

Keys To Fitness





To succeed in getting the body that you've always wanted, it's about effectively applying a set of particular habits in conjunction with each other to make it happen.

#1 Set your goal and be specific.

I want to lose 10 pounds in the next 3 months or go to the gym everyday for at least 30 minutes.

#2 Decide WHY you want this.

"I am ready and willing to work hard to be healthy, happy and confident for myself to finally give myself the body I know I deserve and do all of the things I've always wanted."

#3 Be consistent.

I will work out 5 days a week, every week regardless of circumstance. Doesn't matter if you're on a business trip, or your on vacation, or your babysitting, or your mother is in town, or whatever else excuse you have.



#4 Be persistent.

Whether I am on vacation, missed my favorite workout class, or need to stay at home with my kid, I will make the time and cater the workout to my environment or time of day.

#5 Eat healthy.

I need to stop buying what I don't want to be eating. I know I should be eating highly nutritious food like more greens, protein, and fiber and less starch, fats, and sugar. I will not sabotage my hard work with poor eating habits.

#6 Embrace weights.

It's unanimous and scientifically proven that practicing some sort of weight lifting helps people burn more calories, speeds up the metabolism, fights osteoporosis and controls my blood sugar.



...And the biggest thing keeping you from getting the body you want...

...IS YOU.

#7 Stop making excuses.

It's not your genetics, it's not impossible for you to lose weight, you are not addicted to unhealthy food. You are strong, you have selfcontrol and you love yourself enough to do this for yourself and not not for anybody else .