

## ***MSOY FITNESS***

I like watching sports. I like playing sports. Sports helps me to feel good and stay in shape. But there was a time when I was involved with alcohol and drugs - about a ten-year period - when I didn't play any sports. I developed a little extra belly fat and I didn't really like who I saw in the mirror. It can happen to anyone. Work, school, work and school, or just a busy life can keep us from exercising.

Our fitness levels slowly, imperceptively begin to drop. Our metabolism slows down. We eat the same, but make fewer and fewer demands on our bodies. One day, we wake up and realize we've gained weight, or that we're terribly out of shape. It may be the day when all your friends get together and play pick up basketball, toss the football around, or help someone move their household ifurniture. Not only do you struggle physically on that day, but you are almost immobilized the next day. Every muscle in your body is screaming in pain. You can't even get out of bed.

This is your body telling you how far out of shape you are. And you REALLY are out of shape. What can you do? Maybe we know what we need to do, but don't know how or where to start. That's where My Secrets of Youth comes in. As a certified personal trainer, and someone who knows many nutritional avenues to lose weight, gain weight, gain muscle, tone up, and overall feel great, MSOY is the answer for you. A wealth of knowledge and experience awaits inside. And the best part is, I am always here to influence you with motivational coaching sessions.

What are you waiting for? Find the MSOY Membership button on the homepage and sign up as a MSOY member today!

