

Planning for Success with Exercise (Video)

What can I expect to learn?

- How to make lifestyle changes, set goals and add exercise into your routine
- Common stumbling blocks and how to overcome them

Note: This video does not lead you in exercise and does not provide an exercise plan.

How many videos are there?

There is one video, which is 32 minutes long.

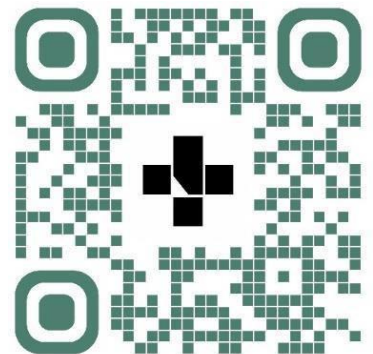
Do I need to register to access this class?

[You can access the video here.](#)

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