs and a Flatter Tummy

By

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Dear Friend,

Congratulations on downloading your special report. First off, just because it's free doesn't mean it's worthless, it's actually jam-packed with usable and practical information that you can use immediately to turbocharge your fat loss and put you on the road to a healthier lifestyle.

This special report was written to guide you to a leaner, healthier you. What works and what doesn't. As a Fitness Professional, I'm constantly being asked the following two questions:

- "What can I do to lose the fat on my stomach"?
- "What can I do to lose 15 pounds?" (usually because of an upcoming event in a few weeks)

I can't tell you how many times I've heard those two questions from people anxiously expecting a "magic" answer....

....I guess that's the plight of the all the top Fitness Professionals. How can I answer such a loaded question, especially when the person across from me is expecting a simple, magic bullet that will help them melt away all of their fat while watching TV.



For starters, let's agree on one TRUTH. A magic pill does not exist. Period! Remember Phen-Phen? Ephedrine? The Atkins Diet? The Scottsdale Diet? The Ab Roller? The cream that promised to magically dissolves cellulite? All of these were sold and marketed as the "magic pill" to help you lose weight quickly and permanently. Did they work?

Over the next several pages, you will discover the nuggets of truth that have enabled hundreds of our clients to shed unwanted body fat quickly and permanently.

Read them. Apply them and enjoy the benefits of increased vitality, stamina, energy and self-confidence!

There are 3 keys to achieving and maintaining a lean, healthy body:



- 1) **Proper Nutrition** – knowing what to eat, when to eat and how much to eat
- 2) **Cardiovascular Exercise** – great for the heart and burning fat (if done properly!!!)
- 3) **Resistance Training** – anything that requires your muscles to work harder than normal

Here's a painful truth **Disease is a process not an event**. No one has ever gained 10, 20 or 30+ pounds overnight. Cancer just doesn't appear in a moment; neither does heart disease, high blood pressure, diabetes or obesity. It takes **YEARS** for these conditions to develop and manifest.

The good news is that health and weight management is a process also. The **number one reason** most people fail in achieving their fitness and/or weight loss goals is because they fail to modify their lifestyle. Instead, they opt for a quick fix – anything that promises quick weight loss, and doesn't require a modification of their nutrition and physical activity habits. Guess that's why Americans spent over **\$48 BILLION** on diets and weight loss last year; yet obesity rates continue to rise year after year, after year – hmmm.

Reread the previous two paragraphs and make sure they sink in. Now, if you are **SERIOUS** about living a healthier lifestyle, managing your weight for life and taking the necessary steps to make a positive change in your body, please read on.....



Key #1 – Proper Nutrition

Did you know that **70-80% of your fat loss results** depend on WHAT and HOW MUCH you eat? It's true; nutrition is THE MOST IMPORTANT KEY when it comes to getting rid of excess body fat and achieving optimal wellness. Since adopting better nutritional habits is the foundation of your success, we'll start with outlining strategies that you can implement today to rev-up your fat-burning metabolism.

If the thought of passing up fried foods, candy, cookies, sodas and chips on a daily basis seems unbearable, that's ok. Take baby steps and try implementing some of the following tips at your own pace.

My purpose in this section is to teach you HOW TO eat for optimal health, get YOUR BODY TO BURN FAT and NOT STORE IT AS FAT. Deal? Now let's get into some tips to get you started....

- 1. Eat regularly throughout the day.** Fasting or overly restrictive diets will enable you to lose weight – in the short run. Because the weight you lose is primarily water weight and lean muscle mass. However, in the long-run, it has exactly the opposite effect you want.

When you restrict your diet, your body instinctively thinks it's being starved and shifts into a protective mode by storing fat. Energy expenditures are fueled by your lean muscles. Therefore your body fat remains essentially the same and you lose vital fluids and muscle instead. The less muscle you have, the slower your metabolism becomes, and the less fat you burn.

You should be eating three nutritionally balanced meals each day, and one or two healthy snacks. This keeps your metabolic furnace stoked, so you burn more at a faster rate. Eating small meals every 2-3 waking hours will increase your metabolism and reduce fat storage! Make sure these are healthy meals containing approximately **20-30%** lean proteins (poultry, fish, legumes, and lean red meat), **50-55%** carbohydrates (fruits, vegetables, whole grains and whole wheat) and **15%** healthy fats (see tip #3). Eating junk food or foods with low nutritional value won't help you much.

- 2. Fuel Up Every Morning.** If you want to maximize your fitness results or fat-loss efforts, you've got to eat breakfast. Even if you don't exercise at all – breakfast remains *the* most important meal of the day. Your breakfast should contain complete proteins and complex carbohydrates.

(SECRET BONUS TIP: if you're trying to lose fat, you should eat the bulk of your complex carbohydrates at breakfast and lunch and only have vegetable carbohydrates at dinner). A great breakfast is oatmeal (not the pre-packaged, pre-sweetened kind) with a little organic maple syrup and whey protein powder. Or you can try a scrambled egg white omelet with spinach, mushrooms low-fat cheese and a slice of whole-wheat toast.

3. Eat fat to lose fat. Healthy fats are necessary to your body for a bunch of reasons: regulating hormonal production, improving immune function, lowering total cholesterol, lubricating joints, and providing the basics for healthy hair, nails and skin.

The singular distinction you must be aware of is the difference between healthy "good" fats, and dangerous "bad" fats. Good fats are monounsaturated fats like olive, peanut and canola oil, avocados, all natural peanut butter and nuts; and omega-3 fats like salmon and mackerel and soy-based foods. Bad fats are saturated fats, partially hydrogenated fats (killers!), and trans fats.

A Registered Dietician or Certified Fitness Professional can provide you with a simple nutritional program that will complement your exercise to help you live longer feel better and boost your immune system.

4. More Water Please. Yes, I know that you've heard this over and over again. The minimum recommended amount is approximately eight glasses, or 64 ounces, of water every day.

If you're physically active, you should consume up to ½ your bodyweight in ounces. Over 75% of your body is water (even bone is more than 20% water). When you don't drink enough water, and substitute diuretics like coffee, tea and caffeinated sodas, you dehydrate your body, your blood doesn't flow properly and your digestive system doesn't operate smoothly (among other problems).

Even a small deficit of water can radically affect how your body performs. Here's a good rule of thumb: if your urine is dark yellow/brown and/or has a strong odor, you're not drinking enough water. So drink up!

BONUS CELEBRITY FAT LOSS TIP: Want to spend 5 seconds a day to encourage weight loss? Drink a glass of cold water every night right before you get into bed. Your body will have to heat this water up to your body's temperature of 98 degrees, and it will have to burn a few calories in the process! This sets your body up to burn calories as you sleep!

5. **No More Late Meals.** The easiest way to effortlessly lose weight is have your last meal two hours before going to bed. It's been proven that not eating two hours before bed reduces fat storage throughout the night. However, if you've had a really good strength training workout that day, it's ok to have a protein shake right before going to bed. This helps in aid the recovery and rebuilding of muscle tissues while you sleep. Remember muscle is good!

6. **What Are You Drinking?** Millions of people drink an average of two (2) regular soft drinks a day, which yields around 300 extra daily calories and 1500-2100 calories per week! Consuming 3500 fewer calories per week, will result in you losing approximately one pound a week. **Do the math; by cutting out soft drinks couldn't you easily lose 15-30 pounds in a year?** Say no to sugary beverages/soft drinks, and say goodbye to your unwanted pounds!

BONUS FAT LOSS SECRET: The average Frappuccino has a whopping 530 calories!!! This staggering number equals 2.5 bagels or one third of the recommended daily calories for an average woman! Beverages such as this contain high amounts of sugar should be consumed rarely since the extra calories they contain are readily stored as fat.

7. **Fat free foods, when eaten in excess, will still be stored as fat!** Fat free cookies and crackers are made up of a whole lot of SUGAR! Yep, the secret is out – and now you know the TRUTH. Sugar is more fattening of a substance than fat itself, when eaten in excess.

8. **Slow it down.** Eat a small meal and wait 20 minutes before deciding if you need more food. This will give your stomach and brain time to communicate. If you have eaten enough food, your brain will alert your body and you will find that you're satisfied. If you are still hungry after this period, eat a small amount more and wait another 20 minutes.

BONUS FAT LOSS SECRET: Drink a large glass (10-12 ounces) of water before every meal. This is a great way to help you with portion control because it will partially fill you up and prevent you from overeating.

9. **Eat Your Veggies!** Your body needs a variety of nutrients to function at its peak and burn fat. Discover new, healthy alternatives to your daily meals, and substitute them frequently. Make sure that you are eating a variety of vegetables every day.

10. **Minimize Simple Carbohydrates.** Carbohydrates are one of your body's fuel sources. Most of us are fairly sedentary throughout the day and therefore do not need the high levels of carbohydrates to sustain our energy. Your stored body fat

is another source. Your body will choose to utilize whichever source is easiest to access. If you consume too many simple carbs your body will have no reason to burn body fat. Carbs are needed, but don't go crazy.

Your carbs should come primarily from vegetables, fruit and whole grains. Avoid all processed carbs like breads, pastas, cereals and all sugary drinks while trying to lose fat.

By the way, numerous studies have conclusively proven that the quarter of the population eating the most vegetables gets half the cancer of the quarter eating the least!

11. Deep-fried food has no nutritional value – none! Almost every food, whether it's steak, chocolate or red wine, has some nutrients to contribute. But one thing is absolute: fried foods are garbage. Potato chips, French fries, onion rings, breaded chicken strips and all the rest of the deep-fried junk are LOADED with saturated fat and calories, and they contain almost zero nutritional value. If you're trying to lose weight and/or reduce fat, simply eliminate fried foods completely from your diet. **BONUS:** Here's a sample meal plan to give you an idea of how you should be eating on a regular basis.

Sample Menu

The options provided are for example, this is not a diet.

Breakfast:

- Option 1: 5 egg whites (boiled or scrambled) & 1/2 cup oatmeal
- Option 2: 5 egg white Omelet (Mushrooms, Spinach, tomato) & Fresh fruit Salad
- Option 3: 2 oz. Turkey Breast & 1/2 Grapefruit

Mid-Morning Snack:

- Option 1: 2 oz. Tuna & 1/2 Grapefruit
- Option 2: Fish-Ke-Bobs (Mahi or swordfish w/ Squash, Peppers, Onions & Tomatoes)
- Option 3: 3 oz. Fresh Tuna & 1/2 Greens

Lunch:

- Option 1: 2 oz. Chicken Breast, 1/2 med. Potato & 1 cup greens or steamed veggies
- Option 2: Protein Salad (1 oz. tuna over lettuce, green beans, 1 boiled egg white & 1/2 med. Potato boiled and chopped over salad)
- Option 3: 2 oz. Fish, 1/2 yam or sweet potato & 1 cup Greens
- Make your own using: 4 oz. Protein and 1/2 cup Carbs and 1 cup veggies

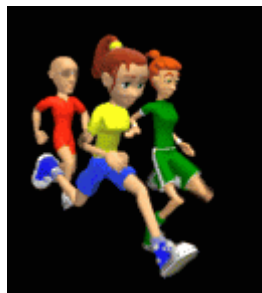
Mid-Afternoon Snack:

- Option 1: 2 oz. Chicken Breast & ¼ Cantaloupe.
- Option 2: Chicken Broccoli Stir Fry (Onions, Garlic, bamboo Shoots, Water Chestnuts & Light Ginger Marinade)
- Option 3: 3 oz. Fresh Tuna & 1 cup Greens

Dinner:

- Option 1: 2 oz. Grilled Fish, small sweet potato/yam & 1-2 cups steamed Veggies
- Option 2: Herb Encrusted Red Snapper, Roasted New Potatoes & Green Salad
- Option 3: 3 oz. Fish & 1-2 cups steamed veggies

Optional PM Snack: 1-2 oz. Turkey & ½ Grapefruit or ½ cup mixed Berries

**Key #2 – Cardiovascular Exercise (Cardio)**

Cardiovascular Exercise is anything that gets your heart pumping faster than it is right now for an extended period of time (walking, jogging, dancing, swimming, cycling, skating, skiing, playing sports, even yard work... you get the idea. Cardiovascular exercise is for burning calories, keeping your heart healthy, and improving your overall conditioning. The key is to make it something enjoyable – involve your pet and/or family. It's an easy way to spend quality time with your loved ones☺. Of course you can always get an awesome workout in the [Ultimate Fitness Camp](#).

If you're still hesitant to do any Cardiovascular exercise, perhaps the following benefits will help change your mind:

- Weight Loss – probably the most sacred side effect of cardio exercise is losing those unwanted pounds. Understand that weight loss is based on the following equation – Energy In vs. Energy out. So the more energy you burn, the less energy your body has to store around your midsection, thighs, hips, etc.

- Conditioning – Have you ever got winded after going up a long flight of stairs? Or do you avoid them all together? Either way, that’s an indication that you are out of shape.

By doing cardiovascular exercise you will soon find out that you don’t lose your breath as easily when doing strenuous activity like chasing the young ones around or going up a flight of stairs. Your heart becomes conditioned to pumping faster on demand without making you feel like you’re about to collapse. Your HEART IS THE MOST IMPORTANT MUSCLE IN YOUR BODY, so if you take of it today and it won’t let you down tomorrow.

- Disease Prevention – remember disease is a PROCESS not an event. Heart attack, stroke, Diabetes, Hypertension are just a few of the diseases that you can protect yourself from with regular cardiovascular exercise. By shedding as little as 10 pounds and conditioning your body for regular physical activity you can lower your risk for these and many other ailments.

Ok here are some tips to help turn you into a fat-burning machine...

- 1. In the beginning, your fitness plan should not be overly aggressive.** One of the biggest problems most people encounter when starting a fitness program is rapidly depleted motivation after only a few weeks due to an overly ambitious fitness plan. Two or three days per week of 20-minute low-intensity cardiovascular exercise (walking, jogging, biking, etc.) is a great start. As you become acclimated to the lifestyle “shift” you can add more days and get improved results. But beware: if you try to do too much too fast, you may end up quitting altogether. If you’ve tried and failed doing it alone, then I suggest you get a walking buddy, hire a Fitness Professional or join the fun at the Ultimate Fitness Camp www.UltimateFitnessCamp.Com to help you sustain your motivation.
- 2. Keep the Big Picture in Mind.** Remember that feeling of euphoria you experienced after a particularly good work-out? You experienced that feeling because endorphins are coursing through your veins. If there is a panacea, it’s exercise. Nothing feels better than the post-work-out high you experience after exercising. Revel in that feeling. Let it wash over you and truly experience it. Etch that feeling in your brain. It will fuel your motivation on those inevitable days when you just don’t feel like exercising. Being physically fit affects every single aspect of your life: you sleep better, eat better, love better, overcome stress better, work better, communicate better, and live better!

3. **If your goal is fat-loss, then first things first.** A great way to burn off excess fat is to walk or jog for as little as 30 minutes first thing in the morning. Performing a calorie burning activity first thing when you wake up is more effective since your body is depleted of glycogen, and is forced to pull energy from fat stores. The 6:30am Ultimate Fitness Camp will jump start your fat-loss for the day.
4. **Set exercise appointments with yourself.** Use your day-timer to set appointments for exercise – and then stick to them. You wouldn't miss a business meeting or client appointment, would you? So don't miss your exercise appointment with yourself. Nothing is more important than your health. Nothing. Everything else will crumble around you if your health goes south. So make your exercise appointments a priority. If you find it difficult to keep these appointments, then consider hiring a Fitness Professional who will hold you to your commitment. When you have money invested, and someone waiting for you to show up – you are much more likely to actually show up!

BONUS FAT LOSS SECRET: How would you like to **burn 7x more** calories and continue burning fat up to **16 hours AFTER your workout!!!** Here's an **ADVANCED** secret utilized by the **TOP FITNESS PROFESSIONALS**. This technique should only be used once you have established a regular cardio routine and are accustomed to rigorous exercise. It's called Variable Intensity Interval Training (V-I-I-T) a technique that involves alternating various intensity levels of exercise with of active rest. These workouts can be completed in as little as 12 minutes!

5. **Variety is Key!** Losing patience with the same old routine? The key to weight loss and fitness gains is to consistently give your body new challenges. Mix up your workouts every few weeks, and don't be afraid to try something new! We are constantly creating new and different workouts for our clients.



Key #3 – Resistance Training

What is resistance training? It can be defined as anything that requires your muscles to work against resistance to move. This can be accomplished through weights, machines, exercise tubes/bands, exercise balls, water jugs, a bag of dog food, and a personal favorite is your own body weight.

There are so many options when it comes to resistance training these days, but they all have one thing in common... RESULTS.

Why lift weights?

Many people associate weight lifting with body-builders and football players. At last check, our MOST successful clients weren't bodybuilders or athletes.... They were Accountants, Attorneys, Business owners, Administrative Professionals, HR Professionals, Sales Executives, Drivers, Retirees, New moms, 85 year old jet-setters, and School teachers to name a few. And guess what... they all BENEFITED tremendously from "weight lifting". So can you.

“But I don't want to look to muscular or bulky”

Please, I can't tell you how many times I've heard that one when I encourage women to strength train. Please understand, in order **to tone your body, burn excess fat and to make everyday tasks easier** (picking up/carrying kids, moving heavy or bulky items in and out of the car, opening a heavy door – if a gentlemen isn't nearby☺) you MUST do some type of resistance training!

Unless you're a professional athlete AND ingesting illegal substances or HGH, it's physiologically impossible for a woman to develop big, bulky muscles. Honestly speaking resistance training is the BEST thing you can do to keep your body looking and feeling 10-15 years younger. **Strength training is the ultimate body lift!**

Still not convinced about the benefits resistance exercise? Read on....

Boosts Your Metabolism:

When you weight train you break down muscle fibers, which take energy (calories) to rebuild, when these muscle fibers have been rebuilt they are tighter, firmer, toner and now require MORE energy (calories) to maintain them.

That's a stark contrast to starving yourself to lose weight, and losing muscle tissue in the process. Yet dieters constantly wonder why their metabolism seems to be getting slower. (They eat the same or less and still gain weight). Muscle tissue is a natural fat-burner because it requires energy to move!

Remember this:

- 1 pound of muscle burns approximately 30 calories a day.
- 1 pound of fat burns 0 calories a day.

Sculpt and Tone:

Resistance training is responsible for the beautiful sculpted and toned look you see on athletes and celebrities. As you strength train and rebuild those muscle tissues you are replacing them with denser firmer fibers, which results in a firmer, tighter look and feel.

We've already learned that muscle burns more calories than fat. By consistently doing your cardio, and making sure your caloric intake is slightly less than what you expend, your body fat has no choice but to melt away! Did you catch that? Now as the amount of fat on your body decreases, the shape of your muscles will gradually start to show as you shed the fat that covers them. Now that's how you "Tone Up".

Healthy Bone Density:

Osteoporosis is loosely defined as diminished bone mineral density and strength. Millions of people are diagnosed with osteoporosis every month. Doctors agree that resistance or weight-bearing exercise is one of the best activities you can do to strengthen your bones reduce your chances for osteoporosis. and is serious concerns for mature adults, especially women. Loss of bone has been linked to physical inactivity, nutrition and genetic factors.

When your muscles resist against the weight that you are pushing or pulling, your bones are also being tugged on by your tendons and ligaments. This tugging results in your bones building themselves stronger to compensate for your muscles being stronger. The body is a wonderful machine and it learns from the stimulus given to it and it adapts to perform better.

One of my more seasoned clients, **a young-woman in her "late seventies"**, was told by her doctor that her bone-density had increased since her last bone density scan!!!

Could strength training be the fountain of youth? You decide....

Here's a summary of the effects of aging versus resistance training.

	Aging	Resistance Training
Muscle Strength	Decreases	Increases
Muscle Endurance	Decreases	Increases
Muscle Mass	Decreases	Increases
Muscle Fiber Size	Decreases	Increases
Muscle Metabolic Capacity	Decreases	Increases
Resting Metabolism	Decreases	Increases
Body Fat	Increases	Decreases
Bone Mineral Density	Decreases	Increases
Physical Function	Decreases	Increases

Source: NSCA Essentials of Strength and Conditioning 2nd Edition, Human Kinetics

Ok here are a couple tips to get you lean and fit...

1. Don't waste your time working small muscles with isolated movements

During your workouts do exercise that incorporate compound movements rather than simple ones. This will not only help in burning more calories, but will also tone more muscle at once! A few good compound movement exercises include: squats, cleans, presses, dead lifts, push-ups, and lunges. When I see overweight people doing bicep curls or lateral raises, I wonder why. It's generally just a lack of understanding of how their bodies work. Most people want to lose fat and tone and firm their bodies. The best way to do that is to use resistance (bodyweight, machines or free weights) to train the large muscle groups. Men should be concentrating on legs, chest and back. Women should concentrate more on their legs and back. The best exercises for legs are lunges or squats (consult a Fitness Professional for the proper form and variations of these exercises) and leg press. The best chest exercise is bench press or push-ups, and the best back exercise is the seated row or pull-ups.

2. Exercise correctly. So much time is wasted doing, at best, unproductive exercise, or at worst, dangerous exercise. Get educated on how to exercise correctly. And the absolute best way to do that is to hire a Fitness Professional to develop a program for you and then teach you what to do and how to do it right. Personal training does not have to be an ongoing process. Statistics prove that those who understand how to exercise correctly, get better, faster results. And that's what you want, right? Results!

There you have it. **The Absolute Truth About Weight Loss.** Strategies and tips that will have you looking and feeling better than you have in years – maybe ever!

I realize that starting (or re-starting) a productive and effective health and fitness program is not easy. Actually giving you this valuable information is not enough. If I only did that and stopped there, I wouldn't be doing myself or you any justice. **That's why I encourage you to get help.**

Therefore, I'm going to go further to ensure that you that you receive the most accurate solution for your fitness and weight loss goals. Just for taking the time to read this special report, I have a special gift just for you.

That's right; I'm giving you:

a **one-week VIP Pass** to the Ultimate Fitness Camp (\$60 value)

- a **non-invasive Body Composition Analysis (\$75 value)**
- a **Nutritional Consultation plus a starter meal plan (\$99 value)**

That's **\$234 of complimentary services** to help you get on track to a leaner and healthier you, all you have to do is call 404.313.1133 or send a quick email to David@MotivationalFitness.Net in the next 24 hours to schedule your no obligation Fitness Jumpstart.

If you're sick, you go to the doctor. If you've got a tax problem, you see an accountant (or an attorney!). Have a toothache? You're off to the dentist. So why is it that so many people attempt to solve their health and fitness problems without consulting an expert?

I don't know exactly, but I encourage you to make the investment in yourself – in your quality of life – by taking advantage of this limited offer to educate you and help you get started...

Right now, at this very moment, you have a decision to make. You can either call me (or send an email to David@MotivationalFitness.Net) for your FREE Fitness Jumpstart, and take the first step to achieve the body that you deserve...

Or you can do nothing, and fall into the trap of procrastination. Take action now while it's still fresh on your mind. Email or call me now and let's Jumpstart your weight loss.

Yours In Health,

David B. Jenkins, CSCS, NSCA-CPT

Motivational Fitness Group, Inc.

Master Trainer, Ultimate Fitness Camp

Director, Weight Management University

404.313.1133

P.S. Call today and find out about our **Money Back Results Guarantee!**

P.P.S. Check out the testimonial page included and see what others are saying!

TESTIMONIALS

“To whom it may concern,

This is to acknowledge how David Jenkins has helped my son adjust his lifestyle in a healthy way. He has helped him learn how to eat well, improve his self-image and exercise regularly to keep himself in top shape. **The physical changes David has helped Scott achieve have him keeping off the 75 pounds he was overweight by.** He really enjoys showing off his fit form David has helped him achieve. As a result, my husband and I recently began training with David.”

Thank you David,

Fondly,

Andrea Shapiro

“Before working with David, I always felt tired, I had a lack of strength in my hands & arms (also shaking spells) and had not worked in my garden over 12 years. **Since I began working with David 2 months ago, my energy has improved drastically. Most importantly, I recently spent an entire weekend in my garden – planting, trimming and weeding.** My eating habits have improved significantly, I now exercise on a regular basis and drink more water.” - Maria Hughes, 50 years young

“In two months, I’ve lost 20 pounds of fat, gained 6 pounds of muscle, lost 6 inches off my waist and 2 inches off my hips. I also feel more energetic than I have in years. Thanks and God Bless you David.” - D. Enequist, 62 years young

“David is a **highly knowledgeable and experienced fitness expert whose professionalism is unsurpassed.** David developed a personal training regimen for me tailored to my individual needs (and limitations!). His wide knowledge of physical training allows him to vary my exercise routine depending on my particular needs on a given day. David pushes me to meet my personal fitness goals with a friendly, supportive attitude.” W. Tinkler, Attorney

**As you can see from the testimonials, we don't offer
QUICK FIXES, we CHANGE LIVES.**

"I have definitely become aware of my eating habits & lifestyle in relation to how my body reacts to each. Learning to balance diet, exercise & rest is a plus." Doug Richardson, Engineer

"I have more energy, feel much stronger, more flexible and healthier overall. I have also started working out on my own and learned to make wiser food choices." C. Silfee, Flight Attendant
