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HEALTH & WELLNESS



Mastering a Healthy Life Archives Available

February 26th 2014: Is the Gym the only place to become fit?

Movement and exercise are vital for human life. Movement and exercise are vital for a healthy life. The assist in muscle growth, the flow of blood from our heart to our fingers and toes and back again to all the organs of the body, clear thinking, healthy bones, and a healthy attitude of oneself. Must we exercise every day? How about a few days a week? What is exercise anyway? Can housework be counted as exercise? Listen on Wednesday February 26 at 4 pm eastern to Master Winston Price, a personal trainer and owner of www.internalmagification.com speak about exercise and his defini

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Featured Guest



Winston Price

Winston Price, Senior Executive Producer, has over 20 years of marketing, advertising and public relations experience. He began his business career in 1995 and is a graduate of Indiana University Bloomington. [Connect with Winston on LinkedIn [HERE](https://www.linkedin.com/in/winstonprice): <https://www.linkedin.com/in/winstonprice>]

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