



Take Command! Be Lean, Energized and Strong

Rex Holman EMT, Mike Holman CPT

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If you are like millions of men and women, you're overweight, tired and weak, and worried about your health. You want to change, but every time you try, you fail. You're discouraged, doubt that you can succeed, and lack confidence in yourself. To succeed, you need encouragement to build your confidence and a deep and fundamental understanding about what to do. Take Command provides both. Mike Holman will build your confidence using the leadership principles he learned at the Naval Academy, as a Navy pilot, as the leader of a department in a large law firm, and in helping his sons in their athletic careers. You'll learn how to monitor your health, understand your medical examination results, eat the right food in the right amount, find what exercise works for you so you exercise regularly, get a good night's sleep, and manage your stress. Empowered by your confidence and knowledge, you'll succeed and become lean, energized and strong.

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