

What NOT to do

It's important that I speak about this at the onset of our time together. From experience, I know that when a client starts with me they are very motivated, fired up and ready to work toward the new vision! This energy is fantastic, but put toward the wrong efforts can be disastrous! Meaning, if you put a ton of effort and time into the **WRONG** things that get you nowhere, it will totally deflate you and crush your motivation and attitude. That's the last thing we want!

It's very easy for people to start radically changing their diet and/or exercise once they decide to hire me as their trainer. However radical changes are like lying in the sun for 2 hours to get a tan---you just **BURN!**

I don't want you to "burn" so it's essential that you commit yourself to following my instructions as closely as possible. So until further instructed **DO NOT** at this time:

1. Join a gym
2. Start exercising more than you normally do
3. Start dieting
4. Make any other changes in your life you believe will assist you in losing weight
 - a. Stop smoking
 - b. Stop drinking
 - c. Disconnect your TV
 - d. Toss out all junk foods



The reason my program works when other fail is because:

Correct small easy steps over time = Permanent Results

This is a law of nature as much as the law of gravity! If you try to do too much you'll master nothing, feel overwhelmed which then leads to more negative feelings and less motivation resulting in poor results resulting in less motivation—a downward spiral that leads to eventual failure!

There will be a time to join a gym, stop smoking, start eating differently, and perhaps even making decision such as disconnecting the TV. But if you try to do all this when you are not ready, you will fail.

We want these changes to **BECOME rather than to be **FORCED!****

This is a very important point! My goal is to teach you in such a way as the changes you need to make occur because you **WANT TO**, rather than you **HAVE TO**, to be healthy. Does this make sense?

What you can do now:

1. If you feel like going for a walk rather than watching TV, that's your inner sense of health speaking to you and you should listen to it. Do not do any exercise that is radically more than your body is used to.
2. If you feel like eating healthier, or stopping at a smaller portion size, that is great. That again is your inner sense of health speaking to you. Do not radically change your diet as far as caloric intake and types of foods.

Any changes you make to your eating or exercise must pass this simple yet effective question:

Is it comfortable and did it make me feel good?

Meaning, any change you make **MUST BE COMFORTABLE!** The change **MUST MAKE YOU FEEL GOOD!**

Going for a walk instead of sitting and watching TV will make you feel good. Eating a nice salad instead of a greasy microwaved burger patty will make you feel good.

Going for a run that kills you or eating only a plain boiled egg for dinner will make you feel **NOT GOOD!**

Anything that makes you feel **NOT GOOD** will never be established as a habit

Every habit you have developed, is because what you did makes you feel **GOOD!** Use this simple idea to know what to do to reprogram your habits.