

BACK IN SHAPE IN 6 STEPS!

Volume 1, Issue 7
May 2013

SUMMER IS AROUND THE CORNER, GET BACK IN SHAPE!

1. Change Your Lifestyle Remember you are creating a whole new you. You do not want to go back to the old you.

2. Join a Supportive Community Everyone needs help. The best support you can get is from others just like you, going through the same struggle you are.

3. Track Compliance Not Numbers Calorie counting isn't much fun, which is why it's much easier to track compliance through these simple rules. Track what you eat, don't guess or make rough estimates. Read the labels and know exactly how many calories you are consuming each day.

4. Go Public When you

tell your family and friends about your goals you create two groups of people. The first are those who will support you, and you will be driven by the fact you do not want to let them down. The second group or those who doubt you - I've heard it all before - the point here is, is to be able to stick it to em' when you're in the best shape of your life - and they're as jealous.

5. Take Photos Humans are very visual. So photos that show your progress have an amazing impact to motivate you. You should weigh in every week, and take a photo too. Put together a binder with all your

measurements and photos. Whenever you doubt what you are doing or feel down - grab that binder and see how far you've come, and see what you risk going back to if you give-up now.

6. Take supplements You can get these at the front desk. Exercise and healthy eating always has been and always will be the safest most surefire way to a phenomenal body and lifelong health. Some studies are showing a good multivitamin, Omega 3:6 and for some people Vitamin D are all good starting points to help balance the body. The importance is for these supplements to come from a good source.