

Introduction



The ideas and suggestions incorporated in my 30-day challenge are universal. What I mean by that is: they will work for everyone. The 30-day challenge is designed to assist you to bridge the gap between where you are currently and where you want to be in the future. With commitment, determination, and an open mind, you will get to where you want to be—I promise!

Do you know that an effective goal will inspire you from within? It will increase your level of conscious awareness. The higher the state of your awareness, the more you can achieve. A realistic and concrete goal will automatically shift your perception of who you truly are and what you're capable of doing.

There is no end to the benefits you will derive from an effective and successful 30-day challenge. The key word is *effective*. This 30-day challenge will help to lay a solid foundation of basic fundamentals of health and fitness as you form good habits.

Let's begin: over the next thirty days, your goal is to break old habits and form new ones that will get you closer to your new health and fitness goals. Just remember this challenge is only thirty days—just a single month of one year. It's such a small fraction of time. Stick to it! The time will flash by before your eyes.

This 30-day challenge will put you to work physically, emotionally, and spiritually. At times it may not be easy; but, when you finish, you will realize just how easy it really was. And hopefully, after completing this 30-day challenge, you'll want to continue this new lifestyle.