

How to get back in shape

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

How to get back in shape

What the “get-slim-fast” diet
makers don’t want you to know

Brought to you by

www.vitalcoaching.com

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

What happened?

Imagine this situation:

You are in your 40's

You used to train, exercise and even compete in sports when you were a teenager.

Down the line, your career needs forced you to give up any form of exercise.

Add to this family life, comfort and big meals and you are now 20 or 30 pounds too heavy.

You know you don't like it!

You know it is bad for your health!

You know as well that if there was a simple and easy way to get back in shape you would take it, right?

In your mind, loosing weight means sacrifice, cravings, suppression, lots of effort, time, energy and money.

This is why you resist even getting started with it.

What I want to give you is a winning mind set.

I want to help you change these beliefs because they are simply wrong and disempowering for you on the long term.

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

In a way it's not your fault

Walk into a supermarket and simply check the products.

80% of what is sold is bad for you!

This is not a joke!

80% of what you find in supermarkets is simply junk!

Sugar filled lines of cookies!

Addictive chips and other junk snacks!

Lines and lines of bottled calories filled soft drinks!

Ready made frozen meals!

Tined! Heavily processed! Fat! Frozen!

This is only a small sample.

What is left? What is good?

Greens and vegetables

Fresh and dried fruit

Grains

Etc.

Now, very little effort is put into marketing these delicious red lentils!

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

While the big billboards give you endless discounts on the pure addictive salt filled potato chips!

And there is not just one type of them!

Dozens of brands with the most exciting names!

It is all a set up!

That's the power of blind marketing.

The companies who make these products don't care about your health.

They don't care about what these chips do to you.

All they want is to sell them to you and make money!

This is why you might be a victim of all this hype!

This is why after 20 years of simply grabbing what is there, you end up with 30 unwanted pounds.

The environment you live in simply strongly stimulates unhealthy overeating.

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

Until you wake up!

It might be an alarming trip to the doctor who tells you about your cholesterol levels.

It might be a sudden frightening chest pain.

Or it might be this simple realization that walking up 10 steps should definitely not put you out of breath.

Waking up is good!

From being in the victim role, you actually decide to take action.

"I am sick of it!"

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

The next challenge

Once you decide to shift habits and loose some weight, you are faced with the same challenge.

Everyone knows it: 80% of weight loss processed products and diets don't work.

Yes! They work for while!

Yes! You might see some temporary results.

Unfortunately, for 80% of those who try them, the results do not last!

It is dramatic because here you are, taking the right decisions, asking for some help and guidance with this and bam! You are smashed with the same type of marketing hype about weight loss products.

I'll be very direct!

The manufacturers of these products have no interest in you winning the weight loss battle.

On the long term, the only reason they get rich is because people tend to get heavier every day!

The makers of these weight loss products are in business!

Sure, they might have some good underlying intention originally but somewhere down the line, this simple desire to have a positive impact is overtaken by the greedy need for money.

I know this is not a nice picture, but if you want to succeed, you need to wake up!

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

If “get slim” products don’t work, what does?

Well, you can imagine that I didn’t bring you all the way here to tell you that there is no solution.

There is a solution!

The solution is to establish healthy life style habits that you can easily maintain on the long term.

The reason why “Get slim” diets don’t work is because they are like a marathon.

They force you to suppress cravings and they can’t be maintained on the long term.

It’s clear that you don’t want to live on pink powder, right?

There are two direct and simple aspects to get back in shape:

- **The first one is to move your body more, train and exercise.**
- **The second one is to change what you eat and the way you eat.**

It is simple!

Now we are going to add some essential ingredients to this recipe.

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

Move your body

When you exercise, it has to be fun and varied.

If you train always with the same routine, your mind tends to get bored.

You might do it for a while and then step out of your routine without knowing why.

So, variation is a key!

The second key is to focus on fun!

If you base your training purely on discipline without considering the enjoyment factor you simply suppress a whole side of your natural needs.

You have to work with your nature not against it.

Any approach which is based on suppressing your needs only works short term.

You can discipline yourself immensely for a period of a month, two or even three.

If you are really good at it, you are going to maintain a steal discipline on your training even for a few years.

However, it will be tough and lots of effort!

If this is your line of training, I respect that.

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

Now, if you already tried the strong discipline approach and it does not work for you, I want to give you an alternative.

Your mind has a high resilience quality.

This means that you tend to adapt to new conditions.

When you start training, the goal is not to head for two gym hours a day for a month until you collapse.

No way!

If you do, your full motivation gets instantly burnt out and you are back to the starting point.

You want a gradual approach!

Even if you start with 5 minutes of stretches some evenings, it is great!

What matters is that you can maintain it on the long term without major effort.

The goal is not to win a short term challenge.

If you have not been training for a long time, think of a 3 to 6 months target.

Let's say that you feel that your body is only at 50% of what it could be.

You give yourself 3 to 6 months to get back to a level of 90%.

According to what you feel, you choose the target that is right for you.

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

If you are already in good shape, you can head for instance for finer waste line within a month.

If you need to loose lots of weight, you can decide for instance to reach your target within 5 months.

The way you set up your target is really up to you.

If you have no idea, I could help you with this of course.

What matters the most is that you set up a training approach that you can easily maintain on the long term.

This last sentence is the key!

You don't want a fast sprint to a top level to realize that you fall back instantly within the following period.

Many people step out of their training routine because they don't enjoy it or get frustrated in one way or another.

Conquering your health is a battle.

It is a battle to gain back control over how your body looks and feels.

For any battle you need an effective strategy.

You want a plan or approach which does make sense and leads you to victory in 90% - 100% of the cases.

Discipline is based on will power.

Yes! You do need some form of discipline.

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

How to get back in shape

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

However, what you need even more is to be able to enjoy your training or exercise every time you do it.

We'll go deeper into more training approaches later.

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

Healthy diet

By diet, I simply mean what you eat.

Your body is an intelligent system.

If I ask you, I am sure you can tell me exactly what is healthy for you and what is not.

It is simple: your instincts have the answer.

You do have a natural health and vitality instinct.

All you have to do is wake it up again.

Most of what you will hear now is common sense.

You don't need to be a dietician to understand it.

You don't need to read manuals or even research the topic in any way.

You know for instance that a raw apple is more healthy than one which has been frozen previously.

You know that a cooked vegetable loses some life force when you cook it.

You know that a drink which contains preservatives is probably less healthy than one which doesn't.

This is simply common sense.

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

How to get back in shape

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

You know exactly if you overeat at a given meal: you get this clear signal that your body no longer needs food and that your stomach is full.

When you want to shift aspects of your diet, you want to follow your instincts and common sense.

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

To be followed...

This is how far I got into this material for now.

There is of course more I need to share but I'll leave it for now and follow up on this e-book when I can...

I wanted to post these ideas as soon as possible so that you can start taking action and get back in shape straight away.

In the meantime, you can post your questions, experiences and feed back in my forum.

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

This will give me an idea of where you are at and what information would be the most useful next.

I do as well offer one on one coaching. It's not free but very affordable.

I am not here to get rich. I am here to help you.

Check this link to see how it works:

<http://vitalcoaching.com/allareas/signin.htm>

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

Live help

Before you go, I want you to do something simple:

Check the following link:

<http://vitalcoaching.com/allareas/signin.htm>

This is the way to access live help if you need it.

While you read this e-book, you might have questions rising in your mind and think:

“ ...I wish I could talk about this with someone... ”

You can!

No need to isolate yourself with this challenge.

Getting targeted feed back and extra strategies for your situation is easy and direct.

I made it very simple for you.

Remember this magic link and know that live help is only minutes away the moment you need it:

<http://vitalcoaching.com/allareas/signin.htm>

That's it!

Enjoy!

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>

How to get back in shape

Live help for fitness and diet challenges

<http://vitalcoaching.com/livehelp.htm>

What's next?

Again, for live help, visit this link:

<http://vitalcoaching.com/livehelp.htm>

This short e-book is brought to you by

www.vitalcoaching.com

Visit the site for more.

If you want to contact me directly, send me an email at:

francisco@vitalcoaching.com

Take care

vitalcoach

Post a question in the forum

<http://vitalcoaching.com/vitalforum/viewforum.php?f=56>