



SPLASH Returns! Featuring "Get Fit, for You!"

January 3 2014 9:10 AM

Welcome Back to the World of Splash.

Embrace good health in 2014. Challenge yourself and get Splash-Fit this year by following this weekly, ultra new fitness Splash column "Get Fit, For You!"

#1: Take Your Fitness, as a Top Priority & Unleash your Super Hero.

In any choice that you make, remember you're Super Hero will always have super posture.

"Stay strait, elongated spine, chin squared!" Breathe fully, easily & get moving.

Reward yourself, by unleashing your inner Super Hero, this year. Remember #1, super posture, all throughout 2014.

Thank you & see you next week!

Seize the Day!
Holly Fairfield