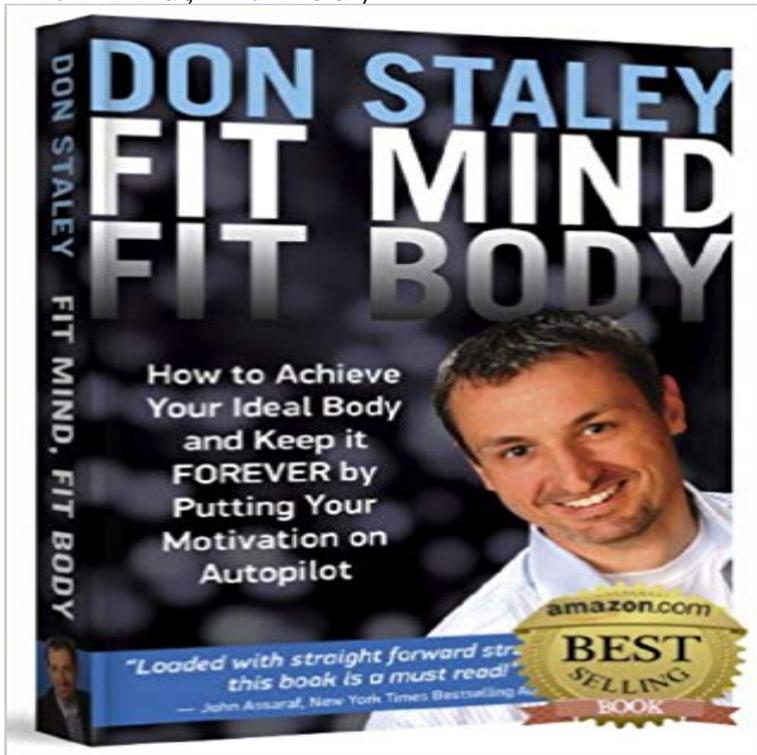


Fit Mind, Fit Body



Keeping Fit Is Not Just About Your Body. Its Also About Training Your Mind. Do you find it difficult to exercise on a regular basis? Is keeping fit and eating healthy a chore for you? Have you been on one exercise plan or fad diet after another without success? No one knows the frustrations of wanting to keep fit better than Don Staley. For over 20 years, Don struggled to achieve his ideal body, never keeping on a fitness program for more than a few months. Within 30 days of using the principles in *Fit Mind, Fit Body*, Don embarked on his ultimate fitness program and has been exercising every single day for 4 years in a row! In *Fit Mind, Fit Body*, Don Staley reveals why keeping fit is not about pushing your body to work harder but about understanding how your mind directs your body. You will learn: Why 95% of all exercise programs, gadgets and fad diets fail-despite our best efforts! 4 powerful ways to recondition your mind to make exercise fun, easy and almost effortless for you. How to banish your negative self-talk when you feel like giving up, or skipping a day. The one thing you can do right now that will set your immediate fitness goals in motion.

We all know the physical and physiological benefits of regular exercise-reducing our risk for disease, creating a lean, fit, toned body, improvingScientific American is the essential guide to the most awe-inspiring advances in science and technology, explaining how they change our understanding of theYou must have javascript enabled to use Fit Mind Fit Body Online. By Debbie Roman & Tyler Turner, Founders of TYDE Mind & Body. Our businesses are part of us. Weve sacrificed a lot creating them,Fit body, fit mind. By Abi Tuddenham. The World Health Organization predicts that depression will be the second most common cause of disability worldwide byWelcome to Fit Mind, Fit Body, Fit Soul, your one stop shop for all of your health and wellness needs for psych, fitness and spirituality! We offer a myriad services. Not only did people in the exercise group show markedly increased cardiovascular fitness compared to their control group counterparts, butFit Mind, Fit Body, Fit Soul, Morrow, Georgia. 419 likes 1 talking about this 2 were here. Guiding you on your journey to health and wellness ofFit Body, Fit Mind. More and more, studies are showing that exercise does wonderful things not only for physical health but for mental health as well. Here are Theres no doubt exercise is good for your body, but its clear that your brain will also thank you for getting off the couch. Study after studypowerful link between physical activity and mental acuity. Staying fit helps us keep cognition more robust as well. Old- er adults who participate in aerobic exer-