



The biggest mistake people make, myself included at times, is we start with a goal that is too big. We tend to want results immediately and therefore often end up "biting off more than we can chew". A better approach is to start small.

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Did you know that a domino can knock down another domino that is about 1.5 times larger than itself? The domino effect is powerful. Let Coach Jeff show you how to apply this principle to your health and fitness goals.

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