



EXERCISE BALANCED LIVING

JOSE FRANCO



CONSCIOUSNESS

EXERCISE & EATING CLEAN IN 2019

Jose Franco, owner of Stoop Juice believes maintaining a healthy balanced routine, keeps him happy. Jose has written articles on [consciousness](#), [exercise](#) and [eating clean](#) with two purposes. 1. to create content for himself in order to remain motivated. 2. to share this information with the rest of the world with the hopes others find it useful. Additional opinion articles on [business & politics](#).



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TRIGGER 1: TIME

Time is perhaps the most common way to trigger a new habit. Common morning habits are just one example. Waking up in the morning usually triggers a number of habits: go to the bathroom, take a shower, brush your teeth, get dressed, make a [Continue reading](#)

OTHER

PEOPLE

3

TRIGGER 5: OTHER PEOPLE

People you surround yourself with can play a role on your habits and behaviors. What may be a surprise is just how big of an impact these people can make. One study in the New England Journal of Medicine found that if your friend becomes obese, then your risk of obesity increases by 57 percent — [Continue reading](#)

Secrets to Keeping Pounds Off Since 2010



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KEEPING THE WEIGHT OFF

Back in 2010, I lost 75 pounds in 120 days through juice cleansing and exercise. I went from being inactive to going for 2 one hour walks daily. I've been able to keep the weight off through [Continue reading](#)