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Squat down and grasp a barbell with your hands roughly shoulder-width apart. Keep your chest up, pull your shoulders back and look straight ahead as you lift the bar. Focus on taking the weight...

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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 not attainable. Short-term goals:

~~The Personal Training System~~

Bill Bryson sets off to explore the human body, how it functions and its remarkable ability to heal itself. Full of extraordinary facts and astonishing stories The Body: A Guide for Occupants is a brilliant, often very funny attempt to understand the miracle of our physical and neurological make up.

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This homemade body scrub is really easy to make. In a small bowl, mix 1 teaspoon of baking

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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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