

INTRODUCTION

NEWBIE FITNESS ACADEMY

TODAY'S GAME PLAN

- ▶ What you're going to learn how to do
- ▶ All about the outcome
 - ▶ Where should you be at when you finish the Academy
- ▶ Guide to the content (and staying organized/not overwhelmed)

OH AND BY THE WAY:

- ▶ Let's have some fun with this!
- ▶ Yes, there will be challenges and frustrations
 - ▶ But YOU CAN do this!!!

YOU ARE GOING TO LEARN HOW TO:

1. Change your mindset - Start with 'Why?'
 - ▶ He who has a why to live for can bear almost any how
2. The ONE thing you can do right now to improve your health and fitness
 - ▶ SLEEP!
3. An eating strategy to lose weight without dieting or changing the food that you eat
 - ▶ It's not about what you eat but when you eat

YOU ARE GOING TO LEARN HOW TO:

4. You're gonna learn how to exercise
 - ▶ No gym membership or equipment required!
 5. Designing your ideal lifestyle
 - ▶ Putting it all together
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- ▶ Each module has an introduction video - watch it first!
 - ▶ We want you to be action takers

WHAT IS THE OUTCOME?

1. A way to eat and lose weight without dieting or changing the food that you eat
2. You're going to learn how to workout
 - ▶ Demo videos for movements and workouts

HOW DO I KEEP THIS ORGANIZED?

- ▶ Introducing the NFA Course Planner
 - ▶ Located in the Bonus section
 - ▶ Grocery list
 - ▶ Easy to follow recipes

MY ADVICE FOR GETTING THE MOST OUT OF THE ACADEMY

- ▶ Health is not about the weight that you lose but about the life that you gain
- ▶ Take your time but always take action
- ▶ Don't be afraid to go back
- ▶ Everything flows together so I would go in order
- ▶ Have fun. You've got this!