



YOUR GUIDE TO GETTING ***FIT IN 30***

GET TIGHT, TONED, LEAN AND SEXY IN 4 EASY STEPS



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If you're reading this e-book then you are looking to make a change to your life and are taking steps to do just that.

Let's get this straight right away; **YOU** are a unique and wonderful individual who deserves all the best in life.

A big part of that is having a happy and healthy life, each and every day; because....

When you have your health, you have your happiness.

Maybe your favorite pair of jeans just don't fit you the way they used to or swimsuit season snuck up on you and now you can't wear those cool board shorts or that cute bikini you bought yourself with confidence. Or you've been eyeballing that black dress at your favorite store, but don't feel sexy enough to wear it. But here's the thing, *you DO have the confidence, and you ARE sexy enough; you just don't realize it.....Yet!*

It's possible, you just need to reach out and take it. What's really holding you back from reaching your health and fitness goals? I'm sure there are dozens (maybe hundreds) of excuses, but be honest with yourself; **are YOUR excuses worth YOUR long-term health?** To put it another way; *your excuses may be valid but they won't improve your life or help you achieve your goals.*

Ask yourself this - Are any of the things holding you back really worth the chance to live a longer and more fulfilling life because your body is being treated right?

You can do this.

You have the ability inside of you to get yourself to the place you want to be. Stop holding yourself back. I'm here to show you that it is possible; here are the 4 steps to losing 13-29 pounds and melting 3-6 inches from your belly in the next 30 days (results vary). Follow the plan; Stay the course and these could be your results.

Is it easy? No. Are you worth it? YES.

Step 1 – Nutrition



Let me tell you what I tell all of my clients: ***You Can't Out Train a Bad Diet.***

It doesn't matter how many burpees you're doing or how many miles of running you're putting in every morning if you're just going home and eating junk food or stopping at the local burger joint for lunch. Greasy fast food will leave you feeling lethargic, and you'll never quite be able to get that six-pack you've been dreaming of.

The goal is to eat less simple carbs, more quality protein, and smart fats. When you do this, you promote muscle growth, and simply put ***muscle burns fat.***

As you get stronger you shed away more fat from your body, and you're left feeling lighter, leaner and more energized.

The trick is to force the body to use your body fat for fuel, and to do this you need to make sure you're eating the right items. It's *as simple as that*, no magic pills or fad diets needed. ***You should never be starving yourself or feeling hungry***, but at the same time you can't be stuffing yourself with food that will counteract all the hard work you're putting in.

When you spend time and put in an effort to exercise daily and effectively, why would you then go put something in your body that isn't going to give you an extra energy boost to dominate in every other aspect of your life?

It's a careful balance, one that is hard to achieve when you're first starting out, and knowing the right foods to put in your body isn't something you can just guess. A qualified fat loss specialist will be able to help you set up a meal plan that changes week to week and helps you stay on track with your weight-loss goals.

Pre-written and proven meal plans are the most effective way to make sure that you don't fall into old habits and start eating junk food again because you lost track of time. When you have a solid meal plan that is carefully planned out to give you the right fats, protein and carbs, you're on your way to success.

Here's an example day from one of my own meal plans I provide my clients:

Breakfast – Poached Eggs

Snack – Turkey Almond Butter and Raisin Wrap

Lunch – Real Healthy Egg Salad

Dinner – One-Pot Chicken

See how it's a quick jumpstart to the day, a fulfilling but light lunch for a boost, and then a protein-filled dinner that gets you ready to have a restful sleep before starting again tomorrow. Find an effective weekly meal plan and you'll find those pounds disappearing.

Step 2 – Workouts



Now, just having a good diet isn't going to help you feel strong and get that flat, lean and tight six-pack we talked about earlier. A diet is only part of the process that gets you stronger and shedding pounds and inches quickly. You also need effective workouts, ones that are proven and backed by not only the incredible results achieved by thousands of people just like you, but by science. This means utilizing workouts like High Intensity Interval Training (or HIIT).

High Intensity Interval Training sounds kind of scary, I know, but we actually call it the "**Afterburn workout.**" The way it works is that for **30 minutes** you make sure that you're doing *a combination of resistance training and cardio in varying intervals* that trigger this Afterburn. Workouts must be carefully thought out and crafted to give you maximum results, so nothing is being made up on the spot.

Here's the best part, the **Afterburn** *will have you burning calories for 30-48 hours after you've gone home from exercising.*

This is an extremely efficient way to only do 30 minutes of hard work for hours of results, and **its way better than plain steady state cardio**. Which would you rather do, 30 minutes of fun but effective workouts that give you lasting results, or 60 minutes of running on a treadmill with way less benefits?

I know what I'd choose.

I know that Afterburn (or HIIT) can be too difficult if you're a beginner, but don't worry, it's not just for pros. **The great part about this kind of workout is that it's scalable to YOUR fitness level**. Whether it's your first time in a gym in years, or you're an athlete trying to stay in shape, **HIIT workouts can be changed and personalized just for you**.

That ALSO includes modifications for injuries, so really there are no excuses!

Afterburn utilizes big movements that accelerate your metabolism, meaning more calories are getting burned. This is meant to shape, tone and tighten your muscles for a lean and sexy look that you can always feel confident in.

And while bodyweight exercises are great, I want to point out that using equipment is EVEN BETTER. When you use equipment like TRX straps, dumbbells, and battle ropes, you'll get more resistance and balance training that will improve how much energy you have to take on your daily activities.

The great part is that once your nutrition is locked in using the principles outlined above the HIIT workouts become exponentially more effective, meaning you burn even more fat.

Imagine being able to approach every day with a more positive and energetic outlook.

Step 3 – Motivation

You know what you need to lose weight and keep the pounds off, but **how do you get started?** As much as you probably think you can just wake up and decide to be healthy one day, you really can't. You need the motivation to better yourself, whether it's for your children, a loved one, or just for your own sense of accomplishment, that motivation must be there or else you won't last long.

Motivation gets you going, and dedication keeps you there.



The first step to finding your motivation is to set your goals. And while long-term goals like "I want to lose 100 pounds" are great (and certainly needed), you also need to set smaller, quickly achievable goals.

For example, instead you would say "I want to lose 10 pounds every month." Now you have an immediate goal to work towards. Ten pounds seems a lot less intimidating than 100, doesn't it? And before you know it, those 100 pounds are gone and you look and feel amazing.

Figuring out your goals is the easy part, because next YOU NEED TO FIND YOUR "WHY".

Why are you changing your life? Why are you going to stay on track and make healthy choices every day? Your why could be that you watched a family member struggle with health problems that you're at risk for. Or perhaps you want to set a better example for your children so that they make better choices for themselves. Your goal is what you work towards, but your why is what you work for.

You deserve a happy and healthy life, and no matter how hard it may seem you can't give up. Losing weight and changing your lifestyle is going to be a difficult journey at first, but *the second you settle is the second you lose your chance at an extraordinary life.*

Don't let your health hold you back from everything you want to accomplish.

Step 4 – Accountability and Support



Overcoming those mental barriers is hard, so finding a **support system is imperative to your success**. Find a group of people that hold you accountable, and that you hold accountable as well. That way you can check in, push each other towards your goals, and trade tips and tricks for what works and what doesn't.

And make sure that you consciously associate yourself with people who are positive and make your life better. If you have a friend that is always bringing down the mood with negativity, it's time to distance yourself. I know that sounds harsh, but your happiness is worth it!

When you surround yourself with positive and driven people, you will find yourself being more positive as well, and a great attitude goes a long way.

***A support group is important, but remember that in the end
YOU are the only one who can achieve your goals.***

You are 100% responsible for going after your dreams, so don't hold yourself back. Be accountable for the decisions you make, be prepared to take responsibility and let your support group help you get back on track.

Surround yourself with success-minded individuals if you want to find your own success, it's as simple as that.

Conclusion

If you take these four steps and put them into action, you can't fail. This guide will bring you success in attaining your health and fitness goals, you just need to be willing to make a change now.

Find your why,

Make the right decisions, and

Surround yourself with a good group of people that motivate you.

At the end of 30 days, if you follow my guide, you will lose 13-29 pounds and drop 3-5 inches from your belly (but remember, results vary). Imagine that feeling, of looking in the mirror and being more confident, stronger and ready to take on anything.

You can do it; you can create the life you deserve.

If you're ready to take these steps, my Fit in 30 program starts soon, and I'd love to have you on board. I'm here to provide you:

- Nutrition and Support
- Equipment and a workout plan (30-minutes/day 3-4 times per week)
- A support group
- Coaching and accountability.

You don't have to go it alone.

Contact me here as soon as you're prepared to make the biggest transformation of your life



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