

RAMFITNESS.COM

10

EFFECTIVE RULES TO HELP YOU LOSE WEIGHT AND KEEP IT OFF

- 1 HAVE A DESIRE FOR CHANGE** That's the fire within! You must have that desire to make a change, the longing to seeing a difference, the yearning to feel better, and the burning aspiration that you need to lose weight, get better, or any healthy goal that drives you.
- 2 CONSISTENCY GETS YOU THERE** Ever heard the saying "It takes 3 weeks to build a habit"? If you are looking for a life-long change, then start building healthy habits and keep on doing them. Write them down and always go back to them when you get distracted.
- 3 OWN IT! BE ACCOUNTABLE** Share your goals with friends and loved ones. Ask them to check on your progress. Make yourself responsible and accountable. It's tough in the beginning, but it will prove invaluable later on when you need that little extra "push"!
- 4 BE PATIENT** John D. Rockefeller once said "I do not think that there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature." Be patient with your progress. It's easier said than done, but when you start seeing results, it will be all worth it!
- 5 BECOME MORE ACTIVE** Cut down on your TV time. Go for a walk, even if it's just 15 minutes. You will be amazed how a little bit of fresh air can positively recharge your batteries and energize you. Take the stairs instead of the elevator. Carry your grocery bags instead of rolling the shopping cart to your car. It's an active lifestyle.
- 6 BUILD MUSCLES** This is true whether you are 16 or 86. Strength training can dramatically boost your metabolism, make you stronger, increase bone density, increase endurance, help you recover from injuries and avoid potential ones. And the best part, it makes you look good!
- 7 EAT AND DRINK RIGHT** Going back to the basics is always a good start. Go fresh with fruits and vegetables. Less processed food is always better. Good Carbs are good for you, just eat them earlier in the day. Don't be afraid of good healthy fat. Learn portion control and ditch the soda and sugary drinks. Go for water.
- 8 DON'T FORGET YOUR ZZZZZZZZ** Sleeping is an indispensable part your total well being. Shoot for 6-8 hours. Sleeping sharpens memory, helps the body fight off illness and infections, and rebuilds muscle while you sleep. Sleeping is also a great way to fight off stress.
- 9 TREAT YOURSELF** Yes! Allow yourself a little cheat. Go ahead and enjoy that pizza. Just remember the golden rule of indulgence: Moderation! Having a slice of pizza or two is not the same as having 3-4 slices with all the toppings.
- 10 LIFE HAPPENS! MOVE ON** Remember that there will always be days and events that will distract you from your plan. That shouldn't be the reason to blame for your inactivity. Go back to Rules 2, 5, and 7.



Lose weight and see REAL results in only 3 short months with the

TOTAL TRANSFORMATION CHALLENGE

Complete Nutrition Guide Now Available at: WWW.RAMFITNESS.COM/TTC