

# Make a Difference, Right Now!

Everyone wants “the answer” for a “quick fix” to good health & wellness. “Six pack abs in six minutes a day”; “turn fat into muscle”; or “lose the flab in two weeks.”

Well, there is no “quick fix”. Most of these programs are nothing but false promises, especially “turning fat into muscle” or vice versa, as it is physiologically impossible. But there are many answers that will work for you. The one answer that most of us do not want to hear is, becoming fit takes time and commitment. You must be patient and steady with your daily goals. You may need to make some lifetime changes.

So, I will help get you started and give you just FOUR items to act on that will make a big difference in your health.

The sooner you start, the sooner you reap the rewards, so start NOW! You may already do these things, but most of us have at least one area in which we can improve.

1. Stop Smoking. Right now – stop smoking. Smoking is the one, most destructive behavior you can do to yourself.
2. No more fried foods, (at least very, very seldom). Fried foods are full of bad fat that will do nothing good for us.
3. Cut out the added sugar. Simple sugars are everywhere in our foods. Start reading labels and buy items that have less sugar. Avoid the “oses” when reading ingredients. Too much sugar really messes with our metabolism and usually goes directly to being stored as body fat.
4. Move your body. Exercise 5-6 days/week. It doesn't have to be crazy intense and it can even be some activity that you like, but you must challenge your body with 20-30 minutes of movement daily. A combination of cardiovascular and resistance training is best.

So, here it is in a nutshell - something you can use to get started right now and make a big difference. How many of these are you doing right now? How many will you be doing when the next newsletter comes out? It takes about 21 days to establish new habits, so, again, be patient. Good things will come.

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