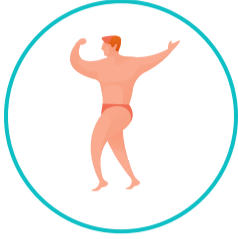


Mark A. Turnipseed's

# Recovery Charged Fitness



**1 Get Moving**  
Movement is where it all begins. Once you get the ball rolling it will keep turning with its own momentum.



**Connecting Fitness**  
Connect with others living a healthy life while also mindfully addressing your own will bring you a connection that isn't easily severed.



**Dare to Dream**  
Now that you're moving, what's a goal or dream that you've had? Want to climb a mountain? Run and Ironman? Lose 10 Lbs?



**2 Set Goals**  
Once you dream about it, narrow down your focus and get driven towards a goal by setting one in stone. This gives your movement direction

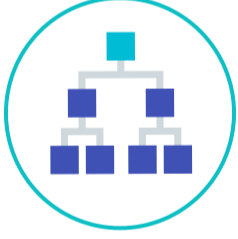


**Create Higher purpose**

Direction is great, but purpose will make any trip more enjoyable. What is a social cause that means something to you?



**3 Create Fundraiser**  
Time to make that higher purpose a reality. By setting up a fundraiser you can begin making a difference with your movement!



**Create Network of Success**  
A charitable cause gives you a perfect opportunity to establish yourself as a vehicle of positivity. You will learn not only how to project positivity, but how to attract positivity within your social networks!



**Pass It On**  
At this point it's just about sharing your heart. How does it feel? Sharing this can bring inspiration and ensure your fire stays lit!



**4 Become A Leader**  
If it worked for me, it can work for you and if it worked for you then it can work for another.

