



# FITSPIRATION

"Fitspiration" is a documentary series that highlights individuals who have incorporated fitness into their lives to help them overcome obstacles, break through barriers, and achieve mental toughness. We will discover through this series that fitness is not about conquering the body; fitness is about mental achievement. This is the story of people who are determined to find the motivation to push ahead no matter the barrier they're faced with.



Try watching this video on [www.youtube.com](http://www.youtube.com)