



The Lifestyle Fitness Program: A Six Part Plan So Every Mom Can Look, Feel and Live Her Best

Debi Silber

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How Fit is Your Lifestyle? To lose weight, you may hire a Registered Dietitian to design a healthy eating program. To get in shape, you may hire a Certified Personal Trainer to design a fitness program. True fitness however, is fitness from the inside out. That means that not only do you look better, but ALL aspects of your life are fit, healthy and whole. What about your emotions? Your stress level? Your relationships? Your spiritual needs? Unfortunately, when it comes to these aspects of health and wellness, we may either overlook them, or merely look for tips and suggestions. While advice in these categories can be extremely valuable, it's not enough if we want to look, feel and live our best.

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