



7 Tips on How To Get In The Best Shape Of Your Life

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There are many sure fire ways on how to get in the best shape of your life through my tips as your trusted trainer. I have helped countless clients lose weight to transform their bodies and lives, and now I am here with tips to help you. By eating nutrient dense, low calorie food, exercising and creating a low stress environment, you can be in the best shape. Look as good as you feel and feel as good as you look by following my betterment tips. Discovering how to get in the best shape of your life is as easy as you make it if you embody a healthy lifestyle with these tips.

1. Start Your Day The Right Way

Stop lying in bed planning the workouts you will do and get up out of bed to just do it. So often we create strict fitness and health plans, most of which we do not follow through with. Create a realistic plan that you can stick with and begin your journey today. "Just doing it" is an important tip in how to get in the best shape of your life.

2. Prepare Your Meals in Advance

I know this is not the easiest of tasks but if you prepare your meals in advance, you will be less likely to fall off your healthy food plan. If you prepare or have the ingredients ready for the day's meals, it will make your day much easier. I usually make my salad for lunch in the morning so I do not have to stress at noon. Prepare early so you will stay on track!

3. Mix up Your Workouts

As a Bootcamp owner and instructor, so many clients come to me because they are tired of doing the same workout programs that are not giving them results. Find a program that challenges you. And remember that with hard work comes great results. Nothing good in life comes easy, so get working and have fun because being fit is fun!

4. Wear Clothes That Flatter You

There is nothing that motivates me to exercise more than knowing I can wear a dress and feel good about myself. Be confident because of your hard earned results. And wear clothes that flatter your figure!

5. Do Not Fear Weights

Weight training helps you build muscle so you will burn more calories at rest, so weight lifting can actually help you to lose weight. So stop fearing lifting weights, you will not bulk up. I usually lift between 5-10 pound dumbbells, depending on the particular exercise and repetitions.

6. Combine Cardio And Strength

By combining a cardiovascular routine for 45 minutes to 1 hour with weight training, you will develop lean muscle and reduce body fat. This will also help to increase your metabolic rate so that you will burn more calories throughout the day.

7. Exercise at a Minimum of 4-5 Days per Week

Look, we can all find 45 minutes to an hour a day to exercise. If you have a busy schedule, rise early to get your workout in at the start of the day. By exercising 4-5 days per week for 45 minutes to one hour, you will burn 700 calories per day. Did you know that your exercise routine combined with a healthy diet will yield a 1-2 pound weight loss per week?

Now that you have some more tips to help you get in the best shape of your life, it is time to get motivated and inspire yourself by knowing you can become stronger, leaner and healthier with hard work. Are you ready to change your life? If yes, get up and get moving!
