

Fitness Tip of the Day: The 5x5 Rule

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Jim Rohn said "You are the average of the 5 people you spend the most time with." This is a great quote and is very true but it can also be applied to other aspects of your life.

You are the average of the 5 foods you eat the most
You are the average of your 5 most common habits
You are the average of your 5 most frequent thoughts
Your 5 most frequent actions
Your 5 most frequent emotions

Are you balanced? Is there a way you can improve your 5x5 in each area?

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