

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!

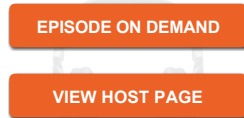


Stars of PR
Archives Available
November 09th 2006: Promoting Fitness and Good Health

Adam Fish, Owner of Big Fish Boxing in Agoura Hills, CA is becoming a "regular" on Stars of PR! As we get through Halloween, and begin our planning for the Holidays, Adam discusses the importance of "eating right" for the most effective workouts. When a boxer is training, they certainly can't drink alcoholic beverages, and they are instructed to eliminate bad carbs from their diet. Additionally, Adam discusses how the discipline of boxing can intervene with many of the problems that young teens face today.



Tune in
Archives Available on VoiceAmerica
Variety Channel



Share This Episode



Connect with VoiceAmerica

Download our mobile apps

