



**Top 6 Tips  
To Slow The  
Effects Of  
Aging NOW!**

Here at WPF, we know how life can take its' tole on the body. So often people find themselves in last place when it comes to who they care for, but this **MUST** change if you're going to truly improve your health. When you're at a point in life where you feel like you truly aged or are beginning to see the effects of aging then you really need to take this Tips Sheet seriously. Print it out, hang it on your fridge, and read over it daily to move toward your health and fitness goals!

**Step 1 - Know your starting point and track your progress.** You can't manage what you can't track. Objective data is the only thing that matters when it comes to tracking you progress. Yes, we do want to "feel" better, and you will with exercise in your life, but to truly understand if your program is working the data needs to be there. Take a starting weight, use a reliable body composition analyzer, etc. Then you have a true path to setting goals and achieving success.

**Step 2 - Drink more water.** 9 out of every 10 Americans are chronically dehydrated. This is a problem. Water is the easiest thing for us to get, and we essentially get it for free, but it is the most highly ignored aspect of nutrition. Half your bodyweight in ounces per day is your absolute minimum, and you should generally shoot for 100 ounces or more per day with any notable physical activity.

**Step 3 – Understand input vs output.** Being overweight is unhealthy, this is a fact and we have taken obesity to a new level in the United States. We over consume and we are not physically active enough to compensate for our level of consumption. You need to have an understanding of how much you are consuming on a daily basis and make sure that you replace that caloric intake with enough physical activity.

**Step 4 - Training with intensity, but train safely.** Your body is not like anyone else's. Each individual human body is different as if it were a fingerprint. Therefore every human can't exercise the same way. Your optimal intensity level and your optimal exercises may not be the same as the person next to you. This is why it is important to focus on training with intensity, but never sacrificing your safety by attempting an exercise or an exercise program just because someone else does.

**Step 5 - Prioritize daily movement.** This one is simple. Make sure you move every day, whether it's a workout or walks with the dogs. Life on the couch is a life not worth living, we were given legs for a reason. Use them every chance you get.

**Step 6 – Watch the booze.** We know it's not good for us but we rely on it in good times and bad. One of the best things you can do for yourself is to cut it out! While we can get by with some moderate alcohol intake, your health will always thank you more by not drinking at all.

**BONUS: Step 7: Get a coach.** Stop trying to figure this all out yourself! Be accountable to others and get the guidance you need before wasting endless hours wondering what to do in the gym or what you should be eating!

We really appreciate you taking the time to download and read it! We've helped so many people like you who are desperate to improve their health and fitness but just can't find the time, energy, focus, or motivation to get it done. I want you to know we are here to help! Give us a call, stop in, or check out the website with the information below if you would like to chat. We'd love to spend a few minutes getting to know you and your goals. Our mission is to help people just like you get back their confidence and vitality. We'd love to one day feature you as one of our success stories, just like these folks...



# Ava T.



**What made you decide you wanted/needed to start a program?** I was at my heaviest weight after moving away from my gym and not signing up for another membership at a new gym. I got really lazy and eating was my hobby. After seeing the results Ryan had gotten with his clients I decided to try the Christmas Challenge and see where that took me. I saw phenomenal results and continued on with my training program.

**What results have you achieved since starting your program?** I have lost 30 pounds since starting the program on 11/20/17. I have gained muscle and look forward to my training sessions with Ryan.

**What do you like best about your program/having a trainer?** I've had a personal trainer before at my local gym. Machine after machine he would just go through his cookie cutter routine he did with everyone and not really putting forth much effort. I was never sore or even broke a sweat from many workouts there. He did not hold me accountable for anything and therefore saw no results. It is like night and day difference since I started with Ryan. He checks in with you daily on your eating and your body soreness. He pushes you during your workout and doesn't let you get lazy on your form.

**What would you say to someone on the fence about starting a program?** If you haven't seen much progress with anything you've tried, I highly recommend seeing Ryan. He will get you results you never thought possible!



# Beth E.



**What made you decide you wanted/needed to start a program?** I decided to make a change in July of 2017 after I had gone on vacation with friends and could barely walk up a flight of stairs without pain and shortness of breath. I originally asked my son if he'd help me get in shape, and he told me to call Ryan. I did, and have never looked back. I began with WPF on July 24, 2017.

**What results have you achieved since starting your program?** The weight loss of 60 pounds is really only the tip of the iceberg. I have found confidence that I never knew I had. I am not afraid of my closet anymore – clothes are now my friend, not the enemy. As a compulsive overeater, I am gaining control over my eating, and understand why I used to eat the way I did. My body has been completely transformed, and I no longer suffer with debilitating knee pain, and I have no more shortness of breath. I am strong... inside and out!

**What do you like best about your program/having a trainer?** Having a trainer puts a person into your life who makes you accountable. Ryan goes above and beyond by constantly staying in touch with regard to the exercise and eating. He takes an interest in each of his clients and really gets to know them so he can help them to the best of his ability.

**What would you say to someone on the fence about starting a program?** Do it!!! And do not let the money be what stops you. We ALL spend money on many different things in our lives. Personal training is an investment in yourself, that pays dividends which last a lifetime! I can honestly say that I have never spent money on myself that has mattered more than this has.





# Brian W.



**What made you decide you wanted/needed to start program?** I had a 4 year stretch of health issues which frustrated my efforts to lose weight. Medications caused me to gain weight and surgeries kept me from being as active as I wanted to be. My body was feeling the effects of the extra weight with joint pain, fatigue and general body aches. I knew I had to make a change. With a knee replacement in my future it was very important that I lose weight. I had tried on my own without much success. I knew that I would need help. When the health issues were resolved and I had my doctor's approval to resume normal life, I started researching personal trainers. I thought Ryan matched what I was looking for and decided to give him a try.

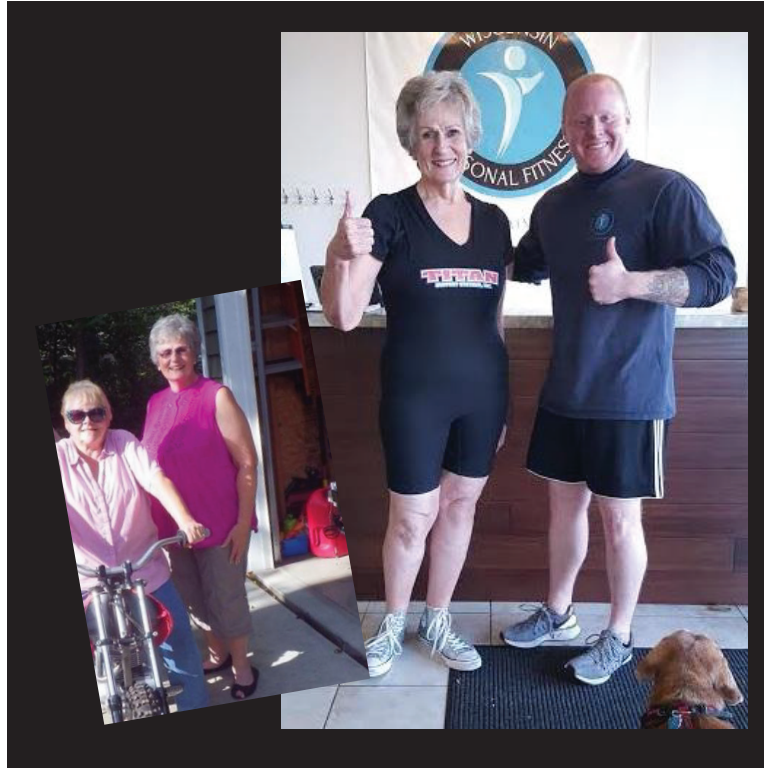
**What results have you achieved since starting your program?** I have lost more than 40 pounds so far. More important than the scale is how I feel and the effect on my health. My joints and body don't hurt like they did before I started. My blood work has made great improvements and my doctor has discontinued most of my medications.

**What do you like best about your program/having a trainer?** Ryan challenges me every workout. I work hard but we still have fun and I'm getting great results. It's not just an exercise program. There is also a focus on what I eat, not just calorie count, but the balance of macronutrients (protein, fats, carbs) that keeps the weight loss on track. I've tried personal trainers before that just focused on exercise and it wasn't as effective as this program.

**What would you say to someone on the fence about starting a program?** I signed up in July 2017 for 1 month to give it a try. It's now February 2018 and I'm still doing the program. This has been very good for me. I have so much more energy than I did last year. If you're reading this, you must be looking for a change; what you are doing isn't working. Give it a try. I wish I would have done it sooner.



# Darlene K.



Darlene has lost over 100 lbs in 9 months and she feels better than she ever has, she listened and followed the instructions and good things happened. It can be the same for everyone that jumps into a program.

**What made you decide you wanted/needed to start a program?** My creeping weight gain to the level of morbid obesity, feeling lousy, not liking what I saw in the mirror, and my fear of becoming less self-sufficient. A good friend, who is an avid exerciser and has had a personal trainer for years, encouraged me to do the same. Her advice was to get a gym that was close to home, make sure you're comfortable with the membership base, and get a trainer you feel you can enjoy working with. That's why I joined Oak Creek Fitness and got Ryan Norton as my personal trainer.

**What results have you achieved since starting your program?** Every six months I have a full blood panel done. My doctor was elated with the positive results in every category plus the scale showed a 100lb weight loss! This was all due to my lifestyle change of exercising, eating healthy, and the "eagle eye" of my awesome trainer, who knows how to keep me on track. But, the greatest achievement is how I feel. It is wonderful feeling happy again and having that extra "spring in my step!"

**What do you like best about your program/having a trainer?** I look forward to each training session because it's fun, hard, rewarding work. There isn't a session I don't laugh or have a good time with my trainer who is supportive, encouraging, and gets me the results I'm wanting. Plus, it is such a positive atmosphere-friendly, helpful, and everyone, staff and gym members, cheers you on.

**What would you say to someone on the fence about starting a program?** Don't wait! Give it a try. I truly mean it when I say. "It's the best money I've ever spent!"