

Refugee Fit Camp Off Week Challenge #2



Most of people's diet fail due to poor nutrition programs. Nutrition is the foundation of strong fitness program. The body need the fuel up the burn more calories, meaning eating more often but intake the correct ratio of carbs, protein and good fats through out the day, so your body can endure a vigorous training program. Which brings me to Challenge #2. One of the best ways to burn those calories is to run, jog, or walk. For your next Challenge I want you to run, jog or walk a 5K (3.1mile) on a treadmill, elliptical or outdoors. Then facebook it on your wall and tell me how you did it and how it felt. If you don't have facebook then email 3 people plus cc me and tell them your experience.

Call or text me 515-423-7444