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HEALTH & WELLNESS



**Right Choices**  
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**September 23rd 2017: The Secret Sauce to Long Term Success to Achieving and Maintainin**

Our social interactions, networks, support systems, are key components to enhancing our lives. The impact I have with clients occurs because I understand and support their goals through challenges that motivate them to reach beyond what they physically or mentally visualize. Personal training is more than just creating great workouts, it's also about connecting on a personal level with my clients. Understanding the things they value the most in life. Listen to RIGHT CHOICES this Saturday from 11am to 12pm PST, as I discuss in detail how to create the social support systems to getting you on

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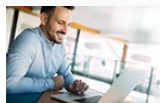
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