

## MICHAEL WITTIG Has Found What Works And Consistently Works Hard At It

Pictured: Michael Wittig and his son Kyler

Mmmm...arinated  
Goodness

6 Ways To  
Live Your Life  
Well-Lived

What To Do When  
Your Body Is A  
Crumbling Empire

The 1-Meal Fast

I...

**Commit**

will-power surrendered,  
broken and better for it  
#hereIam



MAY - JULY 2023