

5 THINGS ALL WOMEN NEED TO KNOW TO



Sarah Sunderland

GET THERE DREAM BODY AND KEEP IT!

Hey Ladies!

I've been coaching women for over 7 years now helping women just like you achieve their weight loss, body, health, fitness and life goals. I know how to get results and the results speak for themselves.

My experience means I know your story.

I know what you're thinking.

I know every excuse you have.

I know every insecurity you have and feel at the start.

I know WHY you haven't been able to achieve the body of your dreams yet BUT.....

I also know how to get you that body of your dreams NOW plus so much more.

I'm here to help you only if you are here to help yourself.

I haven't always been fit nor healthy which seems to be what most people think. I am not perfect and most things I teach I have experienced myself. I used to be a packet a day smoker, junk food eater, party animal, binge Tim tam eater and even the thought of exercise was a joke. I used to get puffed walking around the block let alone doing a workout.

I had the lowest self-esteem; I not only hated what I saw in the mirror I also hated the way I felt. Always anxious over things I couldn't control, trapped in my own negative cycle, depressed, needy, chasing happiness by wanting others to make me happy instead of finding happiness within myself and just going through the motions of life.

I managed to change my whole life around. Started really taking care of my health and myself. The result.... My whole entire life changed not just the appearance of my body, I'm talking EVERYTHING. I learned to accept myself, love myself and want only but good things for myself. This then started to reflect in my actions and then my life.

You really can have it all. If that's what you want and you DECIDE to give it your all. I want that for everyone. We all have our own personal challenges to overcome. If I can do it. So can you.

With Love Your Whip You Into Shape Coach,

Sarah xxx

SECRET #1 GET YOUR MIND RIGHT



As women we are pulled in so many directions everyday which often leaves little to no time to give back to ourselves. Naturally we love to give. But giving so much is draining. Making time for ourselves to work on ourselves is important.

The key to making long lasting change lies in your daily thoughts and

The way you feel about YOU. If you are stressed, constantly think negative and down on yourself this will reflect in your actions.

You won't bring your A game to training, you will make poor food choices, your hormones will be all out of whack and you won't have the motivation to succeed and pull through those slumps.

Your mindset is EVERYTHING. You need to focus on feeling good first regardless of where you currently are physically and then your results and a positive life will follow. You need to make this a priority in your life over everything else.

SECRET #2 FOCUS ON LASTING CHANGE



Focus on long lasting change rather than change that just lasts for the duration of a program.

Your yo yo dieting has got you nowhere, obviously because you are yet again looking for the answers. The quick fixes don't work. This approach will only slow down your metabolism, make you gain weight and make it increasingly harder to lose weight as the years go by.

Focus on making lifestyle changes that are maintainable and permanent.

That means yes you can still eat chocolate and wine. That means you eat to give yourself energy rather than feel starved and tired. It means you chose exercise that feels right for your body and energy levels not workout until you puke.

The results you want is in your habits and in your consistency, not how long you can last on a lettuce diet.

So quite listening to your friends already telling you the latest phase they are trying.

SECRET #3 LESS CARDIO MORE WEIGHTS



In order to sculpt your body and create a tighter and more toned body you need to include weight/resistance training into your regime.

In fact weight training should be the main type of exercise that you do. Weight training is like the main meal and other types of exercise like cardio and stretching are the side dishes.

The more muscle mass you create in your body the more fat you will burn and the higher your metabolism will be.

You ladies are so afraid to weight train, but it is not as scary as you think especially when you know what you are doing. You will not look like a man if you do. You will create a lean curvy and womanly figure.

Doing too much cardio will burn away your muscle mass rather than the fat you think it does. *Less Cardio and More Weights.*

SECRET #4 GUT HEALTH



Believe it or not but how healthy your gut is can influence the way you feel, the way your body loses weight and how much muscle mass you gain.

You might currently be training 4 times per week, doing cardio and eating so healthy but still seeing no change. It could be to do with your gut health. If it is poor it will prevent you from getting the REAL results you want.

When your gut is imbalanced it can cause you to feel bloated, have digestive issues, effect your moods and motivation.

When your digestive system is inflamed it can also cause you to store more fluid, burn less fat and not absorb nutrients properly.

Taking a holistic approach to your weight loss

is often the key to getting and maintaining your results. It is not

always just a matter of exercising and dieting. As you'll see I take a different approach taking other factors into consideration.

SECRET #5 STRESS LESS



Don't ever underestimate the effect that your lifestyle has on your ability to achieve your goal.

Stress is a massive factor. When you feel stressed your body produces more of the hormone cortisol. Cortisol... Cortisol is not your friend if you are trying to lose weight (especially around your gut)

If cortisol levels are high, your body is unable to burn fat no matter how much cardio and dieting you do. What it

also does is encourages your body to store fat around your stomach area.

So if you are having trouble losing stomach fat, and you are doing everything in your power but nothing seems to be happening. This may be why. Address the stress.

Even worrying about not losing weight can cause you to feel stressed and release extra cortisol. So throw the scales out and go with the flow.



Well there you have it.

These are my #5 secrets to getting that dream body that you want and keeping it.

If you are really struggling at the moment I would strongly recommend you to take advantage of your FREE coaching call on offer.

Let me coach you. In this call we are going to figure out what has been holding you back, why you have not been able to achieve your goal, why you keep sabotaging yourself, why you can't seem to stick to anything and discuss an actionable plan to get you to where you want to be.

You can get your FREE bonus call by applying



APPLY TO WORK WITH ME FOR 8 WEEKS

