



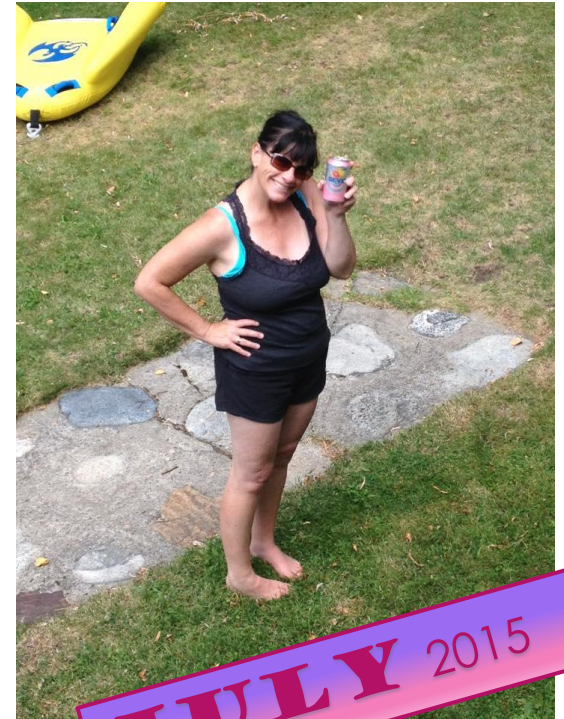
TEAM THOMSON TRAINING

SEPTEMBER, 2016

WHY Me, Why Now?


Like many of you, I've been on and off the fitness wagon for years, but after having heard of just 1 more person than I could stand, having health issues at FAR too young of an age, I finally made the decision to commit to fitness for life! And really, it was a RE-Commitment ... I'd been a Beachbody member for years... YEARS, I tell ya, but this time I took the plunge and became a Beachbody Coach. More about that later!

So combine the above, the fact that pictures like you see here were really starting to show how much weight I'd gained, and the fact that some things that I really enjoyed doing (things that require being active) were becoming increasingly difficult all together, and you've got the "perfect storm" or what I like to refer to as my "aha... ya-freaking-HOO moment". I realized it wasn't too late... and that it's NEVER too late until it's actually over!



JULY 2015

Why Cont'd

- ▶ After all, I've dabbled in fitness related "stuff" off and on for years anyway so why not, right? And why not become a coach because at least that way I'd get the Shakeology that I'd grown to  **SO MUCH!**

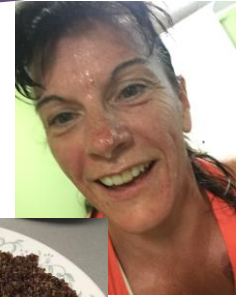


So away I ventured off into the journey of my lifetime... One that I firmly hope now, has no end until my final breath! And although I didn't know it at the time (but soon learned), I'd realized that I'd signed up under (& into) one of the absolute best "up-lines" I could have ever dreamed of – an absolute DREAM team of like-minded (albeit much younger), supportive, caring women; all trying to accomplish the same things – lift others up to reach their health/wellness goals, while living healthy fulfilled lives themselves in doing so!

I began with the "21 Day Fix Extreme" program and boy, did it kick my "A"\$\$!, but in an amazingly great way - - I saw results almost immediately; not on the scale but in the ways that REALLY mattered most to me; I felt more energetic, I was sleeping better, I'd ditched the evening cravings, & although the scale didn't reflect a change to my weight, my clothes were starting to fit looser too!

Why Cont'd

- ▶ It was in this group of fellow coaches, where I felt really moved & there, that I found Beachbody really pulling at my heartstrings. It was then that I “knew” that I was exactly where I needed to be, and more importantly where I WANTED, to be!
- ▶ Admission Time: I can't remember a time in my life when I've cried so much, being so overwhelmed by others' triumphs & successes and I just HAD to be a part of that for others, going forward. I desperately wanted to be a part of “paying it forward” after experiencing much success with BB's 21 Day Fix Extreme and other programs like it!
- ▶ So now I am!
- ▶ A little sweat equity put in + healthier eating choices + my daily dose of dense nutrition in a shake + helping others = Success by every standard that could possibly matter in this life, along with some weight lost in the process... See results below!



My Offer to You

- ▶ So now my offer to you is simple:
- ▶ To meet you wherever you're at along your health & wellness journey & "lift you up" as we travel along this road together ... Give you support, offer some tips & tricks (life hacks), include you in a group of others; all along a path heading in the same direction as you, and see it through with you, & celebrate all your successes with you!
- ▶ If you're curious about anything that my coaching, my challenge groups, and Beachbody can help you with, check it out:
- ▶ <http://www.beachbodycoach.com/esuite/home/traceybear>

Decide, Commit, Succeed!

Tips & Tricks for Health

- ▶ Always drink $\frac{1}{2}$ your body weight in water each day (A person weighing 200 Lbs should be drinking 100 ounces of water daily)
- ▶ Keep a container of raw almonds in your vehicle, to make grabbing a handful easy while “on the go”
- ▶ Made too much of your Shake-O to fit in your shaker cup? Put the extra into an ice cube tray for a healthy treat or snack later when you’re feeling “peckish”... or in popsicle forms (these are super for teething grandbabies btw)
- ▶ And if you’re regularly making shakes as I am, take those bananas currently sitting on your counter, out of their peel and break into chunks, pop into the freezer and add them to your next shake too



My Journey



January 18, 2016

Ht: 5' 4"
Wt: 163 Lbs

Chest: 41"
Waist: 35"
Hips: 40"

Felt lethargic, wasn't sleeping well, had constant cravings... especially in the evenings & felt generally crappy



April 4, 2016

Ht: 5' 4" (still... lol)
St: 153 Lbs

Chest: 38.6"
Waist: 35 (n/c)
Hips: 39.8"

Feeling incredible improvement, more cardio stamina, stronger (quantifiably so with the BB fit test), more overall energy, sleeping better, less winded upon exertion, waking up earlier in AM without the aid of an alarm & an overall improved mood (especially with regard to patience)

The programs I used during this 3 month (approx.) period were Beachbody's 21 Day Fix Extreme & P90X3 along with drinking their Shakeology daily for my daily dose of dense nutrition!

My Journey Cont'd ... A way of life, not just a fad, a diet, or a gimmick!



Recipe... for success!

In addition to the almonds in your car for an “on the road” snack, try making these tasty little guys – Delish!!!



Chickpeas, garbanzo beans, little weird things that come in a can... whatever you call them, these little nuggets of goodness are high in fiber and will help keep you full. Try this road-friendly recipe for them.

(7 servings, ¼ cup each)

Ingredients:

- 1 15-oz can garbanzo beans(chickpeas)
- 1 tsp. olive oil
- 1 pinch cayenne pepper
- ½ tsp. garlic powder
- ½ tsp. ground cumin
- ½ tsp. sea salt

Preparation:

1. Preheat oven to 400° F
2. Rinse canned garbanzo beans and let them drain well in a colander for several minutes.
3. Toss the beans in a small bowl with olive oil, cayenne pepper, garlic powder, ground cumin, and sea salt.
4. Bake on a foil-lined sheet for 40–45 minutes, stirring every 10 minutes.

Calories: 187

Summary & Recommended Read

As of the writing of this Newsletter (the very 1st one ever), I personally couldn't be happier with the progress that I've been able to make thus far, and that I am doing everything possible to ensure that I can enjoy life, family (including all those precious grandbabies), friends, wellness and my golden years to their fullest! And can't wait to include anyone in this journey along with me, as are willing! The mission statement of Beachbody's...

“To help people achieve their goals and enjoy healthy fulfilling lives”

couldn't align better with my own personal philosophy if I'd written it myself! By all means follow my journey into a healthy, more-fit life, but I'd sure LOVE company along the way, so please join me. My “health & wellness” door is ALWAYS open and the maximum capacity for this fitness bus is infinite ... there's always room for YOU!

And part of my success needs to definitely be attributed to the Personal Development that is also a core value of BB's so I have a plethora of books that I can now recommend to you but will start with just two of my favorites:

“Spark” by John J. Ratey and “You are a Badass” by Jen Sincero ... both extremely interesting and great books

Quote

- ▶ So in closing I'll leave you with a favorite quote of mine...

“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship”

Buddha

- ▶ Any comments and/or feedback as to what you'd like to see in future newsletters please feel free to email suggestions/ideas to: tttraining@xplornet.com

- ▶ Health & Happiness to all of you

