

Stop the Insanity

Question #1: How can you stop the "insanity" described in the video?
Question #2: Why did you join the gym?
Question #2: What are the reasons you exercise?
Question #3: What are the reasons you exercise?

Question #4: What are your fitness goals this year?		
Question #5: What are you going to do to achieve all your fitness go	pals?	