

# MOVE *your* mASS



# Move Your mASS & Get Your Sexy Back!

## Are you Tired all the time?

I sure get it as I went through years of feeling no energy and for an athlete like myself to not have energy is misery! I have great news!!! There is a way to fix it. Are you ready to get energized?!

The irony of what I'm about to talk to you about is that it takes energy to create energy, so you have to Move you mASS. Yes, I said it.... move your body because your life depends on it! **Think of your body as a body of water.** If you were a pond with no moving water what do you see on top? Lots of scum and bad bacteria with nothing good living in it, right? You get the picture. Well, that is a body NOT in motion. Your lymphatic system drains all the toxins from your body and the only pump that it has are your muscles. If you don't move your muscles, you don't move your lymphatic system which means a stagnant stinky pond of a body! Yuk!

Now, we are going to **add a fountain to that puddle** which will bring in oxygen to the pond and good bacteria will populate the water creating a place of wellness. The fountain is synonymous with walking. **Walking and stretching 20 to 30 minutes per day** will help your lymphatic system move the toxins out of your body. I bet you'll have better bowel movements after starting a simple walking and stretching program and the weight will start to come off naturally. **Who doesn't want that!?**

Ready to take it to the next level? Ok, so now create a stream that goes through your pond where **fresh water filled with even more oxygen and nutrients will enter your pond** creating a very healthy pond that fish and other critters will thrive in. The pond is equivalent to adding resistance training to your lifestyle as well the walking. 20 minutes of **resistance training** such as pushups, squats and lunges added into your day will increase your health and quality of life tremendously. You don't even have to do them all at the same time, you can add them to your daily routine as if it's normal to squat while you brush your teeth or do pushups at your desk as a program is loading. You will have so much energy that you will be amazed.

**Which body of water do you want to be?** Get ready to Amaze yourself by simply adding movement into your daily life, your energy will increase 10-fold. I challenge each of you to begin moving your mASS today so you can be finally thin forever. Remember to take note of your energy level today and at the end of 10 days.



Move Your mASS Workout Routines are great for anyone ready to get started with adding more movement into every day.

What's Inside the Move Your mASS Routines? Signature Stretches Video + Handouts, Fitness at Your Desk Video + Handouts, Ropeless Jump Rope Workout Video + Handouts...

## What's Inside the Move Your mASS Signature Routines?

- Signature Stretches Video + Handouts
- Fitness at Your Desk Video + Handouts
- Ropeless Jump Rope Workout Video + Handouts
- Foam Roller Stretches and Workout Video + Handouts
- Upper Body Signature Workout Video + Handouts
- Lower Body Signature Workout Video + Handouts

[Click Here to Get my Signature Move Your mASS routines for only \\$7.99](#)

