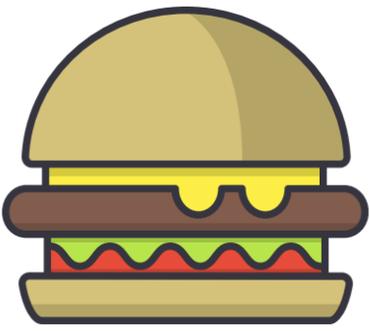


# 5 REASONS YOU SHOULD GET HEALTHY



## OBESITY WILL OVERTAKE SMOKING AS #1 PREVENTABLE KILLER OF US

It is projected that very soon obesity will overtake smoking as the number one preventable killer of mankind. That is a scary statistic. And combine that with our growing need to sit all the time, and constant screen time it is no wonder that this has become a serious issue. As of now over 70% of adults in the US are either overweight or obese and it is not getting better. Smoking is on the decline but obesity is on the rise.



## YOU MAY BE TEACHING OTHERS BY EXAMPLE YOUR UNHEALTHY HABITS

As parents we may not make the best food choices for ourselves. and maybe even worse for our children. With our bad habits, combined with the media, peer pressure, and junk food availability it seems like children are doomed to grow up fat. But we can set a good example for them by teaching them healthy eating habits and allowing them time to get out and move. We called it playing outside in my day.



## SO YOU CAN GUARD YOURSELF AGAINST HARMFUL CHOICES

A healthy and fit body will demand good nutrients, and daily movement. The more you give it the more it will return back to you strength, energy, and focus. You will naturally want to avoid anything harmful for you body because if you partake of these things you will immediately feel the negative effects from them. You will naturally find the motivation to continue in your healthy habits



## SO YOU CAN REWIRE YOUR BRAIN SO HEALTHY CHOICES COMES NATURALLY

Almost from the moment we wake up until we go to bed we are constantly being bombarded with ads, peer pressure, and sensational reminders of things that are unhealthy. Drive down the road past fast food signs, turn on the TV and see mouth watering commercials, and everywhere else you go, the things you see, as well as hear are constantly telling you what you should eat and how much. Even our loved ones are pressuring us to eat unhealthy. Its no wonder that nearly 3/4 of us are fat.



## AND FINALLY BECAUSE TIME IS NOT ON YOUR SIDE.

Time is the one thing we are all given the same amount of each day. But it marches on for each of us at seemingly different rates. And now our life is probably half over. So now is the time to get healthy while you still have time. Losing a modest amount of weight can have significant health benefits. Start now and you can live a longer but more importantly more abundant life. One with a strong body, focused mind, and enduring spirit.

**SOURCE:**

<http://www.gchanmako.com/mako-fit-over-45/>