



Most of us have a pretty good understanding of what it takes to be healthy and fit.

Three things. We know that we should eat right, get regular exercise, and avoid harmful substances.

In broad, general terms, we get it.

Here's the real problem:

People aren't good at reshaping their habits.

Nobody's against wellness. Everyone *wants* to be in top physical condition. Trouble is, that's not enough.

So what's the answer?

Solution #1: **Learn how to change.**