

“Periodically, a book is written that carries the very literal possibility of causing revolution. The untapped notion, no matter how new, innovative or based on ancient wisdom, whose time is now.

The underappreciated concept that challenges a status quo and demands attention. This is that book; and encased within it, the idea.

Greg Justice has rightfully and ingenuously transformed the proverbial ‘3rd Wheel’ into the ‘3rd Apex’.

‘Physical Exercise’ is essential.

‘Nutritional Support’, vital.

But ‘Mental Cohesion’, finally, has become noted as equally indispensable.

As the adage says, “Where the head goes, the body follows”.

– **Brian Grasso**

“Quite simply, Greg is one of the most experienced trainers in the world having clocked up tens of thousands of client contact hours over more than 30 years in-the-trenches as a fitness professional and, during this time has managed to maintain an open mind and an open heart to new ideas, concepts and practices as they brush up against this adolescent industry of ours.

Better yet, he’s managed to remain a thoughtful, humble and generous individual who’s still passionately in love with what he does and those he does it for which, in an industry of increasing cynicism sets him apart from fully 99% of trainers who often fall more in love with the marketing practices associated with being a trainer than with being a trainer itself”.

– **Dax Moy**

Greg Justice is an international best-selling author, speaker, and fitness entrepreneur. He opened AYC Health & Fitness, Kansas City’s original personal training center, in May 1986, and has personally trained more than 47,000 one-on-one sessions. Today, AYC specializes in corporate wellness and personal training.

He has been actively involved in the fitness industry for more than a quarter of a century as a club manager, owner, personal fitness trainer, and corporate wellness supervisor. Greg currently serves on the advisory board of two personal training schools. He mentors and instructs trainers worldwide through his coaching programs and Corporate Boot Camp System class.

Greg writes articles for many publications and websites, is a featured columnist for Corporate Wellness Magazine, and his monthly column, “Treadmill Talk,” is published in Personal Fitness Professional magazine. He is the author of 3 books including “Treadside Manner, Confessions Of A Serial Personal Trainer.”

Greg holds a master’s degree in HPER (exercise science) and a bachelor’s degree in Health & Physical Education from Morehead State University, Morehead, KY.



Greg Justice

with
Cynthia Lechan Goodman, M.ED

MIND YOUR OWN FITNESS

EAST meets WEST A Mindful Approach to Exercise

Foreword by **Brian Grasso**

MIND YOUR OWN FITNESS

East meets West - A Mindful Approach to Exercise

Greg Justice, MA

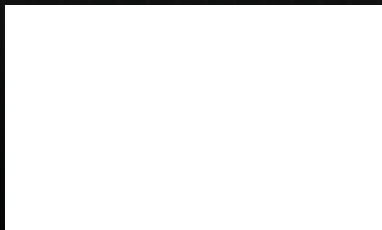
Lies and Myths about **CORPORATE WELLNESS**

- Healthcare costs are going up, and there is nothing we can do about it.
- What my employees do on their own time is none of my business.
- People get sick. It's out of their control.
- It's too expensive.
- It takes too much time.
- It's a touchy-feely new age thing that doesn't really have any solid benefit.
- We don't have the facilities for exercise.
- My employees won't want to do it.
- It's too hard to know if it's working.

Greg Justice, MA, is a best-selling author, speaker, and fitness entrepreneur. He opened AYC Health & Fitness, Kansas City's Original Personal Training Center, in May 1986. AYC specializes in corporate wellness and personal / small group fitness training.

Greg has been actively involved in the fitness industry for more than three decades as a club manager, owner, personal fitness trainer, and corporate wellness supervisor. He writes articles for many international publications and websites including Corporate Wellness Magazine, Exercise & Health, IDEA Fitness Journal, and American Fitness Magazine, and has a monthly column called "Treadmill Talks" in Personal Fitness Professional (PFP) magazine.

Greg holds a master's degree in HPER (exercise science) (1986) and a bachelor's degree in Health & Physical Education (1983) from Morehead State University, Morehead, KY. Greg is also an AFAA certified personal trainer (CPT).



Greg Justice

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LIES and MYTHS about CORPORATE WELLNESS

Greg Justice, MA