

## BlogTalkRadio 3/16/2010: Mental Strategies For Fitness And Performance

Contributed by Administrator  
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Join me on BlogTalkRadio on Tuesday March 16, 2010 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". Getting started in a fitness program can be a challenge - not only physically but mentally as well. Along the same lines, the mental aspects of training become critical in attaining your best performance. Either way, "training the brain" is an important part of the plan.

This episode's special guest will be Dr. Christine Yarosh. Christine has a PhD in clinical psychology and has been a therapist for 22 years. Christine will help give us some insights into the mental limiters and mental training strategies for both fitness and performance.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

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