



I can't seem to reach my fitness goals. What else can I do?

The key to success is DRIVE and don't fret the mishaps -- I ate a cookie, I didn't workout today, I gained a pound. If you really want better health, just keep going and make a promise to yourself to exercise! Life changes don't have to happen overnight. It's a process of tiny steps. Each time you set a fitness goal, work at it and make it happen. You might have to start again, but the journey to overall good health is really never over.