

Here are a couple of free tips from MSOY

Your feet

Start with your feet. Physically, your feet are your foundation, quite literally. Find the best, most comfortable shoes. It doesn't matter how much they cost. This is important. This will instantly change how well you do at work and at play.

I wear sneakers and slip ons all the time. I live in them!!

Find out more on the "Fitness" member page.

Sleep well

Sometimes this simply means sleep longer. We often don't plan when we should go to sleep. If you have children, we have often told them when to go to bed. They don't realize how much better they will feel, how their bodies need sleep to recover and rebuild, how much more effective they will be at their classwork, and how fresh they will LOOK. We, of course know and follow all of these.

Say, what ever happened to living out what we tell others to do?

So much more on the "Health and Wellness" member page.

Start NOW! Find the MSOY MEMBERSHIP button the homepage and click it to join. Start today!

