



THE FASTING PODCAST **WOW**: EPISODE 104 – NEW EXERCISE SYSTEM & INSIGHTS

# EPISODE 104: NEW EXERCISE SYSTEM & INSIGHTS

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



**Let Your Muscles Be Your Medicine!**

**Host: Julie Phillips, CNHP**



## THE FASTING PODCAST **WOW**: EPISODE 104 – NEW EXERCISE SYSTEM & INSIGHTS

### Exercise Slides in Dr Video

- See slides within the video episode 104 – on youtube



**Let Your Muscles Be Your Medicine!**



## THE FASTING PODCAST **WOW**: EPISODE 104 – NEW EXERCISE SYSTEM & INSIGHTS

### Possible Next Steps



Check out our website: [www.JPWOWPrograms.com](http://www.JPWOWPrograms.com)

Please refer others to the podcast / youtube & give us a good Itunes review

For questions and feedback or possible participation in the new exercise program, email [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)



# Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

