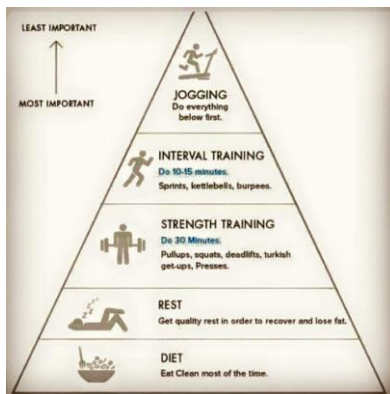




Athletes and Priorities

How are you doing with these?

Notice that diet and rest are two of the MOST IMPORTANT priorities.



Faithfully Fit,

Keith Franus

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Franus Fitness can also be seen on Instagram and Facebook.