

Transitions Lifestyle System

12-week Road Map to Success



Week I: *Jump Start Your Success* (60 min)

Goal Development & Commitment Statements; **Individual Consult** w/ Coach

Detox & Cleansing: How? Why? *Do I need it?* Most effective; Detox Tips & Grocery Lists

Records & Forms: body composition analysis, baseline measurements, before photos

Week II: *Getting Healthy Mind & Body Using the GI & Supplements for Success* (60-90 min)

Glycemic Index: How does it impact weight gain & fat-loss? How to manipulate a food's GI

Metabolism: How to correct & re-train it to work in harmony with fat-loss and wellness goals

Fat-Storing vs. Fat-Burning Foods

Glycemic Rating vs. Glycemic Load: Importance? What factors influence the GI & GL?

Level I: NO counting calories??!! Tip, Foods & Grocery Lists

Supplements: *Do I have to? Which do I need?* Quality vs. Crap

Transitions Journal: What are the daily steps to fat-loss, freedom and wellness?

Week III: *Healthy Kitchen Basics I & II* (60min)

How to set your Kitchen up for success: cleaning out, organizing, proper tools/utensils.

How to Grocery Shop: where to walk, what to avoid, how to pick your produce; veggie wash

Rice & Pasta: How to eat them without the gaining weight; Gluten? Delicious Alternatives

Meal Prep and Cooking: Which oils are most healthy? Best for Sautéing? Baking? Salads?

Herbs & Spices: Which go better with what?

Week IV: *Reading Labels* (60min)

Reading Labels: The 5 points you need to look for when reading labels & choosing food products

Deceptive Marketing: What they don't want you to know; Identify quality healthy products vs. crap

Sugar Everywhere: What you don't know about sugar companies & why you need to

All Natural / Organic: Not necessarily healthy??!!

Diet Soda: What's so bad about it? Why shouldn't I drink it? Alternatives

Protein: Why do I need it? How much? Requirements concerning exercise

Individual Consul w/ coach & Re-measure

Week V: *Grains and Your Health: All Grains NOT Created Equal* (60 min)

Carbohydrates: Which burn fat? Store Fat? Promote Wellness? Types & sources

Fiber: Why do I need it? What does it do? How does it promote health? How much daily

Acquiring Health through Eating Carbohydrates: Digestive, Immune, Colon, Heart, Inflammatory Diseases, Weight, Diabetes, Energy & more....

Week VI: *Plateaus & Exercise* (60 min)

Overcoming Obstacles: How to Achieve Success by Developing Solutions vs. Excuses

Plateau: What is it? How do I know if I've hit one? How to break one!

Exercise: Why your cardio program and sit-ups will NOT help you lose weight, lose your gut & keep it off; Best for fat-loss NOW & LONG TERM weight management; Most effective exercises; How to be effective & time efficient in the gym; Best home gym; How to increase intensity without increasing speed; How to achieve lasting results without killing yourself

Week VII: *Mystery Fun Day* (60-90 min): Field Trip / Activity / Exercise / Guest Speaker / Massage ??? ☺

Week VIII: *Get Off the Sweet Stuff* (60 min)

Cravings: WHY you have them, How to get rid of them, tips, solutions & delicious options
Individual Consult w/ Coach & Re-measure

Week IX: *Good Fats Bad Fats* (60 min)

Fats: Yes, you NEED them & why; How much? Types and Sources; Essential vs. Non-Essential?
Omeegas & Health: Why the hype? What are they? Health Benefits, Types & Sources

Week X: *Stress, Weight Gain & Your Health* (60 min)

Stress: Best weight-gainer & why; Negative Health Impact & Belly Fat; Importance of relaxation
Pharmacotherapy vs. Natural Herbal Remedies
Stress Reduction Exercises, Techniques & Achieving Balance to Promote Wellness

Week XI: *Achieving Results to Last a Lifetime* (60 min)

Goals System: How to set effective achievable long & short term goals; Need for Process goals; How to keep accountable; SMART principle; Rewards schedule; How to handle Set-backs & Guilt
How NOT to diet and Live the Lifestyle successfully: All-or-Nothing mentality & self-sabotage

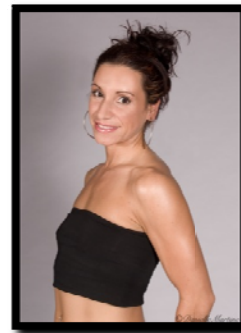
Week XII: *Graduation* (90min): Potluck Party with Guests, Final Measure, & Personal Testimony

Join a Support Group Class ~~ Start A Group of Your Own ~~ Join a Tele-Group Distance Class ~~ One-One Coaching

Employers: Host a Transitions Class at the Office!

Your Lifestyle Coach

Tania Quiñones, as our Certified Transitions Lifestyle Coach, is also IFPA Certified Personal Trainer & Sports Nutrition Specialist. Tania has a specific passion for nutrition & wellness and brings to the table an abundance of knowledge coupled with years of hands on experience making her understanding of the relationship between nutrition, exercise and metabolism far superior than what is otherwise found.



*Get Fit...Do Life! llc is a proud sponsor of the **Transitions Lifestyle System** as a viable vehicle which promotes health and wellness in a perfectly comprehensive and systematic way providing for significant results in a comfortable and attainable manner.*

We at Get Fit...Do Life believe in the power of individuals and that with proper education, the right tools and the encouragement of our leaders you can achieve your goals and live your potential. We encourage you to transform your style today and live again. We encourage you to DO LIFE!