

## Motivational Tip 8

***"It's NEVER crowded along the extra mile"***

Wayne Dyer

These last 5 weeks will become your extra mile and will test you. We will be introducing Intermittent Fasting (IF) next week, and will be ramping up the workouts. Most workouts will consist of a MRT and a cardio component. We want you to think about the above quote when you face adversity in the following weeks. Don't be that person left behind. Be the leader that you know you can be. You only have one body and one life. Finish what you started! There are only 35 days left! LET'S GO!!