

The Seven Personal Trainer Secrets to Losing Weight and Getting the Body You Want



Hi, I'm Anu Morgan. I am a personal trainer who has been helping clients reach their weight loss and fitness goals since 1999.

This report is designed to give you insight to a few of the strategies and tactics that effective personal trainers use to help clients achieve their goals.

Properly used this information can help you to:

- ✓ Become thinner & leaner
- ✓ Become more energetic
- ✓ Sleep better
- ✓ feel great about your appearance
- ✓ improve your overall health

For over a decade I have worked as a personal trainer in gyms such as Q Sports Club and One-to-One Gym, as well as working as a weight loss counselor. This experience has taught me that

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while teaching people specific exercises is important, it is only one part of the process of helping them get in great shape.

Most people need a very comprehensive approach to achieving their fitness goals, one that includes not only exercise instruction but nutritional counseling and guidance, as well as motivational coaching to address and overcome any specific obstacles that exist.

As someone with a mission to help people get in great shape, I have always been frustrated by the limitations of the traditional personal trainer model. Many people are motivated to do what it takes to lose weight and get in shape but have either financial or schedule limitations that make working out in a gym with a trainer nearly impossible.

It is for this reason that I created GetRealZone.com.

It provides you with everything you need to reach all your fitness goals. GetRealZone.com gives you:

- ✓ online videos with detailed instruction for all of the exercises and stretches shown in this book, and many, many supplemental exercises
- ✓ a monthly teleseminar with me on weight loss, nutrition, and many other subjects directly related to helping you achieve your weight loss goals
- ✓ a library of articles on weight loss related topics
- ✓ a membership forum where you can post questions and connect with other people who are on the same journey as you

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- ✓ healthy recipes
- ✓ and a whole lot more

The best part is that if you act now you will receive a FREE month membership in GetRealZone.com.

Just go to GetRealZone.com and click on the "JOIN NOW" button on the homepage to get started now!! I am excited for you and I wish you all the best!

I wish you the best in pursuing your fitness goals,

A handwritten signature in blue ink that reads "Ann Moran". The signature is fluid and cursive, with a long horizontal stroke at the end.

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SECRET #1: Make Fitness a Top Priority

Everyone wants to be fit and trim and happy with their appearance. Everyone wants to feel full of energy and alive. In fact, most people would earnestly say that their health is one of the most important things in their life and that without good health very little else is important.

Yet most people fail to do any of the things that would bring them good health. Why do most people consider it important, yet continually put off taking care of their health, saying that they will focus on it when they “have more time?”

When you really analyze this behavior it doesn't make any sense. So why is it so common?

For one simple reason: *most people have never committed themselves to making fitness and optimal health a top priority in their lives.*

Once you become truly committed to getting in shape and taking better care of yourself you will begin to view yourself differently and you will begin to make better and healthier choices. Part of becoming dedicated is to educate yourself on what steps need to be taken to get healthy.

Some of these issues include:

- ✓ Proper nutrition and diet

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- ✓ Cardiovascular exercise
- ✓ Weight training
- ✓ Setting goals
- ✓ Avoiding common pitfalls and obstacles
- ✓ And many others

Depending on how much you already know about fitness, nutrition and weight loss, this may seem like a lot of information to learn. While some choose to do it alone and educate themselves, more and more people are taking advantage of the experience and knowledge of a qualified personal trainer who can help guide them through the process and keep them motivated and on track.

A quality personal trainer can speed you along the road to fitness at a much more rapid pace than you could accomplish on your own. Some people will initially train with a professional and then (once they have learned enough) transition to training on their own. If hiring your own personal trainer is not a possibility, consider doing a free trial membership at GetRealZone.com to jump start you on the road to fitness.

Whether your personal quest for fitness takes the path of the ‘do-it-yourselfer’ or whether you hire a trainer to assist you, it is absolutely necessary that you **dedicate yourself to getting into shape and living a healthier lifestyle, not some day but now.** Once you do this and begin to get results you will look back at the past and wonder why you didn’t do it sooner.

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SECRET #2: Recognize and Deal With Obstacles

One of the major reasons people do not attain the success they desire is because of roadblocks that get them sidetracked. There are an infinite number of obstacles that people run into depending on their personal circumstances. I will discuss a handful of the most common pitfalls.

Lack of Knowledge

A lack of knowledge can be a direct cause of lack of success. Many people join a gym and set out to make it happen “this time.” Unfortunately, they are soon paying for a gym membership that is not getting used.

Here is an insider secret – gyms sell *far more* memberships than their facility could ever handle because they know that most members will rarely, if ever, use the facility.

So why do so many so many people start out with great intentions, only to let their plans fall apart?

In part, it is because they follow a program that they themselves have created and it is not going to give them the results they are hoping for. And soon, when not seeing the results they had hoped for, they throw in the towel. This is so easily remedied by acquiring the guidance of a trainer that will set you on a path designed specifically for you and the results you seek.

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This lack of knowledge can also be self-defeating for many because they start their exercise program and soon after get injured. I cannot emphasize enough the importance of doing exercises properly and maintaining correct form. I often say, if you are going to put forth the time and effort why not do it correctly and get the most out of your time?

Lack of Motivation

Second, a lack of motivation or laziness often is a big pitfall keeping many from losing weight and getting healthy. This goes back to secret number one, making fitness a priority. It is one of those things that you have to get “real” about and you have to hold yourself accountable. You cannot make excuses for yourself. If you find yourself coming up with reasons that prevent you from putting the time into your health, then you are setting yourself up for failure.

How can you hold yourself accountable? Perhaps you can carry out your program with your spouse, a good friend, or a coworker. It often helps to stick to it when someone else is doing it with you. But many people are still able to make excuses until they have even more invested in their endeavor. Hiring a personal trainer and making a financial investment in your health will keep you more motivated and more accountable than you have ever been!

Lack of Time

Next, one of the most common roadblocks I always hear is “I don’t have the time.” And, yes I recognize that most people are very busy between work, life at home, and other

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responsibilities, but we all make time for what matters to us most.

Do you take the time to eat during your busy day? Do you manage to take time to shower, to drop your kids off at school, or attend a mandatory meeting at work? You get my point – these are all things we have to do.

So why not make the time to exercise and eat better? There is time and you may have to change your schedule around, get up earlier in the morning, take time out of your lunch break, or get home a little later, but somehow time can be made if you are fully committed.

Support System

Lastly, even those with the best of intentions can get sidetracked if they do not have a support system in place. Those persons that are close to you, the people whom you spend the most time with can sabotage your new, healthy habits. For instance, if you are married and your spouse either does not need to lose weight or does not want to because of laziness, they cannot get in your way.

Therefore, they need to be supportive of the time you take out to exercise and they need to help you in your healthier eating choices. I have often had male clients say, “I had to eat that, that’s what my wife prepared for dinner.” That is why I can come to your home and offer options if you do run into this problem. Furthermore, if the person who most often prepares the food is willing, I can offer recipes that will allow you and your family to eat the foods you enjoy, but in a much healthier fashion.

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SECRET #3: Learn to Make the Right Choices About Eating

The questions I get asked most often and the area with the greatest amount of confusion for most people involve eating. There are so many fad diets and so much contradictory information swirling around that it is no wonder that no one seems to know what the right eating choices are.

Let me cut through all that confusion for you and let's get back to the basics. There are three main issues that you need to think about in order to make smart eating choices: how you eat, what you eat, and when you eat.

How to Eat

You may wonder what I mean by how you should eat. Basically, this relates to how often you eat and how much you consume at each meal.

Most Americans eat three meals a day (except for those who routinely skip breakfast), with most of these meals being heavy enough to make you want to nap afterwards. This diet pattern really slows down your metabolism and reduces the amount of calories your body burns.

Ideally, you should eat between four and six small meals each day. A small meal is one that makes you feel content, but not stuffed. Small meals give your metabolism a “kick-start” and help your body to burn more calories. Small meals will also

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keep you from feeling starved and make it easier to choose healthier options.

What to Eat

Many of the most popular fad diets have created a lot of confusion and misinformation about what you should eat. Some of these diets tell you to eliminate carbohydrates from your diet. Others tell you to eliminate fat from your diet. And, yet others offer even more restrictions.

Most people are left utterly confused as to what exactly they should eat.

The list of healthy foods that you will want to include in your diet is long and varied, but here is a list of some of the basics you will use most often:

- skinless chicken breast
- turkey breast
- lean beef
- fish
- low-fat cheese
- lentils
- nearly all fruits (fresh or frozen)
- nearly all vegetables (fresh or frozen)
- whole grain breads
- brown rice and other grains
- egg whites (throw away the yoke)
- wheat pasta

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A lot of foods not listed here are also acceptable if there is a healthy version. For example, regular peanut butter has a lot of trans fats and added sugar, but there are also all-natural peanut butters that are much better options. Most jellies and syrups come in low-sugar or no-sugar versions that are much healthier.

Another key issue is reducing your sugar intake as much as possible. The biggest culprit here is soft drinks. Soft drinks are loaded with sugar and empty calories that are of no use to your body. A person who drinks a lot of soda could instantly make a significant improvement in their diet (and probably quickly start to lose weight) simply by replacing the soda with water. Along with soft drinks, there are many hidden calories in other drinks like, coffee drinks, sports drinks, and smoothies.

Finally, you want to focus on avoiding or at least limiting your intake of processed foods. These are foods that have already been prepared like chips, cookies, canned foods, pre-packaged meals, and the like. A rule of thumb is that if a food takes little or no preparation time, it is probably processed.

When to Eat

For most people the following very simple schedule works well:

<i>morning</i>	breakfast
<i>mid-morning</i>	snack
<i>mid-day</i>	lunch
<i>mid-afternoon</i>	snack
<i>evening</i>	dinner

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Another tip – avoid eating anything two to three hours before you go to bed as your metabolism is slowing down.

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SECRET #4: Set Specific Fitness Goals

By setting goals, you will help yourself to stay motivated. It will keep you driven and focused as you work towards a specific outcome. There are three types of goals:

1. circumference measurements and weight and body fat
2. dress size/ pant size
3. fitness goals

I recommend that you create a goal for at least two out of the three categories.

Measurements

Circumference measurements entail taking a tape measure and writing down your girth in the following areas: chest, waist, arm, hips (mostly applicable to women), thigh (mostly applicable to women), and calf. The reason that measurements are so important is that often your weight will not change as much as you expect, but your inches will begin to drop. If you pay attention to the scale only, you might not realize just how much progress you are making!

Along with these measures, your body will change in the percentages of fat versus lean muscle mass, and you should measure your body fat. As a trainer, I can do this for you with calipers, a very cost effective measuring tool that is fairly accurate. The most accurate method to measure body fat is to be

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submerged under water, which is very accurate and highly expensive, not something most of us need.

Clothes Sizes

A dress size or pant size goal is often a big motivator for some individuals. Just remember to be realistic. You cannot expect to go from a size 10 to a 2 in a month or two. Similarly, you will not drop from a 40-inch waist to a 32-inch waist in a couple of months. But the rate at which you progress toward your goals can be rapid depending on how well you eat, and how often and at what intensity you work out.

Fitness Goals

Lastly, fitness goals are especially great for competitive individuals. For example, you might want to work towards building enough endurance to run in a 5K or 10K race (depending on your current level of fitness). Another more simple example would be to increase the amount of time you are able to exercise, from 15 minutes to 20 to 30 and so on.

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SECRET #5: Create an Exercise Schedule and Stick With It

As with any serious project, you will have to come up with a detailed plan. You cannot just go with the flow and see what happens. You must map out your schedule and make the time for your workouts and make the time for planning out your meals.

Creating New Habits

If you really want results, **consistency** will be the key component! This means keeping up with your exercise regimen and eating properly week after week and month after month. It is time to create a new life plan. If you do it long enough and stick with it, you can and will create new habits.

For example, people who used to drink whole or 2 percent milk and switched to skim/fat free milk might not have liked it in the onset, but eventually adapted their tastes. Similarly, you can enjoy foods that are prepared with less fat and have fewer calories – it is just a matter of time to let your mind and your taste buds adjust.

Keeping Your Exercise Program Interesting

Similarly, for those of you who have a difficult time getting moving, that too can change with time. I have trained individuals who, quite frankly, disliked all exercise but even they were able to start and continue a more active lifestyle.

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How, you ask? Well, the key is to find a form of activity which you enjoy and that you can fit into your schedule/lifestyle.

When I have created exercise programs that are more individualized towards a person's liking, not only will they do the exercise but they will stick with it and in the process create a new healthy habit.

But, let's be honest, it usually does not happen overnight. Just keep in mind, finding the right exercise program is going to be half your battle, the other half will be to make sure it is enjoyable for you. After all, most of us do not have much time to spare so we should not waste it doing something we dread.

I can honestly say, in my eight years of training, I have been able to make most everyone enjoy exercise more than they had in their past experiences. Part of my secret – 'variety is the spice of life.' No one wants to do the same boring routine over and over. Monotony will surely not keep you stimulated.

This leads me to Secret #6, Cross Training.

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SECRET #6: Cross Train Your Cardio and Diversify Your Workouts for Better Results

There are many modes of exercise that can produce results. It works to your advantage to utilize as many of these different options as possible.

I really encourage my clients to cross train so as to continually challenge their bodies. This ensures better and quicker results.

Cardiovascular Exercise

Our bodies are sophisticated and refined machines that adapt to the stresses we place on them. For instance, if you walk all the time as your ‘cardiovascular’ exercise, it will not give you the fastest results. Though walking is great for you, if it is the only form of exercise you do, your body will adapt and after a while you will burn fewer calories and fat even though you are inputting the same effort.

Examples of other cardiovascular exercises: jogging, swimming, biking, stair stepper, elliptical machine, playing sports, etc.

Weight Training

Along with cardiovascular exercise, it is beneficial to do weight bearing exercise. The most convenient source (but not the only source) of this is lifting weights. When lifting weights, people most often run into two problems.

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One, they do the exercises incorrectly. And, two, they do the same exercises over and over. This is where many people fall into a rut, and do what is familiar to them. Again, doing the exercises correctly will be beneficial, but you can get so much more out of your lifting workouts if you continually change your routine. This is where the experience and expertise of a personal trainer can come in handy and make your life a lot easier!

Cardiovascular exercise and weight training are not the only modes of exercise that will produce results. You might enjoy yoga, pilates, aerobics, etc. and these can also help you get to your goals. Which combination will work best for you depends on several factors. For example, your genetics, your health history and other medical conditions, your age, your gender, the extent of your dietary modifications, to name a few, will contribute to determining which program is right for you.

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SECRET #7: Hire a Personal Trainer

After having almost a decade of experience and having worked with men, women, and children of all ages and different fitness backgrounds, I can conclude this:

If you have never used a trainer before, it is time to try something new. I can guarantee you will feel more motivated than ever, you will have more support than ever, and most of all, you will enjoy exercising more than you ever have in the past.

If you have used a personal trainer in the past and did not get results, let me venture to guess why. First, they did not create a fitness program specifically designed for you and instead had you do a generic exercise regimen, perhaps one that was right for them. Second, they did not do a complete nutrition counseling program with you, thus cutting your efforts short in the gym.

Here are some of the benefits a quality, experienced personal trainer can provide you with:

- ✓ Create an exercise plan specifically designed for you and your goals
- ✓ Customized diet and nutrition recommendations
- ✓ Educate you on proper form for exercises
- ✓ Motivate you and help you stay on track and reach your goals

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- ✓ Better, faster results from same amount of time exercising
- ✓ Be with you every step of the way as you progress towards your goals

A qualified, experienced personal trainer can make a *tremendous* amount of difference in the results you get. A good trainer can literally be the difference between giving up on your goals in the early stages and following through and reaching those goals. And remember, if a personal trainer is not a good option **you can always use GetRealZone.com as your 24-7 online alternative!**

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CONCLUSION

I hope you have found this information helpful and informative.

While getting in shape and getting the body and level of health that you desire may seem like a daunting task, *it is absolutely something that you can accomplish*. All that is required is dedication, some education, and a bit of consistency.

Best Wishes,

A handwritten signature in blue ink that reads "Ann Meyer". The signature is written in a cursive style with a long, sweeping underline.

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