

DO THIS

NOT THAT

FITNESS RESULTS CHEAT SHEET



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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 Tighten Up, we help Women and Men over 30 lose body fat and gain muscle to live a more confident, happier and healthier life.

We have a proven program that's helped hundreds of women and men just like you reach their goals and enjoy the process.

If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer!

We hope this cheat sheet helps set you on the path to fitness!

**COMMITTED TO
YOUR SUCCESS,**

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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 30-45minute 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 **Small Group Program** 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.

Resistance 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.

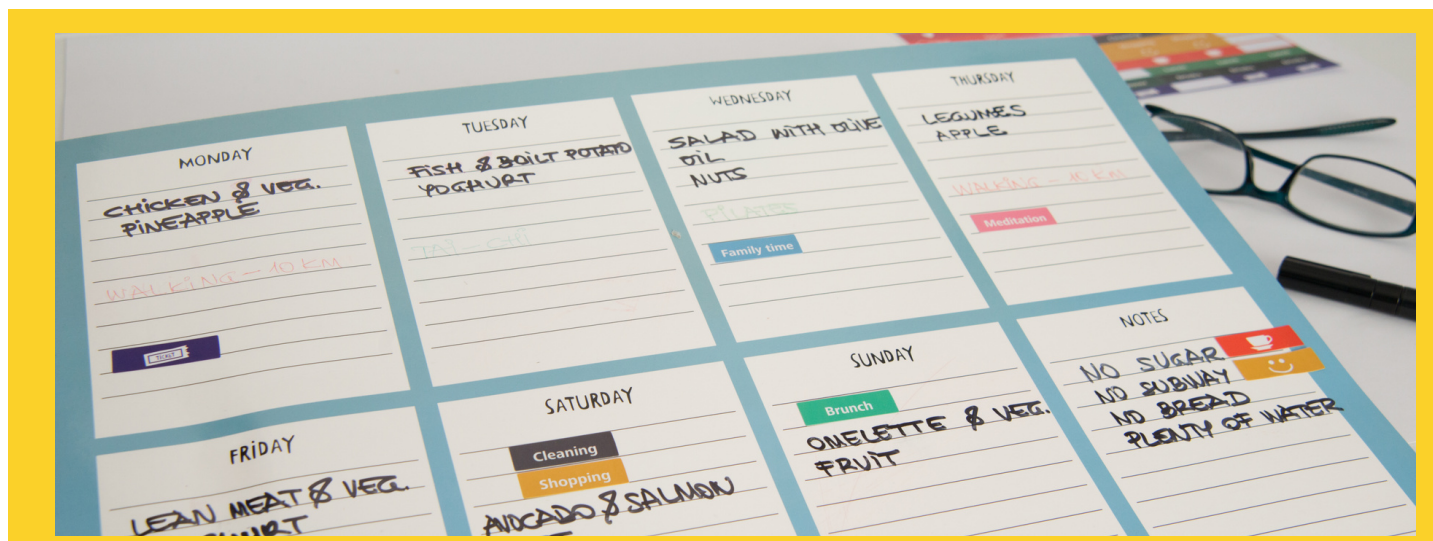
There's so much info out there it's mind-boggling. It can be tempting to make up your workouts as you go, or to do the same old exercises and routines.

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 [Small Group Training](#) can help you with this!)





#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 1-2 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: Our [Facebook Community Page](#)

Or join our [Small Group 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 strength, of body fat, 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 Tighten Up, our mission is to Build a Future of Healthy People over 30.

If you're a Professional, Business Owner or Entrepreneur looking for a better way to fit in exercise so you can have the confidence you need, we want to invite you to experience a simpler, faster and easier approach that's already gotten hundreds of women and men amazing results.

WAYS TO WORK WITH ME:

Small Group Training

SMGT is tailored to Small Groups of people that want guidance with technique. Max of 8 people

[**LEARN MORE HERE**](#)

Personal Training

Customised 1on1 Training for in depth guidance and accountability

[**LEARN MORE HERE**](#)



We'd love to be part of your wellness journey.



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