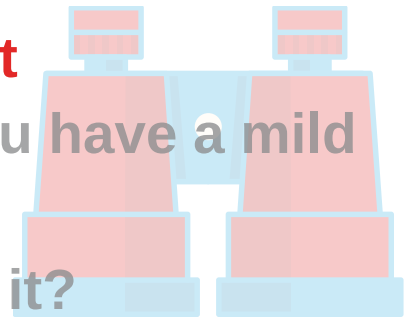


How to Unleash Your Inner Plus Size Athlete

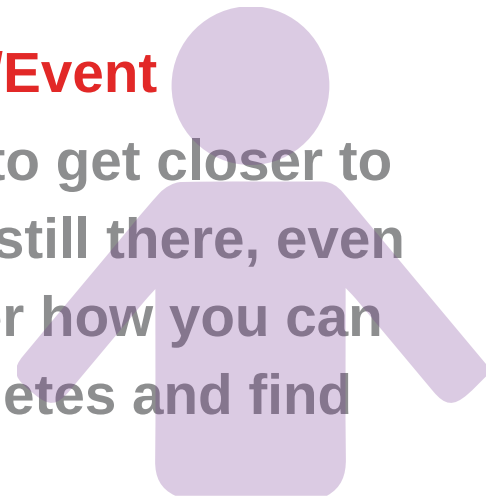
Action Step #1 - Spectate a Sport/Event

Go watch a sport, event or race that you have a mild interest of participating in. When you leave, notice, are you still interested in it?



Action Step #2- Volunteer at a Sport/Event

Next grab a friend and go volunteer to get closer to the action. Notice if your interest is still there, even though you may be scared or wonder how you can do it. Don't be shy, talk to those athletes and find out what they love about their sport.



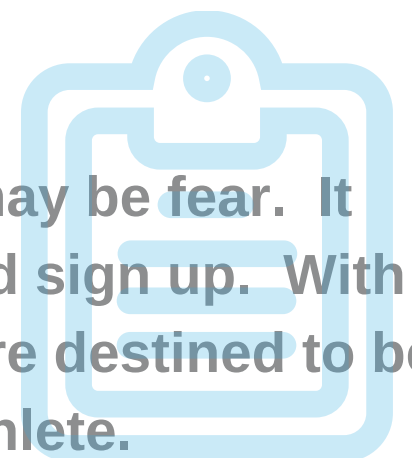
Action Step #3 -Talk to Coaches

Do some research and talk to different trainers and coaches. When making a major transformation by embracing the athletic lifestyle and a new sport, find a community that will support you in your goals.



Action Step #4 - Sign Up

That uncomfortable feeling you have may be fear. It will disappear once you take action and sign up. With your community to support you, you are destined to be successful in unleashing your inner athlete.



For more information, visit
BornToReignAthletics.com

