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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to Avoid Using your Home Gym as a Clothes Rack

By John Phung

So here's the situation...

1. *"I'm too busy with (insert your reasons here), and I just don't have the time right now."*
2. *"I'll do it later."*
3. *"I'm not too sure what exercises to do."*
4. *"I just don't have any motivation right now. Maybe in the future when I get fired up I'll start again."*

Here is a Solution...

Here's an acronym that will help you set and attain your fitness goals:

S.M.A.R.T-R (pronounced "smarter")

SMART-R stands for:

S-Specific

M-Measurable

A-Action oriented

R-Reasonable

T-Timed

R-Reasons why

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Let's go into details of each point:

Measurable *"Make measurable progress in reasonable time."* –Jim Rohn

Also, the things that you can't measure (happiness, etc.) will come along with achieving your goals.

Timed *"A goal is a dream with a deadline."* –Napoleon Hill

Do you think you'll complete it soon?

Probably not! If there's no deadline, there's no pressure to finish a task.

gym or home exercise equipment in the first place!

Some Tips To Keep On Top of Your Fitness Goals

,

,

and

more.

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How To Get Your Kayak From Home To The Water

By Niall Barco

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