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February 17th 2011: PROMOTING A HEALTHY LIFESTYLE - Special Encore Presentation!

As soon as the New Year starts, it seems that the entire world runs to their local gyms to enforce their resolutions and renewed commitment to lose weight. The philosophical problem is that promises are made to lose immediate weight without the commitment to eternally change lifestyles. Julie Kennington from Drenched Fitness will talk about changing your fitness habits for the long term—not just the first two months of the year. Learn more about Drenched Immersions Studio at www.Drenchedfitness.com.

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