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I Don't Want to be FAT!
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May 31st 2013: The Last Show

To Boldly guide you where you have not gone before. To make you aware of the pit falls of the decision process of weather or not to work out and the consequences that come to those who decide not to. Perhaps working out is not for you however, living a healthy life should not be an option but a responsibility. Just because you cannot work out at this time does not give you the excuse not to at least live a healthy lifestyle. At least if not for you but for the lives of those you touch and love, like your children. Being healthy does affect your state of mind, your ability to work and it does a

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