The Wild Side: Get Fierce, Get Fit, Get Fun

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Abstract
Have you ever thought about how a wild animal chooses food? How do they pick food that has the exact vitamin or micronutrient that the body needs?

Every wretched food craving that has left you over your ideal weight is to your benefit. Those cravings have kept you alive. They only show that your system is strong; your will to survive is immense. Every extra ounce that you carry signifies your fierce system overtaking you with the will to survive. Your brain taking over your body to get the nutrients it needs is like a horse breaking through barbed wire. Your system is fierce!

You are a human being. You are a miraculous symphony of cells, organs, tissues, and systems that have one sole objective: your personal success. They are designed to communicate with you. Your mind and body are a team. Get your claws out. It's time to fight.

Comments
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I've got the plan that is guaranteed to work. Join me for Fit and Fierce™, an online fitness membership that provides you with fun workouts, daily tips, mindset coaching, a community of incredible women supporting you, plus great recipes, grocery lists, and meal ideas to help you get back to being your best in ALL areas of your life! Ready to join us in the trenches as we shake, move, and sweat our way to being Fit, Fierce, and Unstoppable? Join for just $49/month! Ready to commit to a year of Fitness and Fierceness? With that in mind, here's 10 fun ways to get fit in L.A. without signing up for a traditional gym membership. Feel the burn! The view from Runyon Canyon. With street parking available, its entrance is closed on the right side of the cul-de-sac at the end of Los Liones Drive. Temescal Canyon Gateway Park is another lovely hiking ground in the Pacific Palisades area. The 4-mile loop trail has various rest-stops overlooking the ocean and canyon and even a few waterfalls where you can cool off on hot days. Some fun ones include Downtown LA Running Group for the
morning runners, Yoga at Echo Park (YPE) for the weekend yogis, and Los Angeles Salsa Dancing Group for salsa dancers at all levels. Run #DTLA. #DTLRunning #runLA #MyDayInLA. Earnest intentions: The fun project had a serious side as it is meant to remind viewers that man is an animal himself. Collective: The bizarre images form part of Ms Newell's 'Ani-Human' series of portraits. Share or comment on this article: The 'Ani-Human' project: Painted models take a walk on the wild side as they pose next to fierce creatures.