

**The I don't need to have, but it is necessary for my health, so therefore I want to, because I know if I do not, I will pay for it later plan!**

**“I will not be gentle this time” ~ a small tap on your temporal bone.**

The Truth goes through many stages, first someone will laugh, then they will be skeptical, and then they ridicule...UNTIL IT IS SELF EVIDENT!

I wonder? No I don't, I want you to wonder, I already know. What would happen if you really wanted to change the way you look and feel? I wonder? How many times you have blamed “The Program” for your lack of results. Vanity? No...Necessity? Should be, what do you think? I wonder if your doctor said lose 15 lbs, or you will be on insulin what commitment you would make to yourself? I wonder if the knee and low back pain were a cause of the extra weight (22 lbs) would you make an effort? I wonder why medical doctors open rapid weight loss clinics. I wonder, you should wonder as well...why anyone would extinguish their muscle tissue (your fat burning engines) by going on a liquid diet? I wonder is the vacation, or the wedding that important only to become fatter after the event? These are the vital questions you need to self-talk about. No time for breakfast? Then do not brush your teeth. To add a bit of plaque, to add a tad of fat, they're the same. Maybe if you skipped another snack or meal, you could lower your metabolic rate another 10-20%. Did you know when you skip a meal your body's ability to be a fat storer increases? True! Fact! I wonder, no, I want you to wonder, if the muscles in our body are 70% water, 20 % protein, and 10% fat then why (based on the water) would you not feed the muscle the water it needs? Do not like water? I am being a cruel human, but I am so desperately trying to open new channels of thought for you. You want to change, you don't have to. We want you to know how great it feels when you enhance your lifestyle. We know, and we want you to know and understand. You see, when you start eating correctly, your body chemistry changes dramatically. Every cell in your body works more efficiently, and it carries over to the way you think, act, and live. The decisions you make are more positive. Your ability to think clearly, and make quick definitive choices are flawless. Your sex life is better than ever, and you feel super charged like 15 years ago! ‘I feel super charged’

So there's something else I wonder? This time I really do. Why would someone start the program, eat well, lose 25lbs, and then look at it as “I am where I want to be now”, so I can stop, take a small break, take the summer

off, try it on my own (did it work on your own before?) My point is...Specific dynamic changes occur in the musculoskeletal system, in the cardiopulmonary system because of the way your body adapted to specific demands. The specific dynamic demands are all based on prior motor learning's. These motor learning's cannot be mimicked. They are your blue print, your lifeline to a chain of positive results.

We want you to know this. Please understand if you say... "I will decide to walk or ride my bike" Or...take a yoga class, Pilates, or just stop because your too busy at work, this will start a catabolic state. The process of losing the active muscle tissue responsible for your metabolism, and the way you body feels (literally). Remember without proper musculoskeletal demands (functional strength training) you will revert to your old body composition. Take the walk, (it's relaxing) fit a class in her or there, (it's fun) but the catalyst for true body composition and the way your body changes its shape is dictated through proper strength programs. I also should mention other joint pains that may appear, for the lack of muscular strength, and flexibility.

**No time, too busy = I quite**

**No commitment = I don't care about me**

**Can't afford it = I am not worth it**

Like I mentioned in the beginning, the truth has many stages!

My personal opinion "We all have the ability to accomplish any task, the fact remains do you really want to? There is a distinction between intelligent and impulsive behavior".

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