

Join me on BlogTalkRadio on Tuesday May 25, 2010 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". Whether you're new to a fitness program, or trying to improve your performance, the principles that provide the foundation for your training remain the same. This episode will provide information on setting goals, training principles, and how to apply these principles to your own health, fitness, or performance program.

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