



3 Keys to Getting Your Best Body Now!

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Ladies, how many of you have tried to lose weight before?

Did you fail to keep the weight off? Have you made the New Year's resolution to look good and feel better, only to spend hours and hours on a cardio machine, with little to show for it?

If you answered yes to any of these questions, then you know what it feels like to struggle with diet and exercise.

Doctors and nutritionists will tell you that to lose weight, you have to eat less and exercise more. But, what they don't tell you is that getting leaner and stronger is not as simple as diet and exercise.

Think about it. If we could all lose weight by eating less and exercising more, then wouldn't we all have done it by now? Wouldn't we have put an end to the growing obesity epidemic?

The truth is that you can succeed at getting your best body, but you'll need to recognize the following:

If you are overweight, your clothes don't fit, and you're unhappy with how your body looks and feels, then I'm here to tell you that these are all symptoms of a much bigger problem.

Fortunately, every problem has a solution.

The following three items are a crucial part of our Rock Fit personal training programs and they are **MUST HAVES** to achieve serious results with your own health & fitness program...

1: A Workable Action Plan

A plan of action includes tips, guidelines, tools, and ongoing resources that will potentially make a positive impact on your health and fitness. For these items to make an immediate impact, however, your overall lifestyle must be taken into account.

Each of us leads a unique lifestyle. We all have different jobs, hobbies, and family lives at home. For a program to successfully transform your body, a plan of action must be tailored to your individual wants and needs. In doing so, you'll be able to focus on the aspects of your health that need the most attention.

2: A Support System

A support system is a group of people that encourage you to reach your health and fitness goals. They cheer on your successes and help you move forward when you stumble. Often times, people try to lose weight on their own by joining a gym or starting a do-it-yourself program, like P-90X or Insanity. What's missing from these programs is the human accountability that many of us need.

Our members, first and foremost, have the support of a fitness coach. Second, our members support one another by sharing their experiences and taking the time to contact each other outside of our training sessions, via phone, email, and facebook. Finally, we

ask each member to get their spouse on board with their health and fitness program—right from the start. That way, they have a solid support system at home that greatly increases their level of long-term success.

3: Coaching

Coaching is perhaps the most overlooked component of a health and fitness program. Good fitness coaches will show you how to exercise better. Great fitness coaches will show you how to live a better life.

Information is not transformation. Learning how to apply that information to your own life, however, will transform the way you look and feel. That's what a great fitness coach does.

Thanks to the internet, we can look up all kinds of diet and exercise programs. But, what does it matter if we fail to apply that information, lack a workable plan of action, and have no support system?

Rock Fit puts all three key elements together for an all-in-one personal training experience. When you sign-up, you get tools, guidelines, and exclusive online resources to succeed. A support system is put in place so you not only get results, but have the ability to make those results last. And, your fitness coach helps you develop an action plan that fits your lifestyle.

No matter which fitness option you choose to go with in 2014, keep these key elements in mind. It could mean the difference between weight-loss success and another broken resolution.

We Make Beautiful Bodies



Rock Fit

703.431.0442



Before



After



Before



After

On our website

- Real Client Success Stories

Guaranteed Results System...

- **Look Good & Feel Better or Your Money Back**

Act Quickly - All Available Spots Fill Up Fast!

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www.rock-fit.com



Ken Diaz is the founder of Rock Fit. He is a certified personal trainer, nutritional consultant, and wellness coach. He has a BS in Math & Computer Science and a MS in Health Promotion.

Rock Fit is Vienna's leading personal training service for women. Located within Lofty Salon & Spa, we help women get leaner and stronger so they can enjoy a higher quality of life. We're the only personal training service around that 100% guarantees your results. View our client success stories at www.rock-fit.com to see how local women have transformed their lives to look good and feel better.