



# Wellness GUIDE

## It's time to **CREATE** yourself...

Congratulations for making a commitment to allowing me on your mission to GET fit & healthy! We're going to spend the next 5 weeks (and beyond) together, and many things will change for you—not just your body. This program and the friends you will make in it will be a very special experience. And when you get through it, you'll be joining a very special community of graduates.

This program is about getting YOU the results and life you want no matter what your time constraints. No more excuses—it's time to take control of your health!

Get **COMMITTED**  
to **YOU**

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**Fitness**

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**Nutrition**

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**Support**

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Discover a Fit,  
Confident,  
**HEALTHIER** you

**CHALLENGER**

# WELCOME TO THE Sisterhood!

LIFE  
BEGINS  
AT THE  
END OF  
YOUR  
COMFORT  
ZONE

## Group rules

- Check in Daily with the group and the chat
- Every Monday post your goal for the week on the group wall
- Saturday post a summary of your week on the group wall. What did you overcome, what were your obstacles, did you struggle or are you celebrating progress?
- Participate in the daily assignments!
- Be respectful, positive, and most of all HAVE fun!

## Group Files

In the team files you will find a Copy of:

- Links to Resources
- Journal
- Nutrition Guide
- This Guide
- "Getting Started" Plan

*Once added to the group  
→ START here and follow  
the instructions*

## It's about to get REAL

This group is a "Safe" judgment free zone! Each person's journey will be different as there are no "one size fits all" weight loss programs. Each of us will have different struggles and strength's, obstacles and goals. Getting fit is all about finding what works for you, your body, and your lifestyle. I want to ask that you HAVE FAITH: In the diet, in the workouts, in ME, and most of all IN YOURSELF!!! Because I need to see that you EACH are COMMITTED and have the same amount of SKIN in the game... I'm going to ask you to get uncomfortable, push harder, and dig DEEPER than you have before... I am SERIOUS about you changing your life... but I need to see that YOU ARE as well! ♥

## "You can be the PROBLEM, or the SOLUTION"

Planning to work out doesn't count as a workout. Good intentions don't show up on your body. What I am trying to say is that you are going to have to SHOW up every day and give it all you got. If you start skipping workouts and hitting the drive thru's the only person you are cheating is YOU and that's something I don't want to see happen!!

What I'm saying is the buck STOPS with you! You have to be committed to making this change and it's something you are going to have to work on daily. You can't expect to wake up overnight and have rock solid willpower. Sticking to commitments comes from doing what you say you are going to do over and over again. The more times you follow through on what you say you are going to do, the more self-trust you build and the more discipline you acquire.

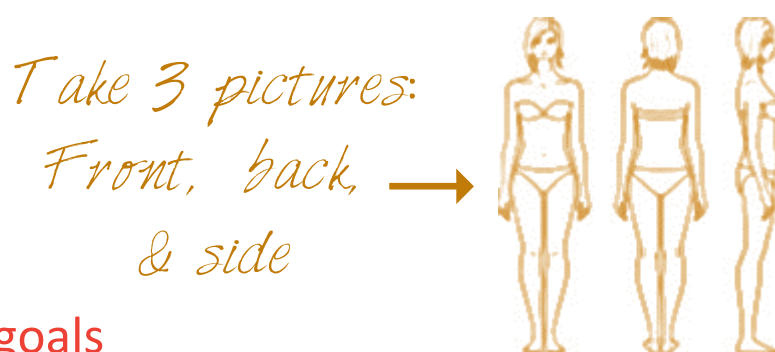
## Take your day one Pictures and Measurements

One great way to track your progress with your weight loss program is to take before and after photos. As much as you might hate the thought of getting your picture taken, the differences you will see can motivate you to even higher weight loss goals. And those "before" photos can be a huge wake-up call!

Pick an uncluttered spot for your photo shoot, either in front of a wall or in front of a door. Wear a sports bra and shorts, or a fitted top and shorts. You want to be able to see your waist, belly, thighs. Take the photo in portrait mode instead of landscape. You'll want to see yourself from head to toes, close enough to see some details. If you can get someone to take the shots, great! If not, use a timer — and a tripod, if you have one. I find 10 seconds is just enough time to get into place. Look straight ahead, and smile if you want. But don't cheat by sucking in your gut. Take another one in a pair of pants that are tight and that you are wanting to fit into.

Make sure you take weight as well as, measurements on your left and right arms and thighs, your waist, hips, and chest. Sometimes the scale does not accurately represent your weight loss. Having these numbers is a great way to see all the inches you are losing! You can use the progress tracker to log all of your numbers!

Your photos are a great way to VISUALLY see your progress. How often you take "after" photos is up to you. I'd recommend once a month, and then on the last day of any challenge you're doing. Take the pictures in the same spot and under the same circumstances, wearing the same clothes, if possible.



## Set REALISTIC goals

Hundreds of fad diets, weight-loss programs and outright scams promise quick and easy weight loss... you know what?! They are full of it... The foundation of every successful weight-loss program remains a healthy diet combined with exercise. Let's face it, most of us have ridden the weight loss roller coaster a time or two... some of us have never gotten off. We are here because we want long-term weight loss and the only way to accomplish that is to make permanent changes in our lifestyle and habits.

Setting weight loss goals is an important part of any diet plan. But, focusing on your final weight loss goal can sometimes be discouraging when you have a lot of weight to lose. Instead, try setting short term goals that won't seem so overwhelming. It's all about taking Baby steps!! If your goal is to lose 50 pounds, realistically, you should aim to lose no more than 2 pounds a week. This means about 8 pounds per month and an overall timeframe of approximately 6 months. That might seem like a long time, but losing weight at a slow and steady pace is the best way to keep those pounds off.

**Weekly Goals:** The shortest weight loss goals you should set are weekly goals. If you set your goals any shorter than that you could end up being discouraged by normal daily weight fluctuations. It's important to be realistic with your short term weight loss goals. A drop of 1-2 pounds per week is a healthy and realistic goal. Don't be surprised if, in the beginning, you easily surpass your weekly goal. Weight loss usually tapers off over time. Keeping your goals realistic helps you to be prepared for plateaus. Remember to weigh yourself at the same time of day for the most accurate count.

**Monthly Goals:** Monthly goals are far enough apart to see some real encouraging results, but not so far as to seem unattainable. A goal of 5-8 pounds per month is a good goal to shoot for. Remember, you're not just trying to lose weight; you also want to keep it off. Slow and steady always wins the race.

**3 Month Goals:** If you have been on track with your shorter weight loss goals, by now you may be 15-24 lbs. lighter! It's time for you to reward yourself. Consider treating yourself to a massage or a new hairstyle. You could probably use some new clothing by now since the weight has been coming off, so treat yourself to a mini shopping spree. Shopping for a beautiful, nicely fitting outfit can be the incentive you need to keep on track. However you decide to reward yourself, know that you deserve it.

**6 Months and Beyond:** Some of you may have reached your ideal weight by now. If so, the focus turns more towards keeping the weight off. Keeping active is important for maintaining weight loss. Now is the time to consider changing up your exercise routine. Enroll in that dance class you've always wanted to try. If you've been walking on a track, try hiking some hills instead. Just do whatever it takes to keep from getting bored. This goes for your diet too. Experiment with some new, healthy recipes. Remember, maintaining your weight is a lifelong process.

**Alternatives to Weighing in:** Sometimes the scale is not the best way to keep track of your progress. If you've been working out, you could be building muscle as you're losing fat. This might not be readily apparent by weighing yourself. Some people find that they actually gain a few pounds in the beginning. If you are frustrated by your scale, try using a tape measure instead. Use it to measure around your upper arms, thighs, chest, waist and hips. Keep track of the numbers. This will give you a good idea of how your body is being transformed.

*One pound at a time...*

## Make “YOU” a PRIORITY

“I Don’t Have Time” is a Big Fat Lie I know we’ve all said it before. We say “I don’t have time” when life gets busy or when we don’t want to feel guilty about skipping something:

- If we don’t have enough time to work out, it’s easier for us to be okay with wheezing after a flight of stairs.
- If we don’t have enough time to prepare healthy meals, it’s easier to accept our next unhealthy meal through a drive-thru window.
- If we don’t have enough time to clean the house, it’s easier to accept living in filth.
- If we don’t have time to apply for new jobs and make new connections, it’s easier to accept staying in a dead-end job.

It’s not that we don’t have time... It’s that it’s not a priority... Starting today, you are no longer allowed to utter the words: “I don’t have time”... Instead, you will say, “It’s not a priority.”... Watch how quickly your perspective shifts when looking at life’s challenges this way:

- “I’d love to work out, I just don’t have time” becomes “exercising isn’t a priority.”
- “I’d love to eat healthier, but I don’t have time to cook” becomes “eating healthy isn’t a priority.”
- “I don’t have time to travel” becomes “traveling isn’t a priority.”

Suddenly, the excuse of time becomes an incredibly weak argument. Crap. Stings a bit, huh? The real truth... How you choose to spend your time defines your priorities. I spent MANY years telling myself that I wanted to lose weight, but I never seem to find the time. It wasn’t because I didn’t have enough time, it’s because I never made it a priority! After lying to myself for years, I finally started taking action.

Your priorities, whether you say so or not, are where you choose to spend those hours. Make the most of them! It’s amazing how much time you can find when you minimize the things that aren’t important to make room for the things that are. Where are you spending your time? Just like keeping a food journal can be eye-opening, try tracking your time over the next few days in 30-minute blocks. How much time do you spend on the computer, watching TV, etc.? I bet you’ll be surprised. I challenge you, starting today, to erase the phrase “I don’t have time” from your vocabulary. Instead, say “it’s not a priority.”

# NO MORE EXCUSES

## CLEAN up your DIET

Did you know that it doesn't matter if you work out 7 days a week and feel like you're killing yourself to get healthy and take the weight off? Have you ever said to someone that the way you are is because other people in your family have a weight problem or that it's genetics because you've been fat your whole life? (I know I have.) It is true that genetics will play a role in your weight loss program, but it's not the key. 80 percent of your weight loss program should be focused on what you put into your mouth. Nutrition is far more responsible for creating your shape and your health than you ever could have imagined.

The healthy, beautiful body equation for lasting fat loss is 10 percent genetics, 10 percent training, and 80 percent nutrition. No, there isn't a typo in that formula haha. 80 percent nutrition is correct, and it's logical if you take a moment, step back, and really think about how nutrition affects your entire system.

This was a bit of a foreign concept to me in the beginning... well deep down I knew but was in complete denial. I'd always had the understanding that if you wanted to lose weight and get healthy, you needed to eat less and exercise more. I've learned that's not always the case. It's amazing how much your thought process changes and the things you put in your mouth change when you're educated just on how the body works and what it likes and needs in order to run like you want it to. Remember there will be days when life gets away from you and you don't get that workout, as long as your nutrition is on track my body will maintain its progress. When I have those days I remind myself, "It's okay. 80% of this is nutrition." And then I keep going in hopes that the next day will allow me to get back to my routine.

“FITNESS ISN'T A  
PUNISHMENT; IT'S A  
BLESSING. NUTRITION  
ISN'T RESTRICTIVE; IT'S  
HEALING. HEALTH ISN'T A  
ONE-SIZE-FITS-ALL THING  
AND MAY NOT LOOK THE  
SAME FOR EVERYONE,  
BUT IT IS SOMETHING  
WORTH FIGHTING FOR.”



## AVOID Starvation Mode

“Starvation-MODE” what the heck is THAT? I’m not going to lie... I asked myself that very question. Rather than helping us to reach our target weight more quickly, severely restricting calories and/or meal skipping actually prevents our bodies from burning unwanted fat stores effectively and this means your weight loss will slow down to a standstill!

When you do not eat for a prolonged period of time, like when you skip a meal, your body goes into starvation mode and your metabolism slows down to preserve energy. This means that your body will compensate for the inadequate calories by burning fewer calories than it normally would. When your body goes into starvation mode it does not draw from its fat stores for energy instead it use lean tissue or muscle to provide it with some of the calories it needs to keep functioning. This directly leads to a loss of muscle, which in turn lowers metabolic rate so that the body needs fewer calories to keep ticking over and this makes it virtually impossible to lose weight. Once you do eat, your body will store those calories, rather than use them, because it expects you to starve it again.

You are more likely to lose weight if you eat regularly throughout the day. Eating smaller meals more frequently helps keep both your blood sugar and your metabolism on an even keel allowing you to feel better, burn more calories and lose weight.

## GET Protein

Protein is a calorie sizzler, an immunity booster and the holy grail of a healthy, strong body. The moment it leaves your fork, protein starts slimming your waistline. High-protein foods take more work to digest, metabolize, and use, which means you burn more calories processing them. They also take longer to leave your stomach, so you feel full sooner and for a longer amount of time. The cumulative effect has obvious benefits for anyone who is watching their weight.

Eat some protein with every meal and even snacks! Protein has a different relationship with your digestive system than other foods-basically protein doesn't cause the intense spike in blood sugar that carbs do. With a smaller effect on your blood sugar comes a smaller crash. That means sustainable energy throughout the day and fewer cravings.

Experts advise consuming between 0.8 grams and 1.1 grams of protein per pound of your body weight. That's 160 grams to 220 grams a day for a 200-pound woman. On the high end if you're very active, and on the low end if you're trying to lose weight. If both apply, shoot for an amount somewhere in the middle—around 190 grams. If you’re anything like me you are probably saying to yourself... “I don’t want to get bulky... won’t this BULK me up?” the answer is NO!

Let's just get this out of the way before moving on to the benefits of protein:

- Protein is only important for bodybuilders?
- Women shouldn't use protein powder because they'll get bulky?

Wrong and wrong. First of all, if you don't want to be a bodybuilder, that's okay. You won't be unless you try really, really, REALLY hard. It takes years of effort, discipline, and lucky genetics to build that

kind of muscle. But, you should know that lean muscle is the foundation of some of the hottest bodies out there. Just look at Jamie Eason or Jennifer Nicole Lee.

Second, ladies, you won't bulk up from eating protein or taking protein powder. You won't even get bulky from lifting heavy weights, bodybuilder style. You don't have the testosterone for it. Instead, you'll support lean, sexy muscle that creates a toned and curvaceous physique. It also aids in muscle recovery making it the perfect post workout drink!

## Cut out Emotional Eating

Everyone comfort eats now and then. Sometimes it is in small ways, such buying an ice cream cone as a pick-me-up after a stressful day at work or nibbling on chocolate when you are hormonal. While small doses of stress eating aren't necessarily physically dangerous, they can quickly develop into a habit. This habit can lead to weight gain or prevent you from losing weight. Comfort eating is particularly problematic when it is the primary way you calm and soothe yourself. Thankfully, you can break the habit of emotional eating. It takes practice and finding creative, new ways to calm and successfully soothe yourself. The goal is to rewire your brain to identify non-eating behaviors as comforting.

**Step One: Be Aware.** Much of emotional eating is so unconscious that it happens automatically or below your awareness. Before you jump into changing this behavior, keep a journal. Write down where and when you stress eat. The office? Late at night? When you are alone? Are there any patterns that you notice? Every time you eat, ask yourself how physically hungry you are on a scale from 1-10. If you are a 6-10, it's likely that you are physically hungry. A 3, for example, would signify that you are stress eating.

### Common Triggers

- Boredom
- Feeling deprived – choosing a very restrictive diet or avoiding certain groups of food altogether. Often, once you give in and eat a “restricted” food, over-whelming feelings of guilt occur and cause you to continue to consume the food to help overcome the feelings.
- Feelings of hate or disgust with own body, negative self-worth
- Simply eating out of pure habit
- Lack of energy & feelings of being tired – looking to food to perk up
- Using food as a substitute for human love & comfort
- Feeling overwhelmed
- Hurt feelings or feeling upset with someone
- Lack of willpower

**Step Two: Replace.** If you take out stress eating, you have to put something in its place. Write down a concrete list of all the healthy, non-calorie related activities that give you a quick pick-me-up on a tough day. Here a few simple examples.

- **One-Minute Fix:** Sip black tea. A study in the journal of Psychopharmacology found that subjects who drank black tea experienced a 47% drop in their cortisol levels, the stress



hormone that makes you crave food, compared to 27% among the subjects who drank a placebo.

- **One-Minute Fix:** If a foot rub would hit the spot better than a snack, try self-message. It can be as simple as sitting down, taking off your shoe and placing your foot over a tennis ball. Rub your feet, one at a time, over the top of the ball until they feel relaxed and soothed. According to the study in the International Journal of Neuroscience, self-massage slows your heart rate and lowers your level of cortisol.
- **One-Minute Fix:** Talk it out with a friend or relative. Talk about the emotions that you're feeling instead of trying to cover them up with food. Do a reality check on your hunger. Ask yourself questions such as: Am I truly hungry? How long ago did I last eat? Is my stomach really grumbling?
- **One-Minute Fix:** Mindless eating soothes raw nerves by numbing out emotions. Munching gives you a moment to zone out from daily commotion and stress. Instead, actively choose a healthy way to clear your mind. Try a quick breathing exercise. Slowing down your breathing can trick your body into thinking you are going to sleep, which in turn relaxes your body. Close your eyes. Stare at the blackness of your eyelids. Slowly breathe in and out. Count each time you inhale and exhale. Continue until you get to 10.

**Step Three: Practice!** There are many ways to calm yourself without calories, such as journaling, meditation techniques, connecting with others, self-message, distraction, guided imagery and ways to pamper your senses. Try out these techniques when you aren't craving food so you get them down pat before you really need them! You wouldn't want to learn how to swim in rough water. Nor do you want to learn the art of soothing yourself without food on a very stressful day. With practice, you can end emotional eating.

## When you HIT the WALL: Plateau's

There is nothing more discouraging than stepping on the scale after a week of diligent dieting and grueling workouts and not seeing any drop in the number. The plateau is a common problem among dieters and can typically be waited out, but there are measures you can take to keep your metabolism fired up even as you reduce your caloric intake.

The best way to break a plateau is to keep your salt intake below 2,000 milligrams a day and drink lots of water. Make sure you're not eating any processed carbs, period. That's right — no chips, sugar, white flour, and so on. And hit your workouts hard! The boost in exercise will make your body swell and hold fluids for a few days, but after a week you should see the benefits on the scale.

You can also try playing around with your caloric intake a bit, varying it from day to day throughout the week while keeping the same weekly total. The body can't slow its metabolism to adjust to a



reduced caloric intake if the intake isn't fixed from one day to the next. If mixing up your caloric intake just isn't working, make sure you're not slipping up on your diet or slacking off in your workouts. I'm serious; it happens.

As with any program, there will be highs and lows, but stay with it. Your body is trying to adjust to the weight loss. Don't get scared or discouraged. Just be patient and know that you are worth it!

## When the going gets TOUGH keep moving FORWARD

Everyone knows that getting fit isn't easy, and it's hard to keep going when things get tough. When you fall down, get right back up and try again. You can't control everything, so why beat yourself up about a missed workout or diet slip up? It's even OK to miss a workout once in a while says fitness expert Tony Horton. "It doesn't erase all of the hard work you've accomplished up until now, or mean that you have to start over," says Horton, "just pick up where you left off when you were able to"

SOMETIMES, YOU NEED TO STEP  
OUTSIDE, GET SOME AIR, AND REMIND  
YOURSELF OF WHO YOU ARE AND WHO  
YOU WANT TO BE.

When I fall out of exercise, due to illness or injury or disruption from things going on in my life, it's hard to get started again. I don't even feel like thinking about it, sometimes. But I've always found a way to break out of that slump, and here are some things I've learned that have helped:

**One Goal.** Whenever I've been in a slump, I've discovered that it's often because I have too much going on in my life. I'm trying to do too much. And it saps my energy and motivation. It's probably the most common mistake that people make: they try to take on too much, try to accomplish too many goals at once. You cannot maintain energy and focus (the two most important things in accomplishing a goal) if you are trying to do two or more goals at once. It's not possible — I've tried it many times. You have to choose one goal, for now, and focus on it completely. I know, that's hard. Still, I speak from experience. You can always do your other goals when you've accomplished your One Goal.

**Find inspiration.** Inspiration, for me, comes from others who have achieved what I want to achieve, or who are currently doing it. I read other blogs, books, magazines. I Google my goal, and read success stories. I also find inspiration in our Sisterhood.

**Get excited.** This sounds obvious, but most people don't think about it much: if you want to break out of a slump, get yourself excited about a goal. But how can you do that when you don't feel motivated? Well, it starts with inspiration from others (see above), but you have to take that excitement and build on it. For me, I've learned that by talking to others about it, and reading as much about it as possible, and visualizing what it would be like to be successful (seeing the benefits of the goal in my head), I get excited about a goal. Once I've done that, it's just a matter of carrying that energy forward and keeping it going.

**Post your goal.** Print out your goal in big words. Make your goal just a few words long, like a mantra, and post it up on your wall or refrigerator. Post it at home and work. Put it on your computer desktop. You want to have big reminders about your goal, to keep your focus and keep your excitement going. A picture of your goal (like a model with sexy abs, for example) also helps.

**Commit publicly.** None of us likes to look bad in front of others. We will go the extra mile to do something we've said publicly. Now, you don't have to commit to your goal in your daily newspaper, but you can do it with friends and family and co-workers, and you can do it on your social media pages. And hold yourself accountable — don't just commit once, but commit to giving progress updates to everyone every week or so.

**Think about it daily.** If you think about your goal every day, it is much more likely to become true. To this end, posting the goal on your wall or computer desktop (as mentioned above) helps a lot. Sending yourself daily reminders also helps. And if you can commit to doing one small thing to further your goal (even just 5 minutes) every single day, your goal will almost certainly come true.

**Get support.** Find your support network, either in the real world or online, or both.

**Realize it will COME and GO.** Motivation is not a constant thing that is always there for you. It comes and goes, and comes and goes again, like the tide. But realize that while it may go away, it doesn't do so permanently. It will come back. Just stick it out and wait for that motivation to come back. In the meantime, read about your goal (see below), ask for help (see below), and do some of the other things listed here until your motivation comes back.

**Stick with it.** Whatever you do, don't give up. Even if you aren't feeling any motivation today, or this week, don't give up. Again, that motivation will come back. Think of your goal as a long journey, and your slump is just a little bump in the road. You can't give up with every little bump. Stay with it for the long term, ride out the ebbs and surf on the flows, and you'll get there.

**Read about it daily.** When I lose motivation, I just read a book or blog about my goal. It inspires me and reinvigorates me. For some reason, reading helps motivate and focus you on whatever you're reading about. So read about your goal every day, if you can, especially when you're not feeling motivated.

**Call for help.** Having trouble? Ask for help. Email me. Jump into our chat or group . Get a partner to join you. Call your mom. It doesn't matter who, just tell them your problems, and talking about it will help. Ask them for advice. Ask them to help you overcome your slump. It works.

**Think about the benefits, not the difficulties.** One common problem is that we think about how hard something is. Exercise sounds so hard! Just thinking about it makes you tired. But instead of thinking about how hard something is, think about what you will get out of it. For example, instead of thinking about how tiring exercise can be, focus on how good you'll feel when you're

done, and how you'll be healthier and slimmer over the long run. The benefits of something will help energize you.

**Squash negative thoughts;** replace them with positive ones. Along those lines, it's important to start monitoring your thoughts. Recognize negative self-talk, which is really what's causing your slump. Just spend a few days becoming aware of every negative thought. Then, after a few days, try squashing those negative thoughts like a bug, and then replacing them with a corresponding positive thought. Squash, "This is too hard!" and replace it with, "I can do this! If that wimp Leo can do it, so can I!" It sounds corny, but it works. Really.

**Reward your healthy behavior.** Make your commitment to exercise fun by documenting it. Use fitness apps, or even rewarding yourself with health and fitness gifts. Buy yourself a new workout outfit, a new pair of running shoes, a reusable water bottle, a healthy eating cookbook or a new fitness DVD. You know what will motivate you, so tell yourself you can have it when you commit to getting fit.

**BELIEVE YOU CAN**  
*And you will....*

think **BIG**  
believe **BIG**  
act **BIG,**  
and the results  
will be **BIG.**