

TWP Fitness 10 Week Weight Loss Program



"training for the sport of life"

We'd like to congratulate you on your decision to reach for your Personal Best. It's easy to settle for mediocrity but the fact that you have committed to striving for excellence is extremely commendable.



Here's to getting in the BEST shape of your life!

Congratulations!

Section One

PROGRAM EXPECTATIONS



Be Fit not Fat

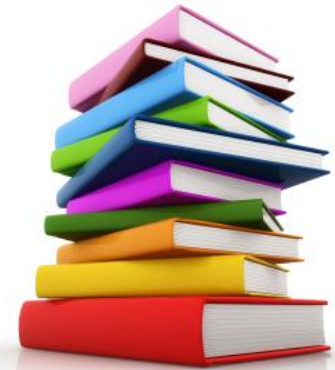
- The #1 reason members consult with us is to help them manage their weight.
- The common cycle...



- To break this cycle, you need to fully understand the complexity of the process.
- If you are going to be successful at initiating these major changes in your life and, more importantly, maintaining the changes, you are going to have to establish a very **strong foundation for success.**

Be Fit not Fat cont.

- There are literally **hundreds** of exercise, nutrition, fat loss and health books on the shelves at book stores
- You read them and then they go back on the bookshelf...
- This program uses a manual which is an **interactive tool**. You will regularly be asked to:
 - **take action towards your goals**
 - **to answer questions and complete homework drills.**



This will force you to implement the information immediately and keep your goals at the top of your priorities!

Section Two
LIFESTYLE COACHING
Setting the Foundation for
Success



Laws of Success

- Did you know that **70% of people who start an exercise program drop out within the first two to three months?** These are not good odds!
 - After working with various members for a number of years, we've noticed a number of characteristics that separate those who succeed with their fitness program from those who do not. Those who succeed buy into the "**Four Laws of Success**". You must be ready to accept these laws without exception.
-
-

Setting a Strong Foundation

- Readiness
- Internal Motivation
- Fitness Wish List
- SMART Goal Setting
- Obstacles and Strategies
- Missing Workouts (much more than just missing a workout)
- Overcoming Excuses



Section 3

CARDIOVASCULAR EXERCISE



Benefits of Cardiovascular Exercise

- Learn about aerobic and anaerobic exercise
- Design your own weekly cardio program
- Measuring Intensity
- **Heart Rate Training Zones** – where is yours?



Section 4

RESISTANCE TRAINING



Benefits of Resistance Training

- Resistance Training Guidelines
 - Repetitions, Sets
- Resistance Training Principles
 - Execution, Breathing, Failure, Fatigue
- Compound Movements
- Integrated/Combination Training



Section Five

NUTRITION



Nutrition Principles

- What is a Calorie?
- Diets Don't Work!
- Learn the **9 Nutrition Habits**
 - Fiber, Carbs, Fats, Protein
 - Water, water, water
 - Meal and snack planning
 - Nighttime nibbling
 - Portion Control
 - Grocery Shopping
 - Environment
 - Alcohol
 - Vitamins

Section 6

LIFESTYLE CHANGES

*Our deepest fear is not that we are inadequate.
Our deepest fear is
that we are powerful beyond measure.*

*It is our light not our darkness
that most frightens us.*

*We ask ourselves,
who am I to be brilliant,
gorgeous, talented and fabulous?
Actually, who are you not to be?
You are a child of God.*

*Your playing small doesn't serve the world.
There's nothing enlightening about shrinking
so that other people won't feel insecure around you.*

*We were born to make manifest
the glory of God that is within us...
And as we let our own light shine,
we consciously give other people
permission to do the same.*

*As we are liberated from our own fear,
our presence automatically liberates others.*

Move that Body!

- Sleep
- Stress
- Thoughts
- Breaking Old Habits
- Love your Body!



ACTIVITY & NUTRITION LOGS

- You will be keeping one!
- We will be reviewing it!
- You will learn to love it 😊

Remember..



*“What lies behind us and what lies
before us are small matters
compared to what lies within us..”*

-Ralph Waldo Emerson