

Action is a powerful word, but it's not something you afraid or want have, its something you should work on it.

There are a lot of actions: World actions, "OAC:" actions, etc

The definition of taking action is: to do something, to get a particular result. From my perspective:

the powerful word Taking action is to do something efforting that you haven't done before. Once My grandma was in poor health, I layout an exercise program for her. To take action is hard, but I quickly found out some tips to take action: Don't fixate on outcomes, remember good efforts come from efforts, eliminate the source of distractions, instead put motivation to your circumstances, etc

Scientists found out these factors affect our health: Too many pressures, sleep less than 7 hours, reject breakfast, excessive drinking, smoking, etc

In this unit, I realized almost half of the Chinese were overweight. I am pleased that I had a chance to record data, change the health and fitness of BCIS! Our learner profile-Thinker does help me as a trainer, I think I did an awesome job at the motive client, this affected our trainer's behaviors. It's really tiring when you and your client were running 800m, any encourages were helpful to them, for instances: One G2 girl called Athena who was a client of mine, she did a great job on running at first, but tired caught she's feet, but words of encourages was like mom's hands that didn't let her give- up.

I believe that exercise every day, moderate drinking and smoking, good habits can be a good habit to accompany your life.