

# How I Found a Health & Fitness Plan I Could Stick to

...and How You Can do it Too!



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Let me share a story with you about a woman who found nutrition and food fascinating, studied nutrition in college, worked out, ate a lot of chicken & vegetables, was constantly learning tips to improve her body and be healthy but just couldn't pull it all together. Does this sound like anyone you know? Well, this woman was me! I had a great desire to be healthy, and if you asked me I WAS healthy and in good shape.

However, I found myself in this endless cycle of frustration. I would get out of bed and realize that somehow I had gained 10 lbs. and my hot jeans no longer fit. I would vow to really buckle down by focusing on my nutrition and working out 5 days a week. The first few days I arrived at the gym excited with a list of exercises and reps to complete and a promise to myself not to leave until I had checked off every single one. I was a woman on a mission with her brand new sneakers and New Year's Resolution firmly planted in my head. I did great for a week or two and dropped a few pounds. The weight loss encouraged me to continue on my path which I did.

One day while checking off my list of exercises a couple of girls were just hanging out on the leg press chatting. Didn't they know that I needed to get on that thing and do my 3 sets? Because of time constraints I moved on to another machine. You see, I wasn't really comfortable in the gym. Yes, I knew what to do because I had been shown how to use the machines and at the same time I would get nervous if I couldn't find the machine I was looking for. It seemed like management was always reorganizing and moving things around. I felt like this in the grocery store too. Just when I figured out where the foods I liked were located it was like the manager conspired against me and moved it to a section of the store I had never even seen. Does this sound familiar? Maybe you can relate.

Back to my experience in the gym. Even with missing reps and exercises though I would persist for about 6 weeks until I lost my 10 lbs. Happy day, right? Wrong! I was bored to tears and could not stand the thought of having to continue going to the gym. Especially since I had met my goal. Two weeks would go by where I would continue to exercise but then I would find any excuse not to go. I met my goal. Did I really have to do this FOREVER?

I should have been ecstatic about hitting my goal but I wasn't. Why do you think that is? It took me several years to figure it out, and I want to share it with you so you can learn from my mistakes. It is really pretty simple... I wasn't doing what I LOVE. That thing that makes me jump out of bed in the morning and I can't wait to do. That thing that I would never even think about skipping. I was tired of chicken, and honestly I felt like I had met my goal and I could stop. I could cross that goal right off my list and never go back to the gym. Isn't that how fit people did it? They were lucky and just looked like that, don't you agree?

It took me years to get out of this cycle of feeling restricted, going back to eating more comfort foods, not working out and then buckling down and losing 10 lbs. I could not figure out what I was doing wrong. Many years later I have learned a lot about how to get and stay fit and healthy and have fun doing it. (I never thought I would say that, but it's true). Well, I found the key. It's a term you might have heard and you probably haven't...Metabolic Flexibility. Ready to hear what I've learned?

I noticed that everyone fits a different gym type and has a different eating personality. What does this mean? We know that we are all different and what works for one person may not work for you. This is why when someone gives you their meal plan you don't get the results that you want. You are unique. That is what makes you so beautiful. If we were all exactly the same our species would probably not survive and that would be so boring anyway.

I have discovered something very important and maybe you already know it because it makes perfect sense. If you know this, why didn't you tell me?

We are all people but we are all very different in our personalities, the friends we have, what we like to do, where we like to spend our time and what makes us feel good. I have noticed that there are what I call 4 distinct workout personalities. Think about people you know who are fit. You will start to identify the following types of exercisers:

1. The Lone Wolf
2. The Social Butterfly
3. The Nature Lover
4. The Party Animal

Before you think about which one you are it is important to note that you may be a combination of these but there is probably one that you identify more closely with. Once you figure out which one you relate to then you will be able to pick a type of exercise that suits you and makes you feel energized, excited and happy. Yes, happy exercising! How cool would that be?

**THE LONE WOLF** goes it alone like the name suggests. They don't need or want a lot of people around while they workout. Honestly, they don't care what they look like while working out as long as they are getting the job done. They don't need a fancy plan or anyone by their side. Independent and disciplined are good words to describe them.

**THE SOCIAL BUTTERFLY** must have people around while they are working out. They love a lot of interaction, give encouragement and while they are at it they find out all the inner workings of why so and so's uncle is in the hospital. They feel a true connection to people and without it their light would extinguish. They know everyone's name and care about what is going on in their life.

**THE NATURE LOVER** is happiest outdoors even if that means running as the snow silently falls to the ground. They are adventurers and like to try new things as long as they involve nature. If they can bring their dog with them that is even better. The breeze ignites their energy and stokes their inner fire.

**THE PARTY ANIMAL** is pretty intense. Not only are they a social butterfly with a tremendous sense of adventure but they also will go balls to the wall every single time and wonder if they could have done more. The party animal knows most people but it is certain that you know their name because they are hard to miss. They are fun, loud, exciting and an overachiever.

Remember when I mentioned that we also have a different eating personalities? In your quest for fitness you have likely heard someone say, "You can't out train a bad diet." This means that no matter how hard you train or exercise if you are eating like crap then you won't get the results you want unless you have very low standards for yourself. Exercise and nutrition must be approached at the same time to get the best results. If you are going to work hard on yourself, don't you deserve the best results? Some people may disagree with me and would rather sell you their meal plan or their workout. My goal is simple. I want you to get sustainable results and be happy doing it.

If you identify both what type of exerciser you are and your eating personality you will finally have the missing piece of the puzzle. Here are the different eating personalities:

1. Variety is the Spice of Life
2. Never Enough
3. Who Cares?

#### 4. Intuitive

**VARIETY IS THE SPICE OF LIFE** This person will smack you if you tell them they have to eat the same thing every day. They get bored eating the same foods or meals. They like to try new things and most likely love eating foods from different cultures and experimenting. There isn't a recipe they won't try or a spice that they are afraid of. They just don't understand how some people have the same thing for breakfast or dinner. What kind of life is that? We are meant to experience the world through our taste buds.

**NEVER ENOUGH/compulsive** This person can eat a full meal and want a snack 10 minutes later. They are more likely to experience emotional food cravings. They might feel guilty after eating so much or just wonder why they are never satisfied when they are done eating. They tend to beat themselves up and feel like they are missing out. They also feel like they don't have enough so they better finish everything on their plate while it is there and available. They may also have set meal times meaning they will rarely miss a meal.

**WHO CARES?** This person eats whatever they want without regard for whether or not it's considered healthy or makes them feel like crap. They aren't really tuned into how food makes them feel, nor do they care. Why should they? They can be disconnected to their body and miss signs that all is not well. They eat if they are hungry, not hungry, because food is there, they're bored, it's happy hour, a birthday party. They always have time for 1 or 2 quick drinks. No restrictions or rules allowed.

**INTUITIVE EATER** This person is very in tune with their body. Knows whether or not they are actually experiencing hunger or are triggered by their emotions or appetite to eat. They may just feel they should eat a certain food or be drawn to eat it and they honor that even if it is not something they usually eat. They are good at listening to their body and usually stop eating when they are satisfied, not full. They may eat at different times throughout the day depending on how they feel.

Five years ago I found what I love to do for exercise and have stuck with it ever since. Seriously, in 5 years I have not taken any breaks or time off from the gym even when we are on vacation. I have scaled my workouts down while on vacation to allow time to rest and heal and still made it a point to keep my body moving in different ways. Over the years I have experimented with different diets and was tired of eating so well, losing 3 or 4 lbs. and then gaining it right back because I felt too restricted. Finally, I identified my exercise and eating personalities which allowed me to create a plan that works for me. Once I did that I lost 12 lbs. in 18 days and have kept it off. What woman wouldn't love to have that happen? Especially quickly and painlessly! I recently helped a client break an 8 month plateau to lose 32 lbs. of fat. Would you like to have some of that?! You see, there is more to it than just nutrition, exercise or the number of calories you consume. Are you tired of running in circles, possibly literally, and never getting closer to your goal weight? Are you ready to embrace your customized movement and eating formula? Are you done making yourself crazy and ready to rock and roll with your body and your life?

What if we can customize a plan together that works with your lifestyle and personality? What if it truly is simple and you are just making it too hard? What if everything you think you know is wrong? Our bodies need Metabolic Flexibility in order to thrive. Metabolic flexibility is the body's ability to switch back and forth between burning sugar or fat as fuel. Most people use sugar or carbs for fuel. If you want to lose fat then it is easier if you burn fat as your main source of fuel or energy. I teach you to find what Metabolic Flexibility is for YOU... for YOU, not for everyBODY. The combination of your exercise type and your eating type will give us a roadmap for you to powerfully create your best body and life.

Email me at [kerrymaraffino@gmail.com](mailto:kerrymaraffino@gmail.com) with your exercise and eating personalities and let's schedule a 20 minute phone consultation to find out what you've been doing, how it's been working and how I can offer you powerful tools to help you take charge of your body and life instead of feeling like you're completely out of control and getting nowhere.