

GetFitFast



If you knock out your workout first thing in the morning, you will carry a feeling of achievement and virtuousness with you all day. It sets the tone. This sense of virtue will influence other aspects of your life. You will make healthier and smarter food choices. Valerie Waters has whipped Jennifer Garner, Elizabeth Berkley, and Poppy Montgomery into shape.

(valeriewaters.com)

BeVirtuous

