- free yourself of entanglements that limit physical activity;
- identify sports, arts, and work that can energize and sustain your training life.

You'll also discover ten principles to help you rewire yourself to engage in more adaptive training and become more consistent and independent. Seven training dimensions encourage you to train often, in more places, with more choices.

If you want to plant, nourish, weed, and grow your personal fitness, then you need to recognize that no one knows the land of your body as well as you. Make your health a priority and Farm Your Training Day.



HEALTH - FITNESS - DIET

MICHAEL WOODSON is owner of G2G Fit, LLC. He lives, works, trains, and writes in Colorado.

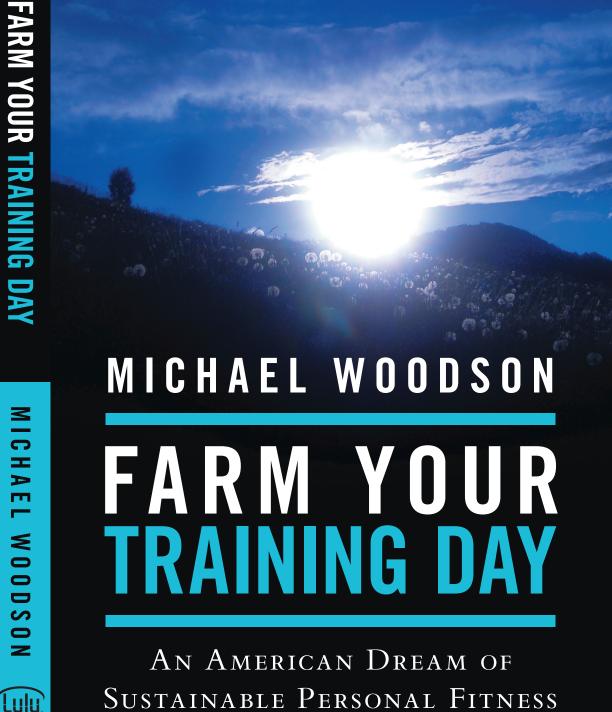






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