

# *Invest in Yourself with EXERCISE*

by Susan Smith Jones, PhD – Media Interviews

*Your body is a miracle and designed to be robust. Your future health depends on the choices you make today. Choose wisely!*

## *Choose to Be Healthy, Fit & Radiant*

Modern living has channeled the average person in the USA and the UK into an increasingly sedentary existence. We human beings, however, were designed and built for movement, and our bodies have not adapted well to this reduced level of activity. Yes, what we put into our bodies with nutrition is of utmost importance, but how we move our bodies is equally as important. If you do exercise regularly, you may have to cope with lack of enthusiasm at one time or another. How can you stay motivated to workout? “Just do it” was one of Nike’s rallying slogans of the late ‘90s. But sometimes it can be tough to live up to. Sooner or later a lack of motivation, boredom or burnout will enter the picture.

*Invest in Yourself with Exercise* is the perfect book if you want to make transformative changes in your level of fitness, reshape your body, say good-bye to excess fat, make your workouts enjoyable and rewarding, and see results quickly. Susan’s well-designed physical fitness program can add years of fulfillment, vibrant health and peace of mind to your life.

*In the pages of this informative and uplifting book, you’ll learn from Susan (who’s a Los Angeles native and passionate about keeping the body temple healthy and fit) the importance of exercise for overall high-level wellness; how to get the most from your workouts; ways to stay motivated to exercise; tips to prevent exercise boredom, burnout and injury; the best exercises to look younger, bolster energy and lose weight; surefire ways to fight excess fat by mastering your metabolism; reasons to do prayer-walking to enhance mental and spiritual health; how to turn dreams into reality; the power of choice and commitment; and much more. ‘An investment in yourself and in your health,’ as Susan told me often in our training sessions, ‘is the best investment you can make.’ This book will inspire, motivate and empower you, too.*

~ **David Craddock, MA (Oxon) Foreword Excerpt**

### **Susan Smith Jones, PhD**

Wellness consultant, motivational speaker, talk show guest & author of many healthy living books, including **UPLIFTED: 12 Minutes to More Joy, Faith, Peace & Kindness** and **WIRED for High-Level Wellness**.

**SusanSmithJones.com**

**Availability:** L.A./CA, USA & worldwide via telephone/virtual/in-person. Invite Susan to inspire your TV/radio/podcast audience and share her gold-star tips to live a positive, healthy, vibrant lifestyle.

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**You’ll find this upbeat, full-color book on Amazon, in bookstores & can be personally autographed to you on Susan’s website.**



- *How to do Prayer-Walking*
- *Relaxing breathing exercises*
- *Peace, be still - stressless meditation & affirmations*
- *Simple Longevity practices*
- *Claim victory over stress, disease, fatigue, anxiety, depression & obesity*
- *Strengthening/toning muscles*
- *Staying motivated to exercise*
  - *Weight-loss-made-easy*
  - *And so much more!*

