

# DO THIS



# NOT THAT

## FITNESS RESULTS CHEAT SHEET





# WELCOME!

Ready to take your fitness to the next level -

## **AND FINALLY GET REAL RESULTS YOU CAN SEE AND FEEL?**

This cheat sheet will help you blast through the biggest hurdles separating you from your goals.

It's packed with clear, easy-to-follow action steps that will help you avoid common pitfalls ... and get your results on the fast track!



At Body Fixers, we help men and women transform their body and mind in record time. We will create a realistic action plan that works for you. We help you focus on exercise, nutrition and lifestyle habits, all while providing you with around the clock accountability and support.

Want a sneak peek into how we've helped hundreds of men and women do this?

**Click here** to check out some success stories and learn how our simple approach can help you, too.

**COMMITTED TO  
YOUR SUCCESS,**

*Garvin Walsh*

Body Fixers Head Coach



# DO THIS, NOT THAT FITNESS RESULTS CHEAT SHEET



#1

**UPGRADING YOUR  
LIFESTYLE**



**EXERCISING TO  
LOSE WEIGHT**

Working out will help you lose weight and burn fat, but it's just a small piece of the puzzle.

Instead, if fat loss is a goal, make sure you also focus on:

- ✓ *The foods you eat (including how much)*
- ✓ *Moving more during the day in general*
- ✓ *Managing your stress*
- ✓ *Getting 7-8 hours of sleep every night*

It's all about creating a lifestyle that helps support your long-term health and fitness goals - and leaves you feeling GREAT.

## ✓ PUT IT INTO ACTION

Make a list right now of actions you can take to upgrade your lifestyle to support your goals. Do it now, while it's at the top of your mind.

Then choose ONE action and focus on it for the next 7 days. Add a new one each week and watch your results explode!

#2

**TAKING SMALL,  
STRATEGIC STEPS**



**GOING  
ALL IN**

When you first start tackling a new goal, it's normal to be excited and make big plans to do ALL the things.

But that can be a recipe for burnout, frustration, and even injuries.

Instead, come up with a plan that works with your lifestyle and that you can follow even when your schedule is busy.



### PUT IT INTO ACTION

We are big fans of setting “baseline” and “stretch” goals.

- **Baseline goals** are easy-to-reach “minimum” goals that you can hit even on the busiest weeks (like getting 3 x 30-minute workouts a week).
- **Stretch goals** are a little harder to reach (like 5 x 45-minute workouts a week). They are perfect for weeks you have more time.

Set baseline and stretch goals for yourself – and then hold yourself accountable for meeting your weekly goal. (Our **Coaching Programs** can help you with this!)

This approach allows you to be consistent with your routine, which will help you build the momentum you need to reach your goals.

#3

**FOLLOWING A  
WELL-ROUNDED ROUTINE**



**BEING A  
CARDIO BUNNY**

For decades we were taught that doing lots of cardio was the best route to getting fitter and healthier.

And it IS important... but so is resistance training.

Strength training will help you get stronger and reshape your body, and like cardio, it has a long list of health benefits like a faster metabolism, better blood sugar control, and improved heart health (to name just a few).

### PUT IT INTO ACTION

Make time for at least two total-body resistance training workouts every week. That's the minimum suggested by most major health and fitness organizations.

If you're not sure what kind of strength workouts will work best for your goals, work with a coach, or join our [FACEBOOK GROUP](#) for tips.



#4

## DOING IT ANYWAY



## WAITING TO FEEL MOTIVATED

Motivation is awesome when it strikes – but the truth is, it comes and goes for everyone (even for the most motivated people).

Instead, **DECIDE** that you will commit to a workout routine, and then actually **DO** it.

You will find something amazing happens when you follow through on your commitment to yourself: your motivation will skyrocket!

Over time, sticking with your commitment to yourself will make it easier to keep going.

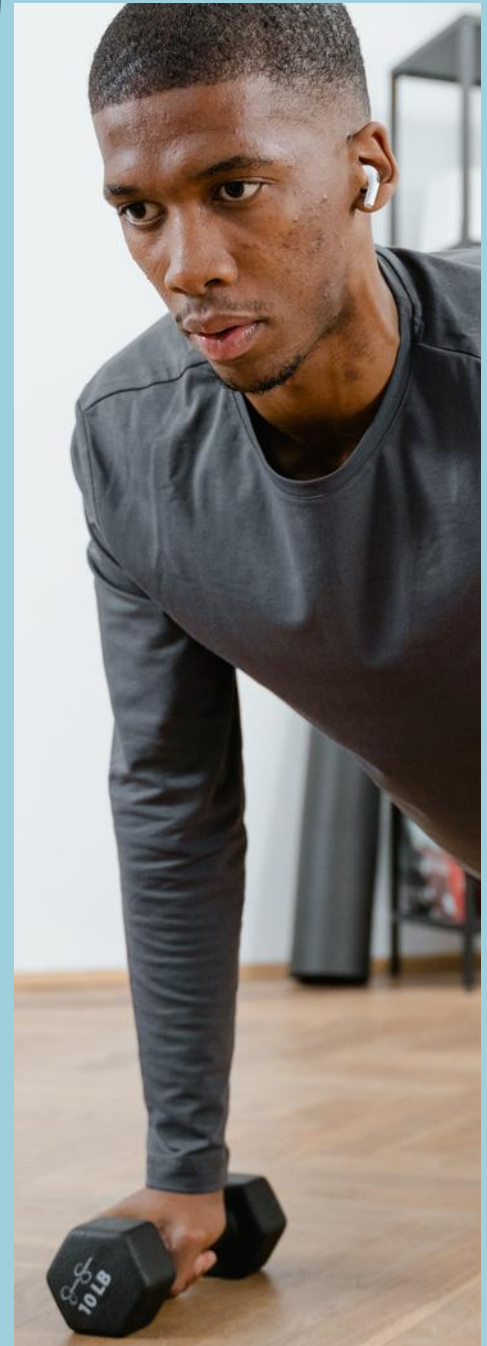


### PUT IT INTO ACTION

Make your workouts non-negotiable.

This is why item No. 2 on this list – creating baseline goals you can meet even when you're super busy – is so important.

Grabbing a quick 5- to 10-minute workout is better than no workout at all, because it reinforces your workout habit.



## #5 HAVING A PLAN > WINGING IT

Knowing what to do - and when to do it - can feel overwhelming.

There's so much info out there it's mind-boggling. It can be tempting to make up your workouts as you go, or to do the same old, same old exercises and routines.

But not having a plan is like going on a trip without a map. How do you know that you'll eventually reach your destination?

### ✓ PUT IT INTO ACTION

Come up with a plan that will take you step-by-step from where you are today toward your ultimate goal.

This will not only make it easier to stick with your workouts, but it can also make sure you're covering all your bases so you get the most results possible out of your exercise time. Our [Coaching Program](#) can help you with this!



WE LOVE OUR AMAZING

# CLIENTS



*Dan Before*



*Dan After*

**MORE INFO**



#6

**TAKING REST AND "EASY" DAYS**



**GOING HARD 24/7**

It's easy to get caught up in the "go hard or go home" mindset, especially because intense workouts can bring you important benefits for your health, fitness, and body goals.

But that's only if they are balanced with rest days, lighter workouts, adequate sleep, and recovery time. Your muscles (including your heart) need time to repair and get stronger.

Too much activity and too little rest can throw your hormones out of balance, leaving you feeling tired, hungry, and depleted.

Plus, it can interfere with your body's ability to perform during your workouts.



**PUT IT INTO ACTION**

Schedule some recovery time and "lighter" workouts into your week.

Make time for 7-8 hours of sleep a night, and limit intense exercise sessions to 2-3 days a week, with light to moderate workouts on the other days.

#7

**BUILDING A  
SUPPORT NETWORK**



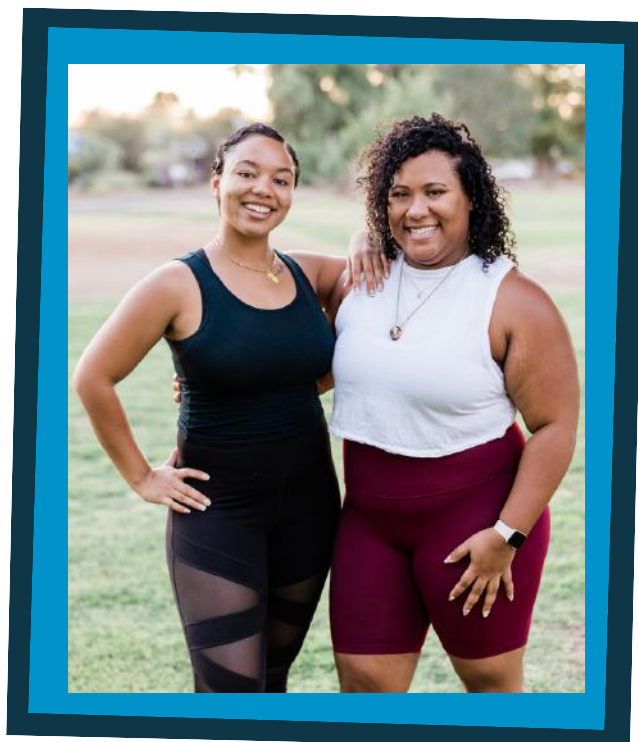
**BEING A  
LONE WOLF**

Change can be challenging - even if it's a positive change!

Having someone in your corner to share your successes and overcome your struggles will help you reach your goals easier and faster.

In fact, many studies have shown that people with strong social support are much more successful in changing their lifestyles.

Instead of trying to stick it out on your own, reach out for support.



## ✓ PUT IT INTO ACTION

Find like-minded people who share your goals and surround yourself with their support.

A few places to look: at the gym, at work, on your social media friends or followers list.

Here's a great place to start: Join our [FACEBOOK GROUP](#).

Or join our [Coaching Program](#), which comes preloaded with plenty of support!

#8

**EATING HIGH PERFORMANCE FUEL**



**FOCUSING ON CALORIES**

When you get into a fat-loss mindset, you can start to view food as simply calories.

It's true that weight loss can (for the most part) be boiled down to a math problem: Burning more calories than you eat equals a calorie deficit, which leads to weight loss.

But that only tells part of the story.

**A better plan:** look at the benefits of the foods you choose instead of just how many calories they contain.

Eating a diet focused on whole foods - with plenty of healthy fats, lean proteins, fibre, and unprocessed carbs - will give your body the important vitamins, minerals, and other micronutrients it needs to feel better, move better, and (yes) look better.

And because those foods are more filling than calorie-dense processed foods, they also support any fat-loss goals you might have.



### PUT IT INTO ACTION

Build your meals and snacks with low-sugar "real" foods instead of processed and manufactured products. Include plenty of vegetables, fruits, whole grains, lean proteins, and healthy fats.

#9

### CRUNCHING YOUR NUMBERS



### RELYING ON GUESSWORK

When you have a record of where you started and what actions you take, you can measure what works for you... and also what you might want to change.

**TIP: If certain measurements (like standing on a scale) trigger you, focus on the metrics that are most motivating for you and your goals.**

You can:

- ✓ *Journal your workouts*
- ✓ *Keep a food log*
- ✓ *Record your body measurements & weight every 2-4 weeks*
- ✓ *Track your fitness measurements (changes in VO2 max, amount of body fat, strength, and/or flexibility) every 4-6 weeks*

#### ✓ PUT IT INTO ACTION

We love performance-based metrics – i.e., the variables you actually have control over.

These allow you to track your actions like your workouts or your food intake so you can monitor your progress. These tend to be the most motivating metrics for our clients!

It can also be helpful to track metrics that you do not have direct control over – like changes in your weight, measurements, and/or body fat percentage. However, it's important to keep in mind that these numbers can change slowly and/or sporadically.

#10

**EXPECTING A  
BUMPY ROAD**



**CHASING PERFECTION**

You know the old saying, “If it was easy, everyone would be doing it?”

It’s true. You will have setbacks. It’s what you do AFTER the setback that counts.

Instead of waiting for a setback to happen and then letting it derail you, plan ahead!



### PUT IT INTO ACTION

Ask yourself right now: What will you do if you miss a workout (or two or five)? (Hint: You’ll restart as soon as you possibly can.)

The same goes for any dietary changes you make.

Decide NOW that you will get back on track ASAP.

Expect the unexpected, and don’t let it kick you to the sidelines.



# Ready to take your **NEXT STEPS?**

At Body Fixers, our mission is to help our clients feel fit, healthy and strong in ways that work with their lifestyle.

As thank you for downloading this guide and being a valued of the Body Fixers community you can claim 50% off our coaching service.

Click on the coupon code below and use the discount code BF50 to claim your discount now.

We'd love to be part of your journey.



*Gavin Walsh*

Founder & Head Coach

