

Family Kickboxing – Health Success Triad

Which one are you?



FITNESS



NUTRITION



ACCOUNTABILITY

Over the past decade, we've had thousands of clients come through our door, but almost without a doubt, there are only FOUR types of people. Which of the following sounds like you?

Clean Slate: The CS type of client is my favorite☺. They come in with little to no current, and often never before, experience or effort towards their health and fitness. This creates a phenomenal opportunity! A Clean Slate leaves massive room for results!

A CS...

- Sees results the fastest. Going from nothing to something results in immediate results.
- Is the easiest to teach. With no “love/hate” towards any specific drills, technique, or exercises, the CS makes every drill a massive results oriented task.
- Is the most motivated. They know they have been “lazy” in the past, and are ready to take charge of their life.

Fitness Buff: The FB often consist of young men and women spending hours in the gym, and are the most fun! Why? Simply because often the FB has great muscle tone and a well sculpted body, but boy, throw them into a cardio drill and they are dying in 5 seconds flat!

A FB...

- Is a quick learner. Spending time in the gym and being familiar with athletics make catching on to new drills a breeze!
- Often eats well, but makes no exaggerated claims to good health.
- Loves the challenge of seeing folks in “rougher” shape than them outlasting them in the cardio drills!
- Often doesn't realize that fitness alone DOES NOT create a healthy body.

The Health Nut: The HN is in almost the same shoes as the FB. Meticulous with their diet, calorie counting and accountable, the HN lacks the proper exercise to create the “whole package”.

The HN...

- Prides themselves on their commitment to their diet.
- Is seen as “the healthiest person I know” by others.
- Get's stressed easily by everyday obstacles that interfere with their diet or routine
- Usually knows that their “healthy habits” lack the necessary fitness for the complete healthy body.

The Plateau: The P is that person who has lost weight, started eating healthy, is striving towards their goals and highly motivated to take it to the next level, but has found themselves at a standstill.

The P...

- Has the desire to take it to the next level and wants to.
- Has reached a plateau and is looking for the “next workout” that will skyrocket their results.
- Sees results immediately, no matter what other workouts they are doing.



570 Notre Dame Ave
Sudbury, ON P3V 5L2
www.familykickboxing.net

E: getfit@familykickboxing.net
P: 705-562-1308

Major Health Problem – The Missing Link

The Triad Factor

How's your diet?
How's your fitness regime?
How's your accountability?

We've combed through years and years of research and direct application, testing, tweaking and more testing and have come to the conclusion that to reach your ultimate goal, three things are needed.

NUTRITION
FITNESS
ACCOUNTABILITY

What that means is that unless you are doing all three, in one way or another, you will never reach your true goal.

Sure, you will lose weight, tone up, relieve stress, feel better, look better, think clearer, be more confident...

If you do ANY of these, you see results, but they are incremental at best..

At one point or another, like clockwork and without a doubt, you will:

- Burn out
- Feel like you've reached your max
- Plateau
- Lower your standards
- Become depressed with the lack of massive results.
- Be stressed when you work SO HARD in class, yet are seeing others surpass you each week as they seem to "vanish" while you've been at the same weight for a while.

Don't get me wrong. If you are thinking "well, I can't commit to all of those, so I guess I won't do anything" you're wrong!

The exact opposite. Don't use this as an excuse. I highly recommend you get started on at least ONE of these action steps. Each one by itself is substantially better than none!

BUT, if you are tired of the same old results and want massive, geometrical results, keep pressing on!



Sudbury, Ontario Health Statistics

- 67.0% of Males are Obese, 7.2% HIGHER than Ontario average
- 55.7% of Women are Obese, 11.5% HIGHER than the Ontario average.
- 8.0% of Sudburyians have Diabetes, 1.2% HIGHER than the Ontario average.
- 20.5% of Sudburyians have High Blood Pressure, 3.1% HIGHER than the Ontario average.
- 7.2% of Sudburyians have Mood Disorder, 0.4% HIGHER than the Ontario average.
- 25.3% of Sudburyians are Smokers, 6.4% HIGHER than the Ontario average.
- 40.4% of Sudburyians consume Fruits or Vegetables, 2.8% LOWER than the Ontario average.

WHY ARE WE WORST IN EVERY ASPECT! COME ON SUDBURY, WE CAN DO BETTER!

[ONTARIO STATS](#) [SUDBURY STATS](#)

Your Dream Goal

Goals

Let's just hit pause real quick and do a quick exercise that takes literally 1 minute, and will make a MASSIVE difference in your life.

One of the problems with goals, is it is OVER used.

Not the act of setting goals, simply how much it's thrown around "half-hazard". Most of us have set goals, especially during the Holiday season, never follow through, try a few more times, never reach them, and blame faulty and inaccurate goal setting mythology.

I'm not here to talk about goals.

We all know the importance. All I recommend is to pull your day timer, pick a date 2, 5, 12 months from now, and write down what you WILL weigh that day.

That's it.

Not what you think you could reach easily.

Stretch a little, if you KNEW you COULDN'T fail, what would it be?

If you are feeling good, take a few extra minutes and write smaller, progress markers every few weeks.

For example, let's say in 12 weeks I want to be 30 pounds lighter, it may look like this:

Today: 300LBS
Week 4: 289LBS
Week 8: 277LBS
Week 12: 270LBS



Goal Pack

While we are "on topic", I want to take a moment and offer to you our FREE Goal Pack.

This Goal Pack is a complete, turnkey, easy to use system that can be applied by ANYONE in ALL areas of life.

It is NOT to be returned to me! This is 100% for you and your eyes. They can be life goals, business goals, relationship goals, health goals...

It is very detailed with step by step directions for those who are unsure of what to do.

If at any point in time you need a hand with the steps, feel free to contact us and we will walk you through it.

Simply send an email to GetFit@FamilyKickboxing.net and we will get it sent to you right away!

**"GOALS ARE THE FUEL IN THE
FURNACE OF ACHIEVEMENT"**
Brian Tracy

Step 1- Fitness

The FIRST of the 3 Steps

Fitness. Now, this is a simple one. Just the fact that you are reading this show's me that you have the will and desire to get it done!

There are countless ways to workout and get the blood pumping.

We have always been strong encouragers of Family Kickboxing's classes.

Unlike traditional workouts, ONE Kickboxing class covers all your bases.

Gone are the days when you needed to run on a treadmill heading nowhere, then pump some iron aimlessly, than take up some counseling for that stress!

In ONE workout, we achieve massive results while combing cardio, muscle tone and stress relief. Oh, and did I mention you will have a BLAST beating the crap out of a heavy bag while learning something useful?

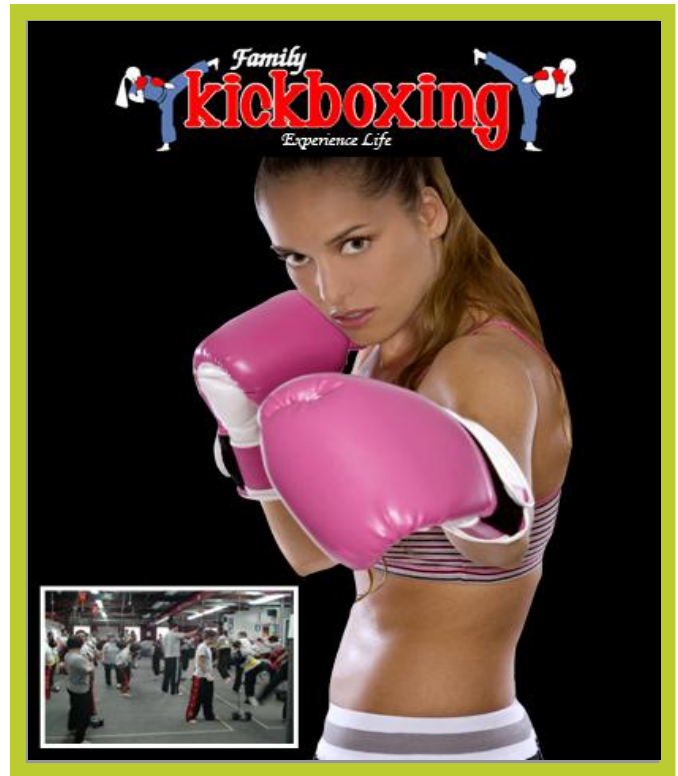
My point is simply this, get some fitness in there somewhere. Even once a week is better than none at all. In the last 20 years we have been heading downhill, and fast, as a population.

You don't have to be on the disease train. Take charge of your life, up your fitness, and experience life the way it is meant to be experienced.

Take a look at this chart to the right, it's a comparison. Yes, I know it's small, but here's all you need to realize:

1. Waist Circumference. The percentages here are those listed flagged as High Risk. Ages 20 to 39, in 1981, High Risk was at 5%. Today, 21%!!!!
2. Body Mass Index. Percentages here are those flagged as Obese. Not including those of us that could "lose a few pounds". Ages 20-39, in 1981 Obesity was 7%. Today, 19%!
3. Body Composition. The percentages here are those who are flagged as Need Improvement. In 1981, ages 20-39, 5%. Today, 20%!

Take a few moments and browse through all the stats [HERE](#).



Fitness Stats Canada

- 11.8% of Males and 17.5% of Females aged 20-39 years could NOT even FINISH the mCAFT Aerobic Fitness Test. This statistic does not include those who scored poorly!
- 11.3% of Canadians cannot even complete the Muscular Endurance test.



Step 2 - Nutrition

Let's face it, society as a whole, have dreadful eating habits! Too many people rely on traditional health practices or government issued standards and guidelines. Unfortunately, that is one of the main reasons for the substantial increase in health and illness in today's modern world. It is up to **YOU** to take charge of your life and take small, measurable steps towards healthy consumption.

Do you...

- Feel tired mid way through a work day?
- Sleep like heck night after night?
- Hang onto everything that passes your lips?
- Have breakouts out of your control?
- Have excess stress?
- Find yourself craving junk food?
- Find yourself thinking you can't do it?

How would you feel if you felt UNSTOPPABLE? If you were absolutely energized when you woke up, midday, and throughout the evening. How would your life change if you had the energy to delve into life's opportunities? How would you feel if your kids "gassed out" before you did? If you felt great when your coworkers are dying at the top of the stairs? If you felt 20 years younger?

All of this is 100% achievable through proper nutrition. No, we aren't talking about high protein, low carb, low carb, high protein, no protein, all carb, all fats, no sugars, all sugars and pickles, shakes only, no meals for 5 days, or any other silly diet that tries to pass itself off as healthy.

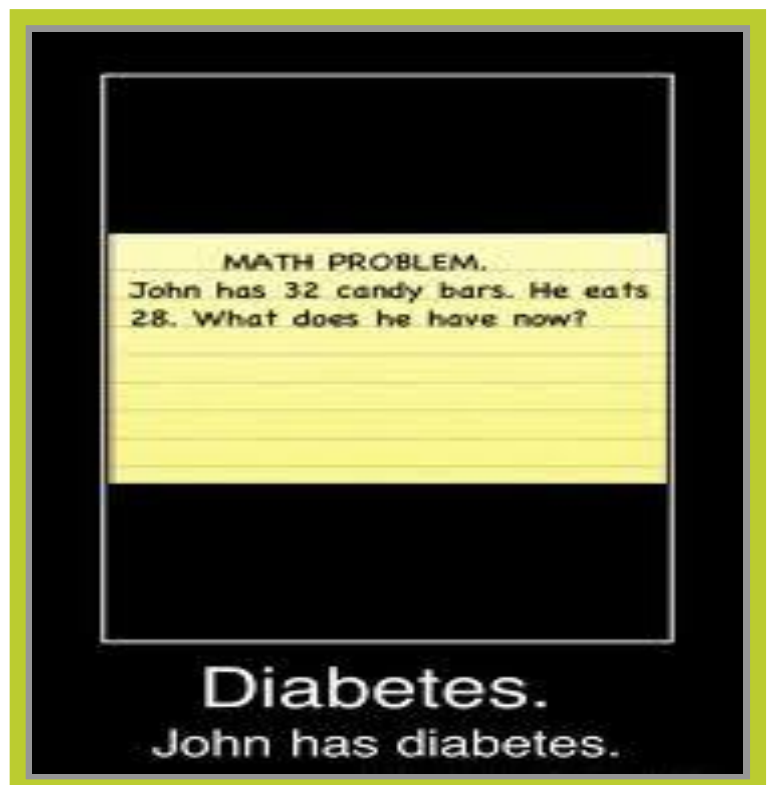
Alkaline Diet – Societies Missed Opportunity

What is an alkaline diet?

Our body is designed to stay alkaline and will do whatever it has to do to achieve this. (One of the main reasons why you are so tired ALL the time...explained later) When we consume acidic foods and drinks, stop exercising (if we ever started!) and load our systems with negative emotions, our body is overrun with acids that simply wrecks havoc on every part of our lives.

Now, in the most basic sense, many of the acidic foods we are already aware of and KNOW they are bad for us! (Cola, chips, sweets, burgers, dairy) and the alkaline foods are the ones you already know are GOOD for you. (Fresh foods, leafy green vegetables, salads, nuts)

Essentially, our body needs to get 70-80% of its intake on the alkaline side of the table. The world as we know, and especially our side of the world, tends to hang around 98% ACID intake. Take a moment and think about your past week. How much was acid and how much was alkaline?



Acidosis is KILLING you. Ergo, you are killing you.

Acidosis

That title may have hurt a bit. I know, it's a bold statement. But I have always believed in being a "straight shooter" and "telling it as it is". The reason is simple, as long as you don't accept responsibility you can't change your life. Once we accept where we stand, that it's what we are putting into our mouths that is killing us, than, and only then, can we take charge and change our lives forever.

Let's continue, so we've learned that most of what we consume is acidic, but what do acids really do to us?

Here are the top 12 things they do!

1. They make us **FAT**. The body creates fat cells in order to protect our organs from excess acids. Without these fat cells, your intake would literally burn a hole through your organs.
2. They rob us of **ENERGY**. Over-acidity causes the body to leach alkaline minerals from our bones, muscle and other tissue to insure the body remains its delicate alkaline balance.
3. They cause **ALLERGIES**. The mycotoxins that thrive in an acidic environment severely stress the immune system leading to it being constantly overworked and into response mode. This causes heightened sensitivity to nutrition and chemicals, or what is commonly known as allergies.
4. They cause **Free-Radical damage and Premature Aging!** Wrinkles, age spots, dysfunctional hormone systems, poor eyesight, bad memory, foggy thinking... Thank the acids.
5. They cause excess **MUCUS**. When we are acidic, the body wraps the toxins with thick, sticky mucus to protect itself. Always loaded with phlegm? Now you know why.
6. Corrodes and destroys veins, arteries and heart tissues. Acid is corrosive. Enough said.
7. Inhibits the metabolism of fatty acids. Fatty acids are absolutely essential to proper functioning of the brain and nervous system – without them neurological problems arise.

Continued...

8. Inhibits the synthesis of DNA-RNA and cellular regeneration. For healthy cell regeneration and DNA-RNA synthesis, a cell PH **CANNOT BE ACIDIC**. On the flip side, for a **CANCER** cell to grow, the cell PH **HAS TO BE ACIDIC**.
9. Causes bad cholesterol problems. When over acidic, the body creates LDL-Cholesterol at a highly accelerated rate. Drop the acid, drop the cholesterol.
10. Increases blood pressure. With all these problems going on, the heart has to work increasingly harder to move the blood around.
11. Stops oxygen delivery to tissues. When our body suffers from over-acidification the problem becomes compounded by the fact that an acid PH decreases the amount of oxygen that can reach our cells. Without oxygen, our cells die, we die.
12. Acidosis is the basis of almost **ALL degenerative DISEASE**. A system that is riddled with excess acids and their wastes is compromised in so many ways, including hundred that are not even mentioned above. Essentially, acidosis can directly lead to:
 - Cardiovascular disease
 - Diabetes and obesity
 - Liver and kidney disease
 - Cancer – in any form
 - Neurological disease
 - Immune system deficiencies
 - Premature aging
 - Hormonal problems and imbalances
 - Osteoporosis

Talk about **ACTION PACKED!** Let's take a break from nutrition... If you would like to learn more, I'd be more than willing to discuss it with you. Simply email me directly at GetFit@FamilyKickboxing.net with your questions or to request your **FREE** copy of the Alkaline/Acid food chart.

Step 3 - Accountability – The Difference Maker



The MOST Important Step

We're coming to an end! We know we need to get more exercise in, we know we need to start eating right.

That's a great step in itself, unlike the rest of the population, you are taking the step, educating yourself and making a change for the positive.

There's only one problem that remains. The same problem 99% of the population has. Now that it's all said and done, you need to actually stop reading this report and DO IT!

Too many of us find countless excuses to procrastinate. I like the way Anthony Robbins puts it, "When would NOW be a good time to start?"

Essentially, there is no better time. You're loaded with momentum and tools to succeed, take action and set a goal to get to the gym or pick up an apple within 24 hours!

Use this positive momentum. Take charge of your life. You can do it. Gone are the days of settling for the life and body you never wanted. Gone are the days of feeling like crap all day. Gone are the days of blaming everyone else. Take charge. Be true to yourself and live life on your terms.

There is no better feeling in the world than to know that you and you alone created the change you desired...

The change that you have been craving.

The change you deserve.

Measuring Your Success

Each year we run a city wide "Biggest Loser" style weight loss challenge that attracts upwards of 250 people each contest. One of the most common things we hear is the profound effect of the Weekly Weigh-Ins. This is instrumental to your success. Weekly weigh-ins keep you committed. Just the fact of KNOWING someone will be weighing you in makes you stick to your schedule!

Now, yes, you can weigh yourself each week. Will that be enough? Maybe. But then again, if you are able to commit to actually weighing yourself each week, why are we in this position? The truth of the matter is most won't follow through and stick with it. A few bad weigh-ins and you find yourself saying you'll do it next week...

What we recommend is committing to a schedule with a professional. It does not have to be an in depth, 20 minute ordeal. At Family Kickboxing, we have clients on a program that come in each week, or biweekly, they get weighed, we track everything, than they leave. It literally takes 2 minutes. In and out.

You may be thinking "I don't want anyone knowing my weight"... Yes, that comes up very often. BUT, feel reassured that ONLY the representative that weighs you will know, and they are sworn to secrecy. They believe in you. With that being said, just knowing that someone else will know their weight really helps them stay on track! We will see plain as day if you stuck to it or slacked!

THAT is true accountability.

If you are ready for success, measurements and/or weigh-ins are a MUST. Inquire at GETFIT@familykickboxing.net. **Now is the time!**

