

Running
and burns
calories

Exercising
improves
brain
performance

Over
obesity

What do they THINK AND FEEL?

what really counts
major preoccupations
worries & aspirations

Should
take
proper
food diet

Avoid junk
foods

Regular
exercise
and
workout



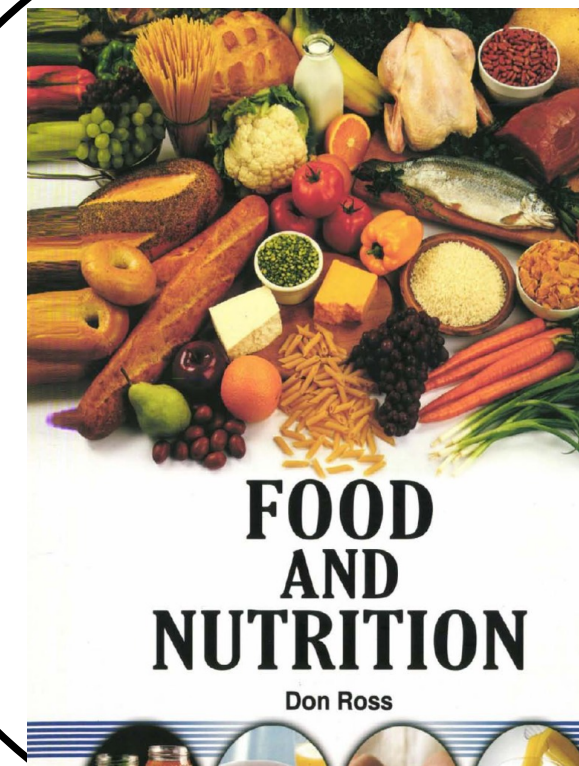
What do they HEAR?

what friends say
what boss say
what influencers say

Good face
colour ,skin
tone

Needs to
intake
proper
vitamins

Live long
and happy
life



Perfect life
without any
disease

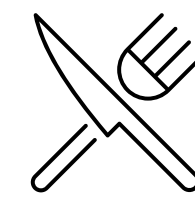
Healthy
eater
longer live

impact on
body
changes
while
exercise



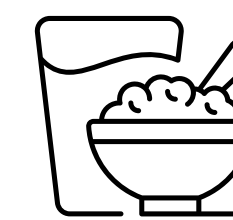
What do they SEE?

environment
friends
what the market offers



What do they SAY AND DO?

attitude in public
appearance
behavior towards others



Improve
your
quality of
sleep

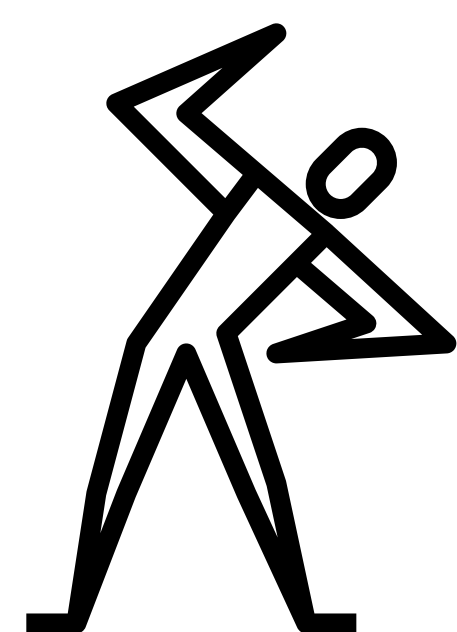
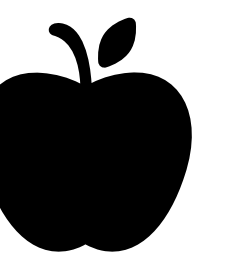
Ensure the
growth

Development
to muscles

Eat plenty
fruits and
vegetables

Food that
are low in
added
sugar

Never ever
give up



PAIN

fears
frustrations
obstacles

Tiredness

Internal
organ pain

Health
issues



GAIN

"wants" / needs
measures of success
obstacles

Maintaining
good and
fresh health

Reduce your
body fat and
achieve
fitness goal

It enhance
athletic
performance

