

BEACH BODY

E-GUIDE



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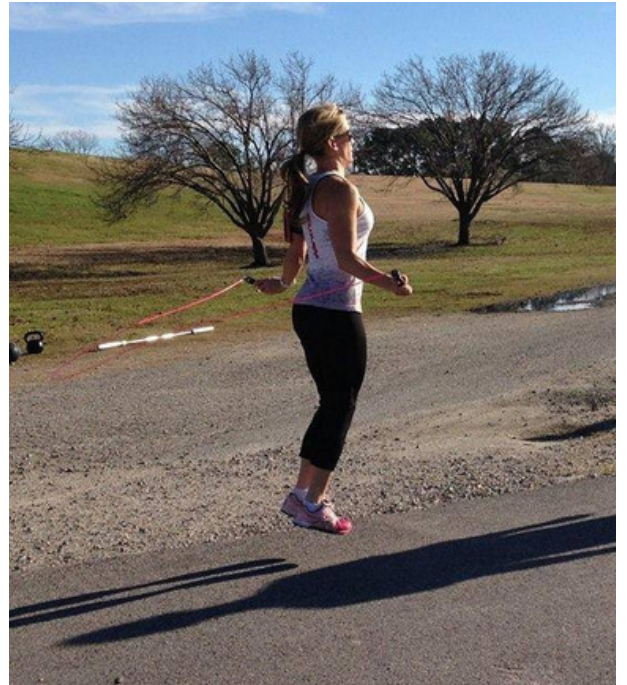
About This Guide

It used to seem like every year, the warm weather would sneak up on me. I would find myself enjoying outings in the Sun without having found what I had begun searching for months before... a better beach body!

I would always start off with the best of intentions, but as the temperatures declined and the daylight hours shrank, so too would my commitment to my visions of summer time grandeur.

It took me years worth of the frustrating bikini seasons to realize that there were a handful of factors that I could very easily control to ensure I started beach season with a happy mindset and healthy body.

This guide breaks down my biggest tips and "success secrets" from 20 years of beach season prep, so that you can efficiently implement them to achieve rapid confidence-building success before you know it.



Amber Starr Coleman

*Need a more personalized level of help?
[Schedule a time](#) to sit down with me for a
No-Sweat Consult and let's build your own
custom Fitness Action Plan today!*

**"If you want to live a happy life,
tie it to a goal,
not to people or things."**

Albert Einstein

Don't Wait on Weight: *Avoid obsessing over the scale*

THE FIRST STEP in tightening up our bodies is to ensure we have adequate muscle mass.

Carrying some extra muscle comes with a really cool side effect... and no, it isn't "making you look bulky!"

An increase in lean muscle means we also increase our ability to burn calories and reduce body fat at an even faster rate.

So while you may initially start out putting on a few pounds... don't stop! It is completely normal and is just your body priming itself to make some major progress.



Bonus Tip: Don't weigh yourself for the 30 days.

Weight is a only measure of mass... not your worth. Don't confuse the two and devalue your progress!

Tik-Toc: *Get Started On Time*

CREATING CHANGE in your body (and more importantly your mind) takes time. We can't expect to undo a winter of indulgence in the week before we start to show some skin.



Avoiding a self-imposed rush helps to keep stress levels low. When you give yourself plenty of time to acclimate to eating a cleaner diet and hitting the gym each day, you create a more sustainable change than unhealthy binge diets and juice cleanses offer.

Understanding that the transformation takes time, we can set out with a healthier and more realistic perspective on what actions we need to take. Giving yourself ample time and managing your expectations will help you find comfort when results don't manifest overnight, and also help to stay committed to the war even when it may seem you have lost a battle.

For The Sand... Not Sugar: *The sweet stuff is your enemy*

Ditch The Sweeteners. Processed, refined, raw, artificial, honey, agave... all of it. Just do it. Maybe not forever, but at least during the times you are trying to trim down.

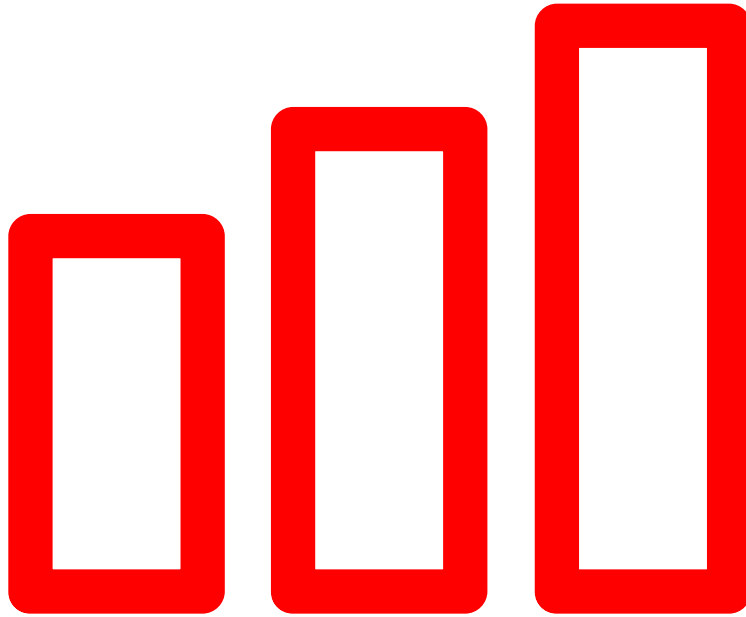


The science is still out on a lot of the sugar substitutes. So, it is easier to just say no across the board. This prevents the need to argue the merits of whether one variants properties are better or worse for you than all the others.

Don't forget that marketers, branding agencies, and processed food manufacturers have found an alarming number of ways to hide sweeteners behind creative labels and inside many products. So what can you do?

Trust your tongue. No matter how it is portrayed or advertised, if it taste sweet... it probably is!

For The Gainz: *Commit to 1%*



Every journey starts with the first step. Do you think you can find one small goal-related task to improve a tiny bit each and every day? Most people can probably think of ten!

If you can do just the little bit extra each day to show a 1% improvement in your diet, your technique, or your commitment, you will have accumulated a whopping 35% return on your investment in only one month. Talk about some crazy results!?

Careful What You Drink: *Beverages can be disastrous*

Soda is that absolute number one killer of results when it comes to physique changes, with other sugary juices coming in as close second. The refined sugars just provide too many calories.



Even fresh squeezed variants with no additives can wreak havoc, because all of the fiber is removed, which lets the sugars really wallop our digestive system, sky rocketing our insulin levels and blood sugar levels.

If you absolutely have to have another beverage option besides regular tap water, try substituting a carbonated soda water instead. There are several affordable brands that are now available in multiple flavor offerings.

Find Support: *Accountability AND Community*

Having a community that values healthy decisions can help cement your positive habit changes.

A judgement-free social network where you can ask questions, compare journeys, help others, and receive positive encouragement can mean all the difference in your personal journey.



That type of support is exactly what you will find at CrossFit Little Creek. [CLICK HERE](#) to start with a free No-Sweat Consult and let's develop your Fitness Action Plan today!