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Part 1: How to STRENGTHEN THE
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Best Body is a plan that promotes

health from the inside out, starting by

breaking down the mental blocks

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Best Body presents a plan that promotes health from the inside out, starting first with the mental blocks that are holding you back, progressing to the muscles on your body, and finally to the food on your plate.

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of us don't train for purely aesthetic reasons — we also workout so we can feel confident and strong — but the fact remains that the thou

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ahead as you lift the bar. Focus on taking the weight...

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from your life (cutting calories, losing weight, banishing your belly), here 's how to add more of the RIGHT things: more muscle, more support, and more success.

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2. Reduce my body fat by 3% 3. Eat right so I get the best results These are your long-term goals and should be something that you know you can reach over a period of time. Do not make goals that are unreachable because you will feel overwhelmed and give up if you think that they are

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not attainable. Short-term goals:

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This homemade body scrub is really

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easy to make. In a small bowl, mix 1 teaspoon of baking soda, 1 teaspoon of ground oatmeal, and 1 tablespoon of water. Stir well until you get a thick paste. Apply the mixture to the skin, and let it sit for 5 minutes. Then rinse with hot water.

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