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### Be Fit For Life Archives Available

**April 28th 2014: Unleash Your Courage to Win**

It's time you took charge of your future. Stop setting performance goals then seeing them fade away within a matter of weeks. Join Loren Fogelman, author of *The Winning Point* and founder of Expert Sports Performance, to discover how to achieve ultimate performance milestones without burning out. Discover the truth about goal setting and learn simple strategies to overcome obstacles that achieve massive breakthroughs. Clear your calendar and get a competitive advantage against the competition. During this action-packed session you'll learn:

- Why goals don't stick and the one impactful sh

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### Featured Guest



#### Loren Fogelman

Loren Fogelman is author of *The Winning Point – How to Master the Mindset of Champions*, an Amazon #1 bestseller and known by many as coach of champions with Expert Sports Performance. She's recognized as a high performance consultant by the LA Times, and helps athletes, coaches and teams develop a champion mindset following a series of 5 essential steps in her *Unleash the Champion Within Training Formula*.

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