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## What Matters Archives Available

**February 22nd 2012: Your Health: Putting it all together**

How do you put together a plan that works for you? How do you fit in all the things you know are good for you? Do you wake up in the morning with the intent to exercise, but then it never happens? Do you mean to eat healthy and then end up eating on the run or in your car? Or worse do you get too busy to fuel your body and run out of steam? Do you know the lifestyle you'd like to follow but haven't yet figured out how to put it into action? This week we'll talk about the planning and the actions that go into a daily plan for your optimal health. Listen in and add these strategies to your

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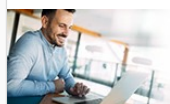
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