

## Your a Human, Not a Fish!! Quit Drinking!!

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One of my clients here at MPT is the owner of Mulligans bar on N 281 @ Redland Rd.

I have been to Mulligans a couple of times and it is a great bar, so if you get the chance you should check it out.

With that being said though, I am not here to plug Mulligans. Actually, I am here to tell you that most of the beverages sold in Mulligans will hurt you when you are trying to get in better shape.

A beer here or there, meaning one or two on the weekends won't kill you. BUT, 6 or 7 on the weekends will STOP YOU dead in your tracks.

If you are putting in hours of work in the gym every week, don't limit your results by eating too much food or drinking too much alcohol.

Keep yourself in check and when the temptation of drinking kicks in, just remember all of those early mornings or late afternoon when you didn't want to be in the gym, but you made the sacrifice and went because you want a better looking, healthy body.

Make it a great day!

Nicholas Wood

n\_Wood@sampt.com

(210)415-5934

[www.sampt.com](http://www.sampt.com)