



A PERSONAL TRAINING FACILITY

www.wipersonalfitness.com

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New Berlin, WI 53151

ARE YOU A MOM?

WELL GUESS WHAT?

YOU CAN GET IN SHAPE
AFTER CHILDREN,
INJURIES, AND OTHER
LIFE HURDLES WE HAVE
TO DEAL WITH, AND IT IS
NOT TOO LATE!

KEEP READING...

DISCLAIMER: Before beginning any new exercise or nutrition program, consult your physician, particularly if you are pregnant, nursing, elderly or have any chronic or recurring conditions. The information within is not meant to replace or be used instead of advice from a qualified medical professional. The publishers and authors of this information are not liable or responsible for any injury or mishap caused directly or indirectly from using this information. You are solely responsible for how you perceive and use the information within, and do so at your own risk.

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Let's Get Started:

Dear Friend,

It's the ultimate goal, isn't it, to still be a head tuner in a bikini...even after 1, 2, 3 or more children!

It may sound far-fetched, unbelievable, impossible. Maybe you've tried to get your body back before and failed. I can understand you might be skeptical.

But let me tell you, you must banish that skepticism now, because it's keeping you from the bikini body of your dreams.

Why believe what I say?

Well, as the premier health and fitness professional in town, I have helped literally hundreds of moms, just like you, reclaim their body after having kids.

In fact, some of my clients even look better now than they did in their teens!

It's not magic and it's not rocket science. Just follow these seven steps, and you too can have a hot bikini body – no matter how many kids you've had.



Discover how to get your bikini body even if you're "Octomom".

#1. Eating Right

When you're pregnant you are literally eating for two. Problem is, after the baby, sometimes old habits die hard. So it's important you jump on nutrition before anything else.

What you should NOT do is diet. The human body wasn't really designed for dieting. Your internal system works perfectly as it is, but dieting throws everything out of sync.



Not only is this dangerous, it also does not make for *lasting results*, because you simply can't diet your whole life.

The secret is just eating right.

Getting into a good routine is crucial. For starters, commit to eating SIX times a day! Doesn't sound right if you're trying to lose weight, but six times a day is the perfect number.

Three healthy snacks and three square meals.

With a routine like this you are never hungry (so you don't overeat at main meals) and you'll always have plenty of energy, making it easier to live your life – and exercise, which we'll talk about next.

One big tip for making healthy eating easy is putting together a weekly meal plan.

With a plan you always know what you're going to eat and when so you shouldn't run short on food and need to get fast food, or cook unhealthy microwave meals.

Stick your plan somewhere you'll see it.

#2. Getting Physical

There's a two-word phrase you should always remember when exercising and that is *progressive resistance*.

It simply means making your workouts harder as your body adapts. If you don't continue to push yourself, you'll see results but they'll quickly plateau.

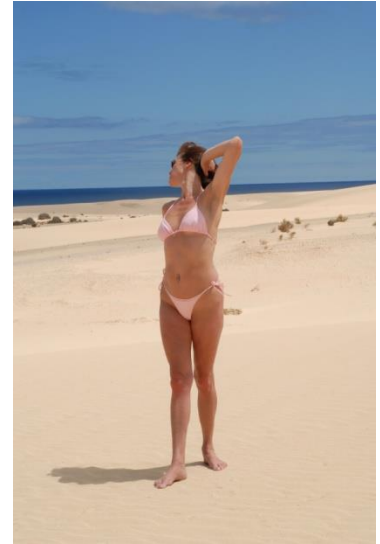
Every other week or so increase reps, reduce rest time, add more weight, or do anything that makes you work harder.

You'll continue to see results fast.

Another very important point about exercise, especially for women, is to make sure you are doing some form of weight training.

Most women jump back at the thought because weight training sounds like something you do if you want to look like Arnold Schwarzenegger. Most women obviously don't.

That's an extreme example of course. Done correctly, weight training is an excellent way to tighten and tone. More muscle increases your metabolism too, so you burn fat and calories faster.



#3. The Habit of Healthy Living

The big secret to lasting health and fitness is *consistency*.

You can't start and stop, you have to stick with it. That's why many describe health and fitness as a "lifestyle". You really need to live it. Make it a habit. Make it a hobby.

Anytime you give up you're back to square one. And all that work will have been for nothing. Essentially it's better you not start until you are 100% committed to getting the body and the health you deserve.

If you really want this, here's an easy way to be consistent...

Plan.

By the month, by the week, by the day. Whatever works for you. It's important you put something in writing though. That really cements in your mind what your goals are and what you need to do to achieve them.

Like I mentioned earlier, put together a meal plan to make sure you're eating healthy.

And, put together a weekly exercise plan to make sure you're sticking to your workouts.

The first month is always the hardest. But once you're past that you're on easy street because you will have pulled yourself into the health and fitness lifestyle.

#4. A Little Help From Your Friends

Arguably the best way to keep yourself motivated and committed to achieving that bikini body is with the help of friends.

Remember when you were younger, you'd do things because “everyone else was”.

Fact is, with friends getting fit becomes fun. It makes it easy to commit. And then there's the accountability factor too, which again makes committing easy. Just as your friend won't let you miss a workout, you won't let them.

What if you don't have any friends that care about their image?

Well, first of all I find that hard to believe. I'm sure there is someone in your circle of friends dying to get a hot bikini body. Ask around.

But if not, you can always go online. There's a website called www.meetup.com where you can search for local walking, running, hiking, cycling, exercise, nutrition groups, and more!

Or, you can go onto www.craigslist.com and place a free classified ad in your local area looking for an exercise partner.

Like I said, having someone who'll do this with you is huge, so take action on this today. The sooner you do, the sooner that bikini body is yours.

#5. Staying Motivated

As we've talked about, social support is an excellent way to stay motivated. Another great way is to keep the *why* you want to get in great shape top of your mind.



Who is it you want to look great for?
Yourself? Your husband? Your friends?

Or maybe it's a health issue. Maybe you don't feel 100% anymore. Or it might be even more extreme, and you want to make sure you live long enough to see your kid's graduation.

Whatever the case, think hard about what that motivator could be for you. Remind yourself of it every day.

Write it down.

Or see if you can get a visual aid, like a poster of the "hot bod" you aspire to in your bedroom...

So every night when you go to bed, and every morning when you wake up, you will see the point of all the exercise, and healthy living.

Better still, take weekly photos of yourself and track your results.

#6. Keeping a Diary

Results from journaling have been amazing!

USA Today, for example, reported that just keeping a simple food diary can **DOUBLE** weight loss!

Those results are **AMAZING!**

And to think it's from something so simple. You just have to write up about your health and fitness experiences at the end of each day.

The reason why I think journaling works so well is because you are re-affirming your goals, you review your progress and can plan ahead.

It gives you clarity, and a step-by-step way of achieving your results.

Journaling also makes you accountable. You're not going to consistently write at the end of each day "I did nothing to improve my health and fitness today" because, frankly you have more pride than that.

It takes 15 minutes.

Try it.

#7. The Importance of Recovery

As you launch yourself into a new exercise regime, it'll be a bit of a shock to your system. That's why it's important to start slow, and allow for recovery.

If you do not, you can injure yourself or tire yourself out. And if you miss workouts because of that, you mess with consistency and essentially go back to square one.

There are three key ingredients for an effective recovery...

Hydration. Obviously you lose plenty of water when you workout, so be sure to re-hydrate after your workout. Plenty of water and drinks especially designed for post workout. Soft drinks like cola are not ideal because caffeine is a diuretic, meaning it makes you urinate more, leading to more fluid loss.

Protein. Protein shakes right after a workout are great because they help build and repair muscle. As we've discussed, muscle is an important factor for weight loss.

Rest. Lastly, recovery happens over time so make sure you rest. If you have an office job, morning workouts are great because you then get to sit on your butt all day, giving your body a chance to heal. But if you have a physically demanding job, then maybe think about exercising after work.

Recovery is another key factor that you have to account for, and yet few do. Not many people will know to take a protein shake after exercise for example.

Now you do though, so no excuses.

What To Take Away From This Report:

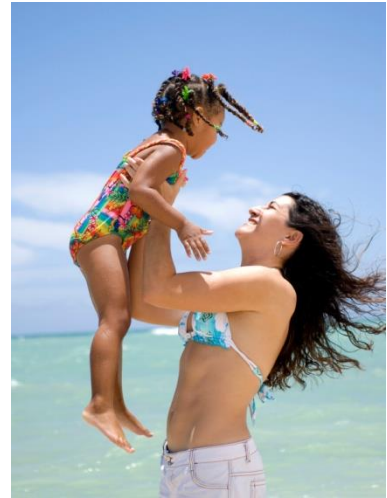
The big secret now is taking action. You know what to do, and probably always did. Hopefully you've learned a few new tips in here to help you stay committed and stay focused.

Here are all 7 action steps for you:

1. Put together an exercise plan.
2. Put together a meal plan.
3. Commit to being consistent.
4. Get friends in on the act.
5. Find YOUR motivation.
6. Journal (track your results and plan forward).
7. Allow for a full recovery.

If you can make a start on them today, I guarantee, within a month or two, you will be shocked by the results, and at how fast it is to get a hot mom bikini body when you really go for it.

If you would like any additional help at all, or expert advice (highly recommended), I encourage you to take advantage of your free fitness and weight loss diagnostic consultation using the gift certificate below.



\$87.00 value

FREE FITNESS & WEIGHT LOSS DIAGNOSTIC CONSULTATION

Expires in 30 days, claim right now!

___ **Yes!** I want to schedule a private consultation with you to discuss hiring you as my coach. I understand that your services are “in-demand” and your time is limited. That’s why I’m acting now to take advantage of this gift certificate (an \$87 value), and requesting to schedule a private Body Diagnostic Consultation with you at your next available appointment.

During my Body Diagnostic Consultation, you will give me a complete fitness assessment, and then share exactly what I need to get in the best shape of my life including:

- Specific to me information from a qualified expert
- Finally! Actionable advice on how I can achieve my health and fitness goals
- The opportunity to sign on with you as a client, and get fit and healthy once and for all. If there’s availability, I understand you are the premiere health and fitness experts in town, and demand is huge!
- ***And so much more!***

I’m sick of wasting my time on false solutions and promises that don’t deliver. I’m ready to commit 100% to do what it takes to achieve my goals and take action now.

Furthermore, I understand that if I’m able to hire you as my personal coach, my success is 100% guaranteed. I’m not only going to get maximum health, fitness, and weight loss results in minimum time, but I’m going to build a solid foundation to ensure I maintain my results **FOR THE REST OF MY LIFE!**

That is why I am calling your office right away to claim this gift certificate and schedule my Body Diagnostic Consultation.

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*** BONUS REPORT ***

How To Choose A Personal Trainer

A Guide To Making An Informed Decision So Results Come Quickly And Last Forever

OK, you've decided it's time to "get in shape".

Finally, you're ready to look better and feel better the sensible way – through nutrition and exercise. Because time and experience has shown you the truth:

Diets don't work, ab gizmos don't work, and infomercials are a joke.

You're finally ready to get real and transform your body once and for all.

You've heard the amazing success stories, watched many a late night episode of "Extreme Makeover", read about the celebrities' secret weight loss weapon...

And have decided to seek out the guidance of a **personal trainer**.

But not all personal trainers are created equal, so how do you find the right personal trainer for YOU?

1. They must be certified by a nationally accredited institution.

The gold standards for certification agencies are the American Council on Exercise, National Strength and Conditioning Association, and American College of Sports Medicine.

A qualified trainer should at minimum have a certification with one of these agencies. But that just means they've passed the "baseline of standards" to call themselves a personal trainer. It does not mean

they are good at what they do or can deliver a specific result. There is a big difference between a “trainer” and a “fitness professional”.

2. They should do more than just “take you through a workout”.

A top quality fitness professional does more than just “take you through a workout”. Anyone can count to 15 and hold a clipboard.

Look for a coach who will educate you about all the components necessary to achieve optimal health and a fitness result. Your trainer should review nutrition education with you, educate you about proper supplementation, review resistance training (whether that be balance training, core work, stability balls, medicine balls, etc.) and cardiovascular exercise to maximize fat burning, improve your flexibility to avoid injury and speed recovery, and really walk you through all the steps that encompass the “mental development” side.

Goal setting, putting together a plan of action, and then holding you accountable and supporting you through the entire process is absolutely critical to your success.

3. Ask for proof of results.

A top fitness pro should be able to do more than just talk about results. They should be able to prove they deliver. Ask for proof of clients’ results. Do they have before and after photos of clients, testimonials, references? Can you speak with a client to inquire about their experience working with them? If a fitness pro can’t offer this kind of concrete proof, be careful.

4. Ask for a guarantee.

According to a Consumer Reports study, there is more dissatisfaction in the diet industry than any other industry. That’s crazy. Think about

it: if you took your car to a mechanic, you'd expect it to be fixed, not come back with two or three pings and a loose belt!

Working with a fitness professional should be the same as any other industry. If they aren't willing to guarantee your results, find someone who will. Spending your time and energy without a guarantee of results is like going to that terrible mechanic!

Don't waste your money – or more importantly your time – working with someone who can't offer an iron-clad guarantee of your success.

5. Look for someone who will empower you for life!

A great fitness coach does more than just help you achieve your goals. A true professional teaches you the foundation of knowledge so you will no longer be lost in the “sea of confusion” when it comes to all the diet and exercise hype.

The foundation of knowledge and correct technique you'll learn will allow you to maintain your results for life!

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