

Best Shape of Your Life! Congratulations to All!

~ Be inspired! ~



You've Come a Long Way Baby!

Whew! What a ride we've had! Let's take a look back at the last 10 weeks together:

Week 1: We started with the basics: getting your brain on board and assessing your support system. We delved into the need for protein! You started on your 3 days a week training, and you took your measurements, body fat and pics (I don't know which was more painful!)

Week 2: Ah yes, calories and portion control, and you started recording your food intake and figure out just how many calories you're eating (were you surprised?). We added cardio and stretching into the mix! And the *no eating after 6:30 pm* rule. Ouch! That one still smarts!

Weeks 3 & 4: We shifted towards metabolism, and learning to keep it strong with healthy fats, water and staying motivated! We started on our more intense Double Split routine too. We also touched on safe, natural weight loss supplements.



Weeks 5 & 6: Our eating really took a turn for the better when we discovered the rules around true clean eating, clean shopping, eating organics and in season, and the power of labels. And we ramped up our training intensity too!

Week 7: This was the beginning of our real training with the Triple Split, my favourite, and the training that offers more bang for your buck—shorter, more intense workouts with faster toning! This saw us upping our training days (but not training time) to 4 days of weights, and 2 days of cardio and core.

Weeks 8—10: With the physicality of food and training under our belts, we not get into our inner worlds! We held tight with our eating and our Triple-Split intense training as we waded into my favourite part of the program—**Universal Laws**. A little bit voodoo-ish for some, but I assure you, there is science behind every morsel! We looked at 3 major Laws—the Laws of Attraction, Beliefs and Creation.

Final Week: Ah yes, the weigh-in and measurements (and photos, if you dared!). How did you do? Are you pleased? Did you reach your goals?

You've all done awesome work! Congratulations! So let's keep the momentum going, ok? We'll chat soon! www.warriorwomanfitness.com

www.bestshapechallenge.com