

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



VARIETY



I Don't Want to be FAT!
Archives Available
May 17th 2013: What Does Being Fit And Healthy Mean

Healthy Living, is a life free from medication and health problems. Not all of us want to become super athletes, Most of us are just trying to get through life without having to deal with any major issues, such as dietary concerns, cancer, joint pain, diabetes or fatigue. One of the biggest issues to modern health is in the food we eat. Your health becomes what we put into ourselves. The other issue is lifestyle. Who and what you hang around with is what will determine what you become. Time, planning, work, family, friends and the food we eat are all affected by the choices we make that determ

[Read more](#)



Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel

EPISODE ON DEMAND

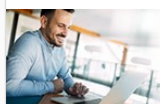
VIEW HOST PAGE

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG