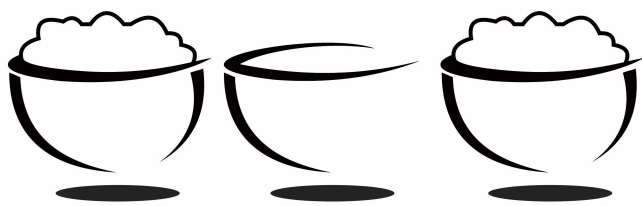


How to Succeed at Fitness



When it comes to Nutrition, Fitness and your body, remember to see things as they are, don't just collect facts about how things are supposed to be.

Scientific studies and theories are helpful, and can be intriguing, even entertaining...

But never forget to observe what's actually happening with your body, not just what people say should be happening.

If a diet or exercise program isn't working, or you don't like doing it, stop and find something else.

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29th April 2023
Do What Works

24th April 2023
The Plus 2 Method