



FIT WISE



*Straight Talk
About Getting
Fit & Healthy!*

SAMPLE

CAROLINE TOPPERMAN

"We Are Always Better Off Moving"



I believe that you are always better off moving than not moving. Exercise got me through some of the toughest times in my life, including dealing with the loss of a loved one, moving to a new city, moving to a new continent and working through health issues.

Most people just do the bare minimum when it comes to physical activity, but there are many great reasons to start exercising in earnest. I'm not talking about spending hours in the gym each day and I'm not talking about being in constant pain from tired muscles, but I am talking about including more physical activity throughout your day. Everyone can find time to add a few minutes here and there; it just takes a little bit of discipline to make the small choices everyday that result in big changes.

You and your body deserve so much more than exercise "lip service".

Caroline Topperman

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WELCOME TO FITWISE

This book is meant to be a starting point, a roadmap and a motivational booster when you feel your enthusiasm waning.

In these pages you will find a lot of wisdom and experience condensed into bite-sized, easy to implement chunks. There is a lot of complex science and research behind the cutting edge of the health and fitness industry, but the good news is that I've done all the heavy lifting (figuratively, of course, you'll need to do your own literal heavy lifting) and have distilled the concepts into easily absorbable chapters.



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CONTENTS

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CHAPTER ONE

is about fitness in general and its importance in your life. You'll also get some handy tips on getting and staying motivated, as well as a general explanation of the basic equipment that you'll find in most gyms. Next time you go, you'll feel prepared. You can come back to this part time and again when you need a little motivation or a refresher.

CHAPTER TWO

is filled with exercises and sample workouts and checklists. This is the part that I recommend you print out and take with you to the gym or when you are traveling or even post a copy on your fridge, so that you can throw in an exercise or two into your hectic day



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CHAPTER THREE

is all about diet and your metabolism. This is where I cover some basics about how to speed up your metabolism and things to think about when you are putting together a healthy diet



CHAPTER FOUR

is an collection of some common diet & fitness myths, as well as answers to the questions I've been asked over the years.



BONUS MATERIAL

is where I give you a “couch to 30 minute run” guide. This is for those of you who want to start running, but don't know where to begin. It comes complete with my popular How To Buy The Best Running Shoes guide.

Also the Ab Buster workout guide. If you think crunches are boring, this is for you.



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Do I Really Need To Workout

In my personal training days and even now, I come across many people who don't exercise on a regular basis. There are a million and one excuses for why they don't, whether it be lack of time or lack of interest. The strangest excuses are along the lines of "I'm not looking to lose weight" or "I feel fine" or "I need to change my diet first". Sadly, these excuses often come from the very people who need to work out the most. There is so much more to regular exercise than just toned bodies and weight loss.

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How To Get Motivated

Having been a trainer, I've heard probably every excuse in the book about why people couldn't exercise. In over 15 years, I don't think I met a single person who had a truly valid reason not to workout, but boy did the excuses abound. Oh, and there were some great ones.

Most of the time, the excuses sound like they are meant to make the speaker feel better about their choice to not exercise, rather than provide a truly valid reason to stay home.

The people who impressed me the most were those who continued to push themselves, even while overcoming adversity.

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20 Minute Workout #1

- Warmup
- Push Ups
- Rond de jamb (leg circles)
- Back extensions
- Triceps Press
- Curtsy
- Double Leg Stretch
- Degage (leg arcs)
- Quick stretch of your choice

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BALL SIT UP WITH TWIST

This is your warm up and a chance to get used to working with a ball. Sitting upright on the ball, walk yourself forward so that your tailbone is resting on the ball and you are in a slight reclined position. Feet are flat on the floor, hip distance apart. Hands behind your head, curl your body back over the ball and exhale to roll back up to start. Repeat 15x.

Part 2. You'll start the exact same way, but add a twist as you sit up. Try to keep the ball as steady as possible. Repeat 10x on each side.

REVERSE SIT UP

Lying on your back, legs stretched out in front of you, grasp the ball between your ankles without sickling your feet inward (make sure your toes are pointing forward). Inhale and on your exhale, slowly lift your legs toward the ceiling and gently curl your tailbone off the floor.

Note. Do not bounce, do not jam your body, do not use your arms, do not use momentum. This is all about using your muscles and keeping the movements steady and controlled. If you find that you are using your arms, try reaching them overhead. Repeat 20x.



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*"The best preparation for tomorrow is doing
your best today."*

H. Jackson Brown, Jr.

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Fit & Healthy*

This book is meant to be a starting point, a roadmap and a motivational booster when you feel your enthusiasm waning. In its 130+ pages, you'll get great tips about:

- *Getting and staying motivated.*
- *Detailed descriptions of the most effective exercises and stretches including a six day total body workout plan and three 20 minute workouts.*
- *How to think about food and eat healthy without stressing.*
- *How to speed up weight loss.*
- *Answers to your questions and common diet and fitness myths debunked.*

*Bonus: "Couch to 30 Minute Run" Guide.
Bonus: "Ab Buster" Workout Guide.*

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