



The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Hey everybody... it's Mandy Gibbons here from Virtual Fitness Trainer.com and Mandy Gibbons.com.

I want to offer you a really warm welcome. Congratulations on being here and for wanting to take your health and fitness efforts up a notch.

I know how difficult it can be when you're struggling to get started to get into awesome shape... and you just keep hitting roadblocks, especially when you're super busy running your business, working long hours, or flat tack with family commitments. We often get so passionate about what we're doing, that you forget to eat, or eat healthily, and things like exercise are just basically put on the backburner.

I'm really excited to be sharing this with you because I'm going to be providing you with the tools that I share with my own coaching clients, on how to create your own fitness lifestyle, make it truly meaningful and have fun with it while also maximizing your fat loss efforts and getting into fantastic shape. I want help you recognize that it's really not as hard as you probably think it might be. As we go through the bootcamp you'll be so much more confident in your ability to do so.

I really want your experience at getting into shape to be a journey that you know is really taking you somewhere, is genuinely going to get you results.

As we go through each week of the lessons, because I really want you to focus on what we going to be discussing, if you can just turn off your phones or any distractions that would be awesome.

Within the bootcamp lessons I've included transcripts, kick ass mindset, nutrition and workout sheets, along with a sample eating plan and workouts that you can implement so you can get cracking on getting into terrific shape.



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So if you prefer to sit back and listen and take things in a little more than by all means do that, I don't want you to be stressing about writing things down and not being able to absorb everything.

Try not to have like 20 browser windows open :-), your email and your Facebook all running at the same time while you're listening. Because you'll get distracted and you'll miss out on some really good stuff.

Also allow yourself to be open to new ideas. And even if you think you've heard something before or something similar to it don't shut yourself off from it, because quite often there could be a little tweak to work or something new that you can do or implement that could really make a difference to your efforts.

Like you might get new ideas on how you can implement exercise into your daily routine, or feel really inspired with some new ideas on how to improve, or even just makes things easy for yourself, so you can make your health and fitness regime more enjoyable and more successful. You know, a new way of doing things that you hadn't really thought of, or heard, before.

One thing I want you to remember is that unless you're prepared to take action, like anything in life, you're not going to get the results that you really want to get.

And I'm not going to say that everything that I say here is the be all and end all, because I believe that everyone has their own tweaks, methods, and their own ways to make things work... I really really want you to dig deep and think about the changes that you can make and follow through on them.

And everyone's results will be different. But I want you to choose at least 10 or more things that you can implement into your own fitness efforts each week. And when you finish each lesson I want you to go get started on them.

I want you to remember this: "What can I do today, to make my results to get into awesome shape inevitable?"

BOOTCAMP

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Don't say I'll think about it and I'll do it next week or I'll do it tomorrow. Because right at that moment when you're putting things off you're already sabotaging your own efforts before you even start.

What I'm sharing with you in this bootcamp is what has worked for me and what has worked for my clients. I'm super super passionate about helping you and I really want you to get a tremendous amount of out this by putting the lessons into action.

As you may already know, I am a personal fitness trainer, fat loss transformation coach and accountability coach. And I specialise in creating and designing results based fat loss and lean muscle transformation programs for women (and some men too), showing you how to truly transform your body increasing fat loss, while also working on motivation and mindset. Which is so key for long-term results – and you'll see for yourself the impact it can have further into the bootcamp.

I've always been very compassionate and passionate, and I didn't think I could get any more passionate about my clients and personal fitness training, and transforming my clients bodies, but my experiences have really driven me to be so determined to make such a huge difference in people's lives. And to really show them how to take their fitness efforts up a notch, but also having fun with it.

This isn't about being perfect, or having your eating plan correct 100% of the time, it's not about spending 4-5 hours in the gym each day, it's not about telling yourself to "toughen up princess" and forcing yourself to do stuff you absolutely hate eating or doing. Because you simply won't stick to it.

It's about getting real! And providing you with really solid advice of how you can get into great shape, still have fun, and socialize, without training and eating like you're entering a fitness competition.

So on that note, let's get started ...