

Discover The Missing Key to Improving Your Health

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By Shelley Hitz

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Do you know the top ten causes for death? You will recognize them all.

Here they are...

1. Heart disease
2. Cancer
3. Stroke
4. Lower-respiratory diseases
5. Injury (mostly car accidents)
6. Diabetes
7. Flu and pneumonia
8. Alzheimer's disease
9. Kidney disease
10. Infection

Source: 1999–2001 mortality statistics from the Centers for Disease Control and Prevention

Most of us want to live long, productive, pain free lives.

So, then, why are so many people dying from heart disease, cancer and strokes – most of which can be prevented through lifestyle changes?

Health Is More Than Just Physical

Health is defined in Webster's dictionary as "sound physical or mental condition". Did you notice this definition only includes physical health and mental health? What about emotional health and spiritual health? So many

times I separate my life into different "file folders".

I have a folder for exercise and diet, a folder for my relationship with God, a folder for my social life, and another folder for my emotions....can anyone else relate? I try to fix my exercise and diet without addressing my emotions. Or I try to overcome a difficult relationship in my "social folder" without addressing my relationship with God.

I try to separate myself -- my emotions, my mind, my spirit and my body into different parts. And it just doesn't

work.

Water, Ice & Steam – The Same Substance In Different Forms

Let's take the example of water. It has different functions as water, ice and steam, but it is still the same basic molecular substance. H₂O.

Similarly, I believe each one of us has different parts – our emotions, mind, spirit and body, but they all interrelate to one another. They can't be separated. Picture three circles. Now picture them all overlapping. I believe the three circles are your emotions, mind and body and where they all overlap – the core of your being – is your spirit. Your deepest beliefs and desires.

Have you ever noticed that when you feel depressed it is harder to exercise? Or if you suffer from physical pain it is harder to concentrate mentally on your work?

Fitness Trends – Yoga, Pilates & Wellness

I believe one reason Yoga & Pilates have become popular fitness trends is because they try to incorporate some form of spirituality. They realize the "key" to improved health is not just physical.

There's another popular trend called "wellness". Instead of only addressing exercise, wellness also addresses other aspects of our life, such as emotional and mental health.

"The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually." — Greg Anderson

Unlock Your Potential With This Key – Spirituality!

Our bodies "were made for the Lord, and the Lord cares about our bodies.... Don't you realize that your bodies are actually parts of Christ? Should a man take his body, which belongs to Christ, and join it to a prostitute? Never!.... Or don't you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." 1 Corinthians 6:13,

15,19–20 (NIV)

What is the key to improving your physical health? Honor God with your body. It is as simple as that.

But, just because it is simple, does not mean it is always easy. How can you honor God with the foods you eat and the physical energy you have (or don't have)? You can honor God with your body with the choices you make each day. One of the main reasons I exercise is to have more physical energy for my daily tasks and to not feel so tired in the mornings.

Honor God with your body.

In closing, remember that "physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."
1Timothy 4:8 (NIV)

Shelley Hitz, P.T. is the founder of Exercise Advice offering Online Fitness Coaching. She can be reached at www.abs-exercise-advice.com/absball where you can find out how to get a free abs workout.

Written by Shelley Hitz, Licensed Physical Therapist and Certified NASM Personal Trainer.
Sign up for her free Exercise Advice journal at <http://www.abs-exercise-advice.com/journal.html> or read

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. Get your free unbelievable abs ball

workout

The Real Key To Happiness, Peace of Mind, and Massive Internet Success

By Rick Miller

Do you know the secret that allowed 100% of the top Internet Marketers to become successful?

Amazingly though, even if you read all their books, attend their seminars, or even ask them in person, you'll probably never discover the one true secret of their success.

Why?

Because they probably don't even know themselves ...

They're too caught up in marketing techniques. They may be totally unaware of why almost everything they're involved in becomes a success.

Would you like to know their secret?

Listen closely:

All truly successful people live in alignment with their passions ... they're fulfilling their purpose in life. They're living their own dreams.

The famous theologian William Barclay once said, "There are two great days in a person's life—the day we are born and the day we discover why."

Most people, regardless of religion or lack of religion, instinctively feel that there's a higher purpose to life ... and that if they could determine their mission in life, they'd be much more happy and satisfied.

Once you start to follow your passions and mission in life, the Universe (God or Nature, depending on what you believe) seems to start helping you achieve your goals, often by presenting startling opportunities for you ...

In a recent interview with Janet Attwood, she revealed a remarkable tool that'll help you quickly determine your purpose in life—The Passion Test.

The simple test, a series of probing questions that you ask yourself, will quickly help you identify your top passions, what's really important in your life.

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According to Attwood, "The number—one reason people don't get what they want is—is they don't know what they want."

Once you discover your passions and align your life with them, success comes quickly and automatically.

What's more startling, she found that every single highly successful person who's taken the test (Mark Victor Hansen, Jack Canfield, T. Harv Eker, Dan Poynter, to name a few) already are accomplishing their top passions.

Undoubtedly knowing your passions speeds up the path to success.

Most importantly, she also revealed ways to help you realign your life to help you follow those passions.

The one key ingredient in reaching any goal or accomplishment is that you must totally love and enjoy whatever you are wanting to appear in your life.

It has to be your dream, not someone else's.

Do you really want a million dollars or would you rather have someone to love and be loved back?

Do you want that mansion or would you rather travel and not be tied down to any geographical location?

Only you can decide ...

After taking the Passion Test, I was profoundly changed in the way I view my life.

For me, I discovered that my number one passion is gaining dynamic health, my number two passion is improving myself, and three is mastering the guitar.

I realize now that I've put those desires on the back burner while I worked totally on survival goals (you know, making money and dealing with life's obstacles).

With that in mind, it's clear to me that I've missed out on a lot of joys that accomplishments in those areas would have brought me.

So I have a lot of work ahead of me to bring my life back into alignment with my most important passions ...

Maybe it's time I do something with the domain name that I've owned for several years (and done nothing with) that's focused on health and self-improvement.

What about you? You owe it to yourself to discover your passions. It'll help you in all areas of your life

and in your Internet business.

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Rick Miller is a Certified Master of Web Copywriting and co-founder of List Crusade. We've arranged scholarships for 50 of our readers to get the audio lesson with Janet Attwood for free, along with 26

weeks of training from Jay Abraham, Jack Canfield, Mark Victor Hansen, Joe Vitale, Robert Allen, Dr. Robert Anthony and other top self-help/wealth gurus—simply visit:

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