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Move Away from the Egnog... And...Activate your fitness brain during the holidays

(Denver, Colorado – November 7, 2006) Is stress and a ten-pound weight gain over the holiday season as inevitable as the ugly scarves Aunt Mabel always knits for presents?

Not so, says fitness expert and former Mr. Universe Nordine Zouareg. "And it is possible to stay fit and healthy over the holidays without spending endless hours at the gym.

Nordine Zouareg, Mindful Fitness Revolution coach and founder of Triple Impact, LLC, (<http://www.tripleimpactcoaching.com/>) is an internationally known fitness expert who developed and led the Body Mindfulness Center at "Miraval - Life In Balance", the worldrenowned resort/spa in Arizona.

Nordine's epic account of triumphing over personal obstacles to become Mr. France, Mr. Europe, Mr. World, Mr. Universe and a cosmopolitan fitness expert qualifies him as a health guru par excellence.

Born in the back of a French army truck in the North-African desert to impoverished, illiterate, nomad parents, Nordine suffered from rickets and barely survived infancy. He was left for dead in a hospital because the doctors did not think he'd make it. His determined parents their son, however, and they soon made it to France, where they found good medical care for him. As an adolescent 108-pound weakling, he resolved to strengthen himself physically, mentally, emotionally and spiritually. Pursuing a vision of total health despite poverty and lack of supporters, Nordine made his vision a reality and turned himself into an international fitness coach, and then Mr. Universe, in just a few years.

As he tells his clients: "each one of us is born with everything that we need in this world". Nordine brings a wealth of knowledge and expertise to his program. Not only has Nordine mastered the arena of physical fitness, he also has a deep understanding of the power of the mind and how it applies to the body transformation process. He is aptly named "The Body Guru".

Gary Barnes, founder of Financial Magic and MaxLife International, who believes in creating wealth in all areas of life is happy to present a live, free teleseminar with Nordine Zouareg. Learn how to beat the holiday bulge and jumpstart a lifelong fitness

habit! Join us for **Activate Your Fitness Brain During The Holidays**, on Tuesday, November 21, from 7:00-8:00 pm Mountain Standard Time. (9:00 - 10:00 pm Eastern, 8:00-9:00 pm Central, 6:00-7:00 pm Pacific.) Go to www.GaryBarnesInternational.com to register.

Questions? E-mail Gary at Gary@GaryBarnesInternational.com.

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