
Test Message - Don't fall for the heated seats!

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So Subscriber, we bought a car last week.

We're heading up to Oregon to see family for the holiday and wanted to find something a little nicer with All-Wheel-Drive to handle the weather.

It's got some nice safety features. Blind spot detection...it lets you know if you're not in the center of your lane...a back-up camera...it's pretty nice.

But if all those cool features worked perfectly but the car didn't start? That'd be a pretty crappy car. Right?

That's how important good movement is to your body.

If you don't move well, nothing else really matters.

I know good movement may not sound like the sexiest thing you can work towards in the gym.

You know what is pretty sexy?

- Being able to move without pain.
- Being able to go about your day without worrying you won't be able to physically do it.
- Being able to plan that trip you've always wanted to take without worrying about the walks.
- Being able to play with your grandkids.
- Being able to get up off the ground if you fall.

Those fancy exercises you see on Instagram? Those are colored

ambient lighting for when you unlock your door.

Forget about those for now. Concentrate on what matters most.

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P.S. You're going to hear a lot of garbage from gyms over the next month. You won't be hearing that from us. From us, you'll be hearing about sustainable, fun, and safe ways to feel and move better. That's what'll work for you way past the other gimmicky stuff.

What questions do you have about starting or continuing a fitness program? Reply and let me know.

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