



Have a vision for how you want to move your body in your 70's and 80's

Health story – old story

I don't have time

New story

Health is a priority for me

Health Habits

What walking steps does for me – Build self esteem

Napoleon Hill Bonus Video - <https://www.youtube.com/watch?v=77C1VdA7CfQ>

Bonus Course – <https://ericlofholm.lpages.co/eli-health-coaching-program/>