

Making The Decision

4 Great Reasons to Decide to Get Fit - Starting Today!

1. **Live Longer**– the “right” weight can add 20 years or over 7,000 days to our lives!
2. **Inspiration**– to give it a try - as we eliminate our fears and put on a new, active life.
3. **Feel Better**– in body, spirit & mind. Feel READY!
4. **Example** - to our family & friends of a healthy life- style - inviting others to try.

When we eliminate our excuses we lose our regrets.

When we live in our excuses... we live in our regrets... every day.

Making The Decision

4 Reasons We Refuse to Decide to Start

1. **Failure** – We’ve tried & tried. We’re DONE!
2. **Eating** – We Live to Eat - Instead of Eat to Live.
3. **Attitude** – and acceptance. This is who I am.
4. **Routine** - We’re afraid to change our lifestyle.

When we eliminate our excuses we lose our regrets.

When we live in our excuses... we live in our regrets... every day.

A Year from Now You’ll Wish You’d Started Today... So Just Start!