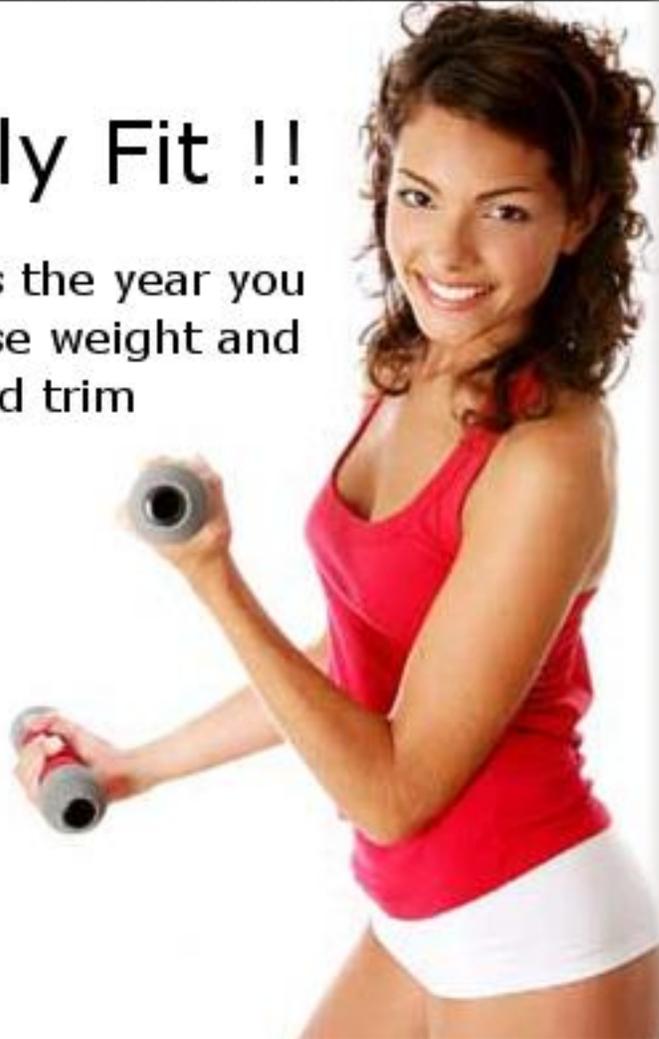


**Effective and Easy Weight Loss  
Tips and Techniques**

# Finally Fit !!

Make this the year you  
finally lose weight and  
get fit and trim



# Finally Fit !!!

Hi and thanks for grabbing your copy of Finally Fit!!

I am hoping that you will find Finally Fit a useful guide to get you started on your journey to weight loss and getting fit and trim.

The reason that this guide was put together is that I completely understand your frustration and the frustration of others on not being able to stick to your plan of getting fit and losing weight. I have been there and failed many times in the best as well.

Over the last year I have finally been able to break the cycle of failure and start making progress on losing the weight and getting fit. It hasn't been an easy battle and I have slipped a few times, however a fit lifestyle is finally becoming my reality.

This year I am going to take the changes that I made last year and build on them to be able to say I am finally fit and have achieved success and permanent changes in my life.

Just so you know last year I did drop almost 40 pounds of weight and dropped 2 sizes – this year I plan on getting off the remaining weight and drop another 1 – 2 sizes.

I am would love it if you would join me on this and also be able to say that you are Finally Fit at the end of the year.

*Stefanie Blackburn*

<http://www.success4fitness.net>

## **Table of Contents**

- ✓ **Introduction**
- ✓ **Things You need to do before you start losing weight**
- ✓ **Essential Elements of a Healthy Diet Program**
- ✓ **Pulling together the best program for you to follow**
- ✓ **Benefits of Exercise**
- ✓ **Key Factors in Successful Weight Loss**
- ✓ **Advice from others**
- ✓ **Time To Get Started**

## **Introduction**

Losing weight and getting fit and trim is something that most everyone adds to the list of New Year's resolutions. Unfortunately, this is a resolution that is often dropped pretty quickly and in most cases is not achieved. This doesn't have to be the case though.

Losing weight and getting fit is something that is obtainable for everyone, however it isn't easy. The steps to doing so are easy, but the key is in having the determination to apply them and follow through. Achieving this goal of losing weight and getting fit requires hard work and sacrifice – you can no longer have that cheese burger every day – and you must exercise.

Wouldn't it be nice to make this the year that you stick to that resolution and create the body that you desire? It is possible and you can do it, but it will take a commitment to do so and effort.

This e-book will cover some key information that you need to know to get started on your journey of weight loss and finally getting fit, but it is up to you to do the hard work.

Now let's get started covering some basics on losing weight and beginning this journey. Along the way you will also be given some additional resources that you can use in your journey.

## **Things You Need To Do Before You Start Losing Weight**

Contrary to what most people believe, weight loss is not a child's play! Even with the numerous diet plans available in the market, weight loss is still hard! Weight loss is more than just diet and exercise. This section will share with you things you need to do in order to achieve your fat loss goals successfully!

*Be committed:* You need to be serious and committed to your weight loss goal. Following a fad diet and losing some pounds quickly is not what I call weight loss. Real weight loss will occur only when you focus on healthy eating. When you eat

raw fruits and vegetables instead of fried, junk foods, you will consume fewer calories than now! When you consume fewer calories, you'll lose weight.

I know that it is all easier said than done. After all, I can hardly expect anyone to eat raw foods when they have thrived on junk foods for years. This is why I say that you must be committed to your weight loss goal. You will face tough times, you will feel tempted to 'cheat' and eat the fatty foods that used to be your friends, but if you exercise self-discipline at this period, you will successfully lose fat and become slim. That is how people have got rid of their fat tummy, and you can too!

In order to see weight loss you need to create a daily deficit – meaning you burn more calories than you take in. The following is a chart on how much you can lose depending on the deficit you create:

#### The Daily Deficit

450 calories	=	lose 1/8 pound a day, 11 lbs of fat in 90 days
900 calories	=	lose 1/4 pound a day, 22 lbs of fat in 90 days
1,100 calories	=	lose 1/3 pound a day, 30 lbs of fat in 90 days
1,600 calories	=	lose 1/2 pound a day, 45 lbs of fat in 90 days

The key however to creating a deficit is that you eat enough calories. Often when someone starts a diet they cut calories drastically and their body thinks it is starving and doesn't burn calories properly. You never want to drop below 1200 – 1500 calories per day.

If you weigh 140 – 150 pounds and are moderately active you need 2,000 – 2,100 calories a day to maintain that weight. If you added in a rigorous 30 minute workout you would burn 300 calories and then cut another 150 calories you would create a 450 calorie deficit and set yourself up to lose 11 lbs in 90 days by eating 1,950 calories a day.

Another major lifestyle change you need to make is that of your physical activity level. Up until now, you were probably used to a sedentary life, which is why you became overweight in the first place. Naturally, weight loss will occur only when you incorporate some activities into your life.

Exercises are good, but if you hate exercises, there are other ways to do it. You can lose weight by indulging in outdoor sports, swimming, dancing, running, etc; in

fact, any activity that makes you sweat will help you lose weight! You MUST move though and do something that burns calories.

I use and highly recommend the work outs by [Team BeachBody](#), there are several that you can choose from and they vary in the type and intensity, but all are geared for excellent and rapid results. You can find out more about these at <http://www.success4fitness.com> .

*Think healthy:* Thinking healthy is as important as leading a healthy life. Think about your future: imagine yourself with the slim body that you wish to acquire. If you keep that image in mind, it will keep you motivated and instill enough self-confidence in you to enable you to carry on with your weight loss efforts. On the contrary, if you always imagine yourself as fat and ugly in your subconscious, that is what you will become anyway!

You need to picture what you will look like once you have achieved your goal weight and fitness level. What will your life be like then? How will it be different and how will this impact your life? The key is to determine your true *Why* for losing weight and getting fit – Why do you want it?

Focus on diet programs which not only help you lose weight but even keep it off: Weight loss is one thing, but keeping the pounds off for the rest of your life is a different game altogether. I can tell you about several of my friends who though lost weight successfully, failed to maintain that slim figure for long enough!

It is easy to go back to your old lifestyle habits once you lose weight, since you think that you won't gain any more weight. However, that is totally wrong. Every time you eat junk foods, you WILL gain weight. That is why it is important to find a weight loss program that not only offers you tips and advice on weight loss but weight maintenance as well!

You need to look at losing weight not as a diet, but a lifestyle change that will become how you live your life. This should include healthy eating and regular exercise.

## **Essential Elements of a Healthy Diet Program**

Why is it so hard to lose weight? You would think there are not enough diet plans, but the reality is that there are more diet plans available than you can handle! Unfortunately however, there is a lack of good diet plans. By 'good' diet plan, I mean a plan that helps you lose weight permanently.

Most of the diets available out there just focus on 'quick weight loss', which is nothing, more than a myth. These diets prey on the gullibility of people. Usually those who seek instant gratification are attracted to these diets like moths to candle light. Almost always they discover that they have wasted money, time and effort on something that is totally worthless.

Even if your friend recommends a good diet program, you need to make sure that it really suits your body. Remember that your friend's recommendation reflects his personal belief and experience. It could be that he's used that particular diet program to lose weight, but since different people have different body types, no one size fits all. Sometimes you will even need to combine three or four diet programs into one, by taking the cream out of each diet plan and then changing/modifying it based on your needs!

There are some of the things about weight loss that is 'common knowledge'. For example, if you are serious about weight loss, you cannot keep eating junk foods. To achieve weight loss, junk foods must go out and raw foods must come in. Eating a food in its raw form would ensure that you consume the minimum amount of calories and supply the maximum amount of nutrition to your body.

So far as carbohydrates are concerned, it doesn't make sense to avoid them altogether because they are the primary source of energy for your body. What you can do is discard the simple carbs (such as sugar, processed foods, white flour, etc) and replace them with complex carbs.

As a matter of fact, your diet must contain the right amount of carbohydrates, protein, fiber, minerals and vitamins. You must eat enough, but neither more nor less. If you eat more, you will gain weight. But if you eat less, you will also gain weight. Why? When you eat less, your calorie intake is drastically reduced. With calorie reduction, there is a shortage of energy inside your body. To make up for the shortage, your body will burn your muscles. It will also store fat (instead of

burning it) so that it can use these fat deposits just in case there is a similar energy shortage in future!

This chart shows a good break down of how many calories are needed per day to sustain a person:

Estimate How Many Calories Your Body Needs									
Weight									
Lifestyle	110	120	130	140	150	160	170	190	200
Sedentary (exercise <1x/wk)	M 1,700	1,800	1,900	2,000	2,100	2,200	2,300	1,500	2,600
	W 1,500	1,600	1,700	1,800	1,900	2,000	2,100	2,300	2,400
Moderate (exercise 2-4x/wk)	M 1,900	2,000	2,100	2,200	2,300	2,400	2,500	2,700	2,800
	W 1,700	1,800	1,900	2,000	2,100	2,200	2,300	2,500	2,600
Active (exercise 4-6x/wk)	M 2,400	2,500	2,600	2,700	2,800	2,900	3,000	3,200	3,300
	W 2,100	2,200	2,300	2,400	2,500	2,600	2,700	2,900	3,000

As you can see from the chart above you do not want to cut your calories too drastically. Cutting your calories by too much will send your body into starvation mode and you will NOT lose weight. It is suggested that you never go below 1200 – 1500 calories.

A good healthy diet will contain the right mix of foods that contain protein, carbohydrates (breads, pastas, rice and fruit), fats and vegetables. Here are some good rules and guidelines that go with choosing foods from Team Beachbody (for more information see <http://www.success4fitness.com> )

## **Beachbody Rules for Choosing Foods**

- Use fresh vegetables to replace processed foods and you will lose weight
- Skinless white meat is generally a better choice than red meat (chicken and fish)
- Egg whites have less fat than whole eggs
- When looking at a plate of food you suspect is high in fat (like pizza) or carbs (like pasta) , eat half the helping you normally would – do NOT Overeat
- Choose low-density, high-fiber foods whenever possible

### **Proteins:**

- Choose lean meats (turkey, chicken, fish) vs. fatty red meats
- The portion of meat for a meal should be no larger than the palm of your hand (around 3 -4 ounces)
- Broil, grill or bake – never fry!
- Avoid cream sauces and gravy
- If you don't eat meat, substitute tempeh, tofu, low-fat dairy products, and legumes

### **Vegetables:**

- A large salad is great, but try to limit the dressing to one or two tablespoons, of low-fat or non-fat dressing like vinaigrette instead of a coating of creamy dressing, which can blow the whole reason for eating salad
- A side portion of veggies should be steamed or raw. Prepared this way, veggies have so few calories that you can pretty much eat them till you're full. A plate of veggies only has about 100 calories
- Avoid butter or cream-based sauces on veggies. Lemon juice, soy sauce, and mustard are good ways to add flavor without adding fat calories.

### **Breads, Pasta, Rice and Fruits:**

- Be sure to eat whole grains and brown rice instead of refined grains and white rice. The fiber will slow the sugar absorption so your body can better handle the sugars and not just store them as fat.
- Always choose whole fruits instead of juice
- Foods in this category are calorie dense, so limit yourself to three small servings per day

**Fats:**

- Avoid saturated and trans fats in red meats, full-fat dairy foods and processed foods. Always read labels
- Avocados, raw nuts, flaxseeds, and olive oil are great sources of essential fatty acids – just keep portions very small. Fat is extremely dense and has more than twice the calories per gram as protein and carbs

**Beverages:**

- A glass of water 30 minutes before a meal will help curb your hunger
- Try not to have a drink with your meals, if you must, limit it to a glass of wine, juice, nonfat milk, or best choice is water
- Avoid soda, beer, and hard alcohol as they are very calorie dense. Limit diet sodas to one per day, as too much can affect your body's pH level
- Coffee and tea (tea is better) are fine in moderation just don't add cream or sugar

## **Pulling together the best program for you to follow**

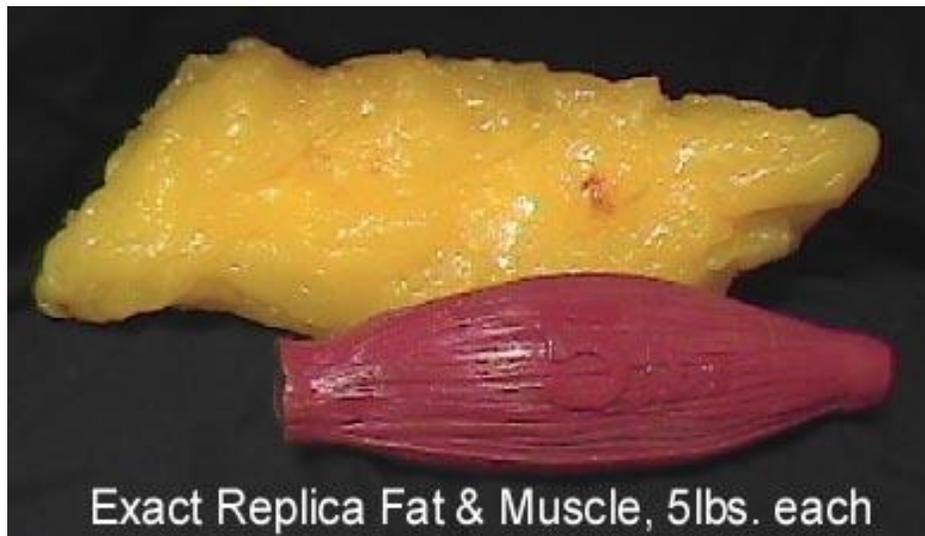
A good diet program is one which promotes healthy eating instead of restrictive diets. Healthy eating involves eating raw fruits and vegetables, getting rid of processed foods, fruit juices and soft drinks, eliminating red meat and replacing it with lean chicken meat, having whole grain wheat breads instead of white flour breads, eating foods that are rich in protein and fiber, etc.

A program that is healthy and will work the best will focus on good nutrition, portion control and enough activity. The goal is to feed your body properly and work your body and muscles so that you shed fat and replace the fat on your body with muscle.

I am sure as we begin to talk about building muscle if you are a woman you may be saying, "but, I don't want to bulk up". Many women think that if they start to build muscle they will bulk up and look really muscular, but that simply isn't true. Building muscle will help your body become fit and trim and will help increase your metabolism so that your body burns calories better.

A pound of muscle and a pound of fat are not the same. Part of losing weight and getting fit will involve building muscle and replacing fat with muscle. In this process of your weight loss and getting in shape you may notice that your clothes are fitting better, but you are not losing weight. This is caused due to the fact that

you are turning the fat into muscle. To give you a good idea of what is occurring below is a picture of five pounds of fat compared to five pounds of muscle.



Hopefully the above picture gives you a good idea of how muscle looks inside your body verses fat.

Remember that when it comes to weight loss, eating right is half the battle won. As for the other half, that can be achieved by doing regular workouts to shed fat and build muscle.

It is best to use a combination of workouts that incorporate both cardio to work your heart and shed fat and workouts that build your muscles. You can see some great examples of these types of workouts at <http://www.success4fitness.com> .

## **Benefits of Exercise**

By now I am sure you have realized that you will need to watch what you eat and incorporate exercise into your life in order to achieve your weight loss goals and fitness goals. I am also sure that you will see many benefits in doing this. I wanted to take a minute to share some additional benefits of exercise with you so that you can always remind yourself all the reasons why you are doing what you are doing as it is getting harder to do that last rep or that last 10 minutes of cardio.

### ***Regular Exercise Can...***

- ❖ Help you lose weight and reduce body fat
- ❖ Improve your physical appearance
- ❖ Increase your level of muscular strength and endurance
- ❖ Maintain your resting metabolic rate to prevent weight gain
- ❖ Increase your stamina and ability to do continuous work
- ❖ Improve fitness levels, or your body's ability to use oxygen
- ❖ Provide protection against injury
- ❖ Improve your balance and coordination
- ❖ Increase bone mineral density to prevent osteoporosis
- ❖ Lower resting heart rate and blood pressure
- ❖ Lower Body Mass Index (BMI), your fat to height ratio
- ❖ Reduce triglycerides and bad cholesterol
- ❖ Enhance sexual desire and performance
- ❖ Reduce heart disease risk and stroke
- ❖ Reduce the risk of developing certain types of cancer
- ❖ Increase insulin sensitivity, prevents type 2 diabetes
- ❖ Reduce your level of anxiety and help you manage stress
- ❖ Improve function of the immune system
- ❖ Improve your self-esteem and restore confidence
- ❖ Help you sleep better, relax, and improve mood

As you can see there are several reasons that exercise is important and there are several benefits that one can get from exercising.

## **Key Factors in Successful Weight Loss**

I am sure now you have a really good idea on what you need to do to achieve your desired weight loss and fitness goals. You have been provided with the amount of daily calories you need as well as how much of a deficit to create to achieve the desired loss. You have also been provided with a guide on what foods to eat. You also know that you need to do both cardio and muscle building activities in order to be successful.

Now it is time to discuss some key factors that help create weight loss and fitness success stories. These are items that those that have been successful have shared with others. These are the items that are often over looked and not covered.

### ***What keeps you motivated?***

Part of being successful on your journey to weight loss and fitness will be staying motivated to keep doing it. Here are some real life things that motivate others on this same journey:

- Results, when you see the numbers declining on the scale every week it's easy to keep going. 😊
- Making healthy food really yummy. It's easy to resist pizza when I'm making slow roasted lamb & hummus pita wraps with spinach.
- I thought to myself one day, "I only have one life, why just be average," or, "why be ordinary?" I want to be the one that gets the looks at the beach, and wear whatever I want because I'd have no fear of any fat hanging over my pants.
- Join a Gym - Having to pay for something every month is a good motivation to make use of it. After all, you have to pay whether you go to the gym or not - might as well make it worth the money.
- Having a weight loss / fitness buddy to work out with and be accountable to
- Being able to get into the smaller size jeans in the closet
- When people begin to notice
- Having a support group
- What really helps me is reading. When I read about ways to diet and improve my health that seems to provide the most motivation. I focus on feeling healthy and energetic and all the things I want to do with my family that involve physical activity, like camping and hiking.
- Having assistance with meal planning

### **Advice from others**

The following are some real life advice on what has worked for those on this journey with you:

- “My advice is to maintain a positive attitude. Even when you feel you have failed; try not to get too disappointed. Each day, each meal, each choice you make, each time you exercise you have a new opportunity to succeed. Yes that's very "Pollyanna". It's not always easy. Sometimes I have a hard time with it too, but it keeps me going.”

- “Incorporate weight resistance training at least three x's weekly. Does not have to be in a gym. Weight training: provides stronger bone density, builds lean muscle tissue which in turn lowers body fat %, enables you to drop clothing size independent of lbs weighed, burns a higher number of calories even at rest and allows you (within genetic reason) to control not just the weight, but the overall size and shape of your body. And for females - 15 mins of push-up every day.”
- “Keep your priorities in order. Know what's important, what you need to do, and make it happen.”
- “Don't weigh yourself. Don't obsess over it. Focus on eating right and increasing your knowledge about living healthy and the weight loss will follow, I guarantee it.”
- “It's not the number of times you fall off the horse that matters, but how quickly you get back up on the horse and ride. “
- “Surround yourself with friends and family who are positive and make you feel great! It's inevitable that you will have to deal with unpleasant people in the world, your friends need to support you and help you, not hinder you!”
- “What has worked for me? Baby steps! Even small changes incorporated as permanent habits one-by-one add up over time to a completely new and healthy life. That's how it is working for me at least.”
- “#1 is the most important, what you do or change, make sure it is something you can be happy with the rest of your life, not something you know in 6 months to a year you will have to stop.”
- “Make working out part of a daily routine... if you can do this... you won't be tempted to "skip the gym" as it will just be part of your every day "things to do" list!”
- “Commitment, you must not stop even if you feel tired. Push your limits because you will never reach a limit.”
- “Make the bulk of your workout strength training. Do some cardio, but you don't even really need a whole lot. Strength training, using exercises that use a lot of big muscles (squats, lunges, dead lifts), transforms your body fast and keeps your burning calories all the time, even when you are sleeping. If you're looking for bang for your buck, vigorous strength training is the way to go!”

A couple key items that have been found to help those on this journey to lose weight and become fit are having a support system and a way to keep them accountable. This is something that has helped me tremendously.

I found a supportive community in the [Team BeachBody community](#). This community offers several resources and tools that helped create a support system and a way of being accountable.

I use the tools in Team BeachBody to plan out my workouts and to log them daily. When I log my workouts I feel a sense of accomplishment and that I have been accountable to my plans. There is also a great community of others doing the same things that I can talk with when I have a struggle or a question and it is wonderful.

I am able to also plan out my meals based on my needed daily calorie intake.

To find out if the Team BeachBody community and support is right for you visit <http://www.success4fitness.com>

## **Time to get started**

It is now time to take the plunge and make this year your best yet. Don't let another year go by where you look back and say – well I didn't make it this year, maybe next.

Take the steps needed to be able to look back and see where you were before and where you are now.

Evaluate your diet, eliminate what you need to and get your calorie intake where it needs to be and step up that exercise – you can do it.

I am doing it – I made it ½ of the way there last year and will get the other ½ done this year and then there will be no looking back.

If you need some motivation on top of what has been provided you can check out the [Million Dollar Body Game](#) where you could win \$250,000 for transforming your body by losing the weight and getting fit.

Here are some success stories from previous Million Dollar Body Games:



Don't delay get started today on your journey to becoming finally fit. It will take time so don't get discouraged and give up. Setbacks will happen and that is ok, you just need to get back up and start again.

Start by cutting out the bad foods in your diet and replacing them with healthy choices and then begin to monitor your calorie intake. Once you have your diet started in the right direction begin to add exercise in so that you can begin to shed fat and build muscle.

Good Luck and Congratulations on your decision to finally get fit!!

*Stefanie Blackburn*

<http://www.success4fitness.net>