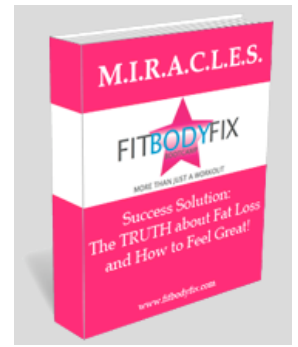


THE M.I.R.A.C.L.E.S. SUCCESS SOLUTION:

The Truth About Fat Loss & How to Feel Great!



by Caroline Radway

Here's the good news!

It is much easier than you think, to get in shape, and fast!

There is no need to follow some diet plan to the letter, eating foods you don't like, and you don't have to completely give up entire food groups.

You don't need to hire a [Personal Trainer](#) (I'll be doing myself out of a job here!) or start some fad diet that will leave you starving and miserable, and gaining the fat back on at the end of it!

Losing body fat takes more than just diet, or just exercise. There is no 'magic solution', no pill you can take, no quick fix. Anything that seems too good to be true, probably is. So you can stop searching Google now! Instead, invest your time and energy on actually putting into practice the things that are proven to work, and start getting the results that are there for the taking.

Making changes to your habits and building healthier habits is the answer. You can make a lot of changes in one go if you want great results, fast, but you can also make these changes more steadily. There is no right or wrong way, so long as you are making positive changes, and building on them, until you get to where you want to be. Then these habits are your new lifestyle habits that will ensure you maintain your goals effortlessly.

Temporary approaches don't work - it is far better to gradually work to improve from where you are now, gradually working on adopting better and better habits that you will stick with.

There is a lot more to it than just diet and exercise, too! It is NOT the case that you simply need to exercise MORE and eat LESS than you are doing now! What you need to do is to exercise more effectively - my proven [Fit Body Fix Bootcamp](#) that actually GUARANTEES results, is based around less than 2.5 hours exercise a week! Some clients come to me desperate to lose fat, despite doing that much in a day, without getting results! I can help them get incredible results with LESS time spent actually exercising!

Reducing calories too low, especially while eating foods that we think are good for us because some marketing exec has told us so on some packaging or in a supermarket promotion, will just stop our metabolism, so we can't lose fat despite eating hardly anything! The foods you need to be eating will mean you can eat more calories while torching body fat. The foods are more filling, too, so you won't feel deprived and hungry. It really is a win-win solution! But people are stuck in a rut because most of what we are being told is not going to help us - it is only helping people make money by selling us products we don't really need.

The **M.I.R.A.C.L.E.S. Success Solution** is the model I use with my 121 coaching clients, as well as my [Fit Body Fix Bootcampers](#). By taking all these aspects into account we can create some 'magic', that allows clients to get 'miraculous' results!

- M. is for MINDSET**
- I. is for INTENSE EXERCISE**
- R. is for REST, RECOVERY & REGENERATION**
- A. is for ACTIVITY**
- C. is for COMMITMENT, COMPLIANCE & CONSISTENCY**
- L. is for LIFESTYLE CHANGES**
- E. is for EVALUATE & EVOLVE**
- S. is for SOCIAL SUPPORT**

MINDSET:

The first part of achieving any goal is knowing what that goal is!

You need to work out what you want and also WHY you want it - this is where so many fall short! If you don't get your mind in place, first, you will fall at the first hurdle. Decide what you want, why you want it and what the benefits are.

Look also at the COSTS. If you want to achieve something you do not have right now, chances are you will need to step outside your comfort zone a little, or do something you have been resisting. Are you willing to pay the price? If not, you need to alter your goals accordingly - maybe take smaller steps if the cost of getting there more quickly is just too much.

If you have set yourself a goal you really are excited about and really want to achieve, and when you visualise the end result and see the myriad benefits of achieving your goal, usually the costs seem a small price to pay. Without clarity over your goals and reasons why, however, the costs can sometimes seem too much and you will make

choices that take you further away from your goals, or make more 'slip-ups' along the way, as the temporary benefit of skipping a workout, or veering away from your plan, becomes more tempting when you are not reminding yourself why you are doing the positive things you are doing.

When we have a goal in mind, our subconscious will begin to find ways to help us achieve that goal. Having our subconscious working for us, even when we aren't really thinking about it, makes getting to our goals much, much easier!

Having a regular goal review and goal setting habit is one of the top ways to ensure success - this sets the stage and gives you a solid foundation, on which to build healthier habits in all areas of your life.

INTENSE EXERCISE:

If you are exercising but not seeing results, it is likely because you are settling into a groove - that 'comfort zone' again! You need to push yourself in order to improve, but you need to make sure you aren't pushing too hard that you burn out or over-train.

Cardio is especially easy to adapt to - if you run every day, the same distance and speed, you will notice that your results plateau pretty quickly. The same goes for most classes in the gym - the routines vary but they are not progressive and your body sees it as the same - which is why the regular class-goers at the gym very rarely change their body shape at all! By all means attend a 'fun' class once in a while as part of being generally active, but do not be fooled into thinking that just because you are sweating, you are changing your body shape.

You will be burning calories, but unless you are doing the right kind of training, the calorie burn stops as soon as you do.

If you do [the right training](#), you generate what is known as EPOC (excess post-exercise oxygen consumption) which means you actually continue to burn body fat for 36-72 hours after you have finished! So you are burning fat when you rest! This is the key for getting results - as it is hard to find the time or inclination to exercise for long enough to burn enough calories with steady cardio alone to make a difference - and if you do you are in the catch-22 that you will be over-trained. That will stop any fat loss at all because you are adding extra stress-hormone, cortisol, to your body - and that actually leads to belly fat storage!

It is important to vary things, 'shocking' your body, to make sure you continue to make progress, and don't stall or plateau. Full body resistance training, using your own body weight or free weights, and short bursts of 'interval' style cardio are by far the most effective and efficient ways to torch body fat and increase your fitness levels, fast! And make sure that you continue to progress.

3 x 45 minute sessions a week is really all you need to get incredible results - it is not the case that you need to do more than you are doing now (unless you are doing nothing, of course!), you just need to be doing the right types of exercise. Most people really

have no idea about what is most effective - going for a jog or working on a cardio machine in the gym really is not the best way! Working all 600 muscles of your body in the right way means that you will become a fat-burning machine! No more time wasted - all your training time will be directed towards getting you incredible results - so more time to do all the other things you love to do, and enjoy them more in a slimmer, fitter and more energised body!

There are free bodyweight only workouts based on the training we do at [Fit Body Fix Bootcamp](http://www.fitbodyfix.com), that you can do at home, on the road or even at the beach, available for free in the online community site: <http://www.fitbodyfix.com/workouts>

REST, RECOVERY & REGENERATION:

Yes, this is VITAL! It's not all about sweating it out or eating salads! Rest is one of the most important parts of successful fat loss and improving health, too.

We can only train as hard as we can recover - and in today's busy, stressful world we are all on the verge of exhaustion all the time. Over-doing the exercise, especially long duration steady-state cardio, can actually give us more stress, and can result in chronic low level illness or fatigue, as well as not getting the results we want from our exercise programme, and actually contributes to storing fat, especially belly fat.

You need to make sure you have at least one complete rest day a week - although you can still move on these days - bed rest is not required!

When you train hard, you only need 3-4 training sessions each week. Over and above those sessions, adding any more intense exercise is not recommended as you may end up becoming over-trained. Most people find that the training and nutrition leads to such incredible improvements in energy levels that they begin to want to do more, in which case make sure you are doing fun stuff that is not too intense so as not to compromise recover - walk, swim, cycle, yoga, attend a dance class, whatever you enjoy!

REST means SLEEP - we really really need to get at least 7 hours a night, so do whatever you can to make sure you get your 'Vitamin Z'! Getting to bed at 10 - 10.30pm is ideal. Develop a pre-bed calming routine - dimmed lights, use FLUX software on your laptop to reduce the blue light glare if you have to use the computer in the evening (best to switch it off but not always possible, I know!). Ensure your room is as dark as possible (or wear an eye mask) and avoid caffeine after 2pm at the latest.

A daily mobility or stretching programme is a good idea, this helps you recover from exercise and stay energised. Each training session starts with a joint-mobility based warm-up you are encouraged to do daily for even better results in improving mobility and flexibility.

Getting a massage once a month is ideal if you can afford it. But if not, there is a cheaper alternative, a nifty little tool called a 'foam roller' that you can buy for about £10! There is more information on that in the Self-Myofascial Release Manual that you have received as a bonus with this programme.

Nutrition is one of the major parts of effective recovery. You need to make sure your body is getting all the nutrients it needs to operate effectively and repair itself after training, getting ready for the next session. Fueling the body with the right nutrients means the body can release all that stored energy - the paradox is that we have plenty of stored energy, but we are eating the wrong foods that cause us to store more fat. Thinking of fuelling the body with nutrients, rather than energy, means we can tap into that store of energy and shed body fat. This means protein, minerals, vitamins and plenty of water. Vegetables and lean proteins with some good fats, including Omega 3s, are the key foods to help the body recover, repair and regenerate, as well as release stored energy and shed body fat.

ACTIVITY:

Daily activity is vital - you will be amazed at how many calories you burn just by doing things: walking a bit further, stairs not the lift / elevator, household chores, prancing around like a loon to your favourite CD, whatever! Especially when you have been generating EPOC with your 45 - 60 minute intense, productive training sessions!

As mentioned in the 'Recovery' section, you don't want to do too much in case you over-train and prevent yourself recovering effectively. But you CAN still up the daily calorie burn without counting each painful calorie on a step machine, just by MOVING more and being generally active.

Rather than plodding away on a treadmill or bike in the gym, do 'proper' intense training in the gym, at home or in the great outdoors, for three 45 minute sessions each week. This frees you up for more time spent being ACTIVE and having fun with friends and family - go for a long, hilly walk, a bike ride, learn to surf, do some yoga, go swimming. Do what you enjoy and do it with people, as FUN!

Aim for an accumulation of 30 minutes walking every day - up to 60 on days off training.

You will find that as you adopt the strategies outlined in this guide, your energy levels will increase and you will naturally feel more inclined to take the active option, rather than the 'easier' option. And when you are resting, you will feel you have deserved the rest (plus you'll still be burning fat from your workout!)

COMMITMENT, COMPLIANCE & CONSISTENCY:

A fad diet for a month may look good on paper, and is tempting before a holiday or event, but does not address any long term problems and we all know we will end up back where we started, or worse! Yet every time we fool ourselves into thinking 'this time will be different'!

Instead, accept the fact that things have got to change, and start to take positive steps forward, every day. Even what seems like a step back, if used as a learning experience and lesson on what you need to watch out for in future, can be a step forward.

Commit to making changes, no matter how small. The world and time moves on - if we aren't at least taking baby steps forwards each day we are not even standing still - we are going backwards!

90% good choices with 10% leeway for the indulgences or treats, applied consistently, is WAY better than 100% for a week or two, followed by 110% way off course for a month!

Stick to a healthy plan, plan for some not-so-perfect-but-oh-so-worthwhile indulgences, and make sure you ENJOY them, SAVOUR them and have NO GUILT! You are planning to indulge a little, and choosing really great things to indulge upon. No more pointless calories!

Be consistent. Keep it up, have a long term mentality for long-term results.

LIFESTYLE CHANGES:

As we have discussed, we need to see these changes as permanent lifestyle changes. That's not to say these changes are set in stone for good - you may improve things further, or change things slightly as you continue on your journey. Tweaking and staying in tune with what you need at any one time is fine, but the key is to view the old habits that led to you being overweight and low on energy as being in the past - you are moving forwards and making permanent changes to become a healthier, slimmer, fitter and happier person!

Whatever you do, make sure you are NOT looking for yet another quick fix, or following yet another plan that will leave you hanging at the end, back to where you were. You can get quick results, but also results that will persist, by applying the advice in this report.

EVALUATE & EVOLVE:

Having a system in place to track progress is vital - you need goals and you need to see how you are doing on them, otherwise you don't know if things are working or not.

The scale weight is NOT the most important measure - but it can be useful! Just, whatever you do, don't let yourself get emotionally attached to a number. Your self-worth is not related to that number on the scale! It is merely one of many indicators of how things are going. You can make a complete physical transformation from a flabby size 14 to a lean and toned size 10 and actually stay within a few lb! I read an article about celebs actual bodyweights a while ago, and they were all much heavier than people would think, as they are lean and toned - and of course know that nobody cares what the scale says - they only care how they look on camera and in photos!

In my forthcoming book, *The Love Your Body Plan*, I discuss in depth a lot of the issues that we all face around scale weight and how we view ourselves. It is important to distance our self worth from a number on the scale, and also from our body size! We

need to learn to love ourselves FIRST: the fat we are carrying will shed a whole lot more easily when we are working WITH our bodies, from a place of love, rather than against our bodies, in 'self-destruct' mode.

Evolving what we do is important too. Something that works for us at one point in time may not work at another point. I hear so often that because someone has lost weight once on a certain diet, they are going to go back to that diet.

Of course, the fact they need to go back on it kind of shows it didn't really work at all. And the person you are now is not necessarily the person you are now. You may be under more stress, not getting enough sleep, less active etc. You need to look at where you are NOW and apply the correct strategies for you in the present time. Looking forward, not trying to step back in time.

Any programme should be 'tweakable' and you should learn to listen to what you really need, and if things aren't quite working, make sure you adapt accordingly. You may be 95% of the way there, but missing one single thing (such as sleep!) which will get your results going again. Allowing your approach to be flexible and evolve over time means you can adapt to new situations and achieve and maintain great results.

SOCIAL SUPPORT:

Social Support is another key aspect of success. It is one of the main reasons that otherwise not-great diet programmes seem to work for some people - they have accountability and a social support network, as well as accountability.

Enlisting people who support you and your goals is critical - but be careful who you share your goals and dreams with. Some people will try to bring you down and stop you making the changes you are so determined to make. They act like crabs in a bucket - if one crab tries to escape the bucket, the others try to pull the escaping crab back down! Even people closest to us (especially them sometimes) will sow the seeds of doubt in our minds and can really undermine our confidence, which can paralyse us and leave us keeping things as they are.

So make sure that your support team are the right people! Enlist a coach, a mentor or find a group of like-minded people who share your goals. When your results start to show, those who may have held you back will often end up being inspired to take action themselves - following your inspiring lead!

The S.I.M.P.L.E. Nutrition System:

- S. is for SELECT THE GOOD STUFF
- I. is for IGNORE THE DODGY STUFF
- M. is for MAKE EVERY CALORIE COUNT
- P. is for PLAN & PREPARE
- L. is for LIFESTYLE CHANGES
- E. is for EAT & ENJOY!

Select: Lean protein, Veggies, Good Fats at every meal.
Fruits, Nuts, Seeds, Pulses to supplement or as snacks.
Tea, herbal tea and water to drink. Spice everything up!

Ignore: Refined / white carbs: wheat, cereals, bread, pasta, potatoes, rice, sugar, alcohol.
Anything in a box telling you it's healthy or with ingredients that sounds like a chemistry lesson (yes, this includes 'Special K')!

Make Every Calorie Count (it will save you counting calories!):

Savour every single bite! And DO NOT RUSH FOOD! This means avoid eating while standing up or in the car, and eating every meal sitting down, on a plate with cutlery if possible, and be present in the moment. Do not allow food to be 'wolfed down' unnoticed! I can't stress this element enough - it can turn a bad diet 'good'!

1. Food onto fork (not too much!) or if no cutlery, pick up food.
2. Place food in mouth, begin to chew
3. Place fork BACK ONTO PLATE and release - do something else with your hands!
4. Continue to chew - count it occasionally: 15 - 20 'chews' per mouthful is good, more is better!
5. Take a small sip of water and completely finish the mouthful.
6. Pause - perhaps talk if you are eating with friends.
7. Repeat - only once you have finished the first mouthful can you start on the second! Finger food must be placed down in the same way!

This will extend your meals considerably, and mean you actually realise when you have had enough, as it takes 20 mins for food to 'register'. You will soon find that meals that used to look 'small' now look much bigger, and you are finishing meals more satisfied!

Plan and Prepare:

Prepare food for the day: take lunch and snacks to work, not pre-packaged foods: Buy real food and enjoy!

Plan your day / week in advance & think about potential obstacles before they happen!
Plan to have a 'scheduled strategic refeed' one meal per week, where foods you would usually ignore you can include instead, or aim for 90% 'good stuff' and plan a few

small treats, but not more than 10% total calcs (this ratio is key - 100% compliance for super quick results, lower compliance for maintenance, roughly 80:20. Above that - watch the fat pile on!)

Lifestyle Change:

Not a temporary 'quick fix' - make these changes into habits for life.

Eat and Enjoy:

Eat to a schedule that fits you: 2-3 times a day with 1-2 optional snacks.

Enjoy eating well, and enjoy and savour your planned treats of less than optimal foods without guilt - it's a lifestyle and 90% great leaves space for 10% that is eaten for reasons other than optimal nutrition!

The KettleBelleBody Nutrition Plan (in your manual) goes into much more detail about the best foods for super-fast fat burning and a super-fast metabolism, as well as the foods that are making you and keeping you fat and tired.

All foods are given a grade from A* (Rockstar foods!) to F (Fat body foods!) and you are given a way to incorporate all your favourite foods, whilst also getting fantastic results.

You are given a meal planning support, suggested recipes as well as a guide on how to prepare any combination of foods to support maximum fat burning. Rather than having to rely on recipes all the time, you will learn skills that mean you can whip up a healthy dinner no matter what you find in the fridge!

You will learn what foods to buy, what foods to leave in the supermarket (tip: anything screaming at you about how healthy it is, usually is nothing of the sort!) and what foods are best to have around to satisfy a need for a little indulgence, without halting your progress.

You will learn which tools you need in your kitchen to make super-healthy but super-delicious versions of your favorites, so you never feel deprived.

You will learn sneaky ways to reduce calories, improve your fat burning hormones so you can eat more calories and still lose fat, and ways to deal with various obstacles.

So, remember to believe in M.I.R.A.C.L.E.S! All it takes is positive action in the right direction and you will get to where you want to go!

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ABOUT YOUR COACH AND MENTOR, CAROLINE RADWAY:



Caroline Radway is a Personal Trainer, Coach and Mentor to her exclusive one-to-one [Personal Training](#) clients, to her [Fit Body Fix Bootcampers](#), to her online coaching clients & also to readers of her book, [KettleBelleBody](#). She is helping people the world over get results: shedding bodyfat, increasing energy, health, vitality, wellbeing and more.

Caroline specialises in giving you the tools you need to get results, not just in the short-term, but for life.

Caroline seeks to inspire and educate - so that you are reaping the rewards of time spent under her wing for the rest of your (longer, healthier and happier) life!

You or your friends and family can benefit from Caroline's coaching and support through one-to-one Personal Training as well as online & telephone coaching and mentoring.

Email caroline.radway@gmail.com and Caroline will be in touch to discuss your needs in more detail, should you be interested in these options.

You can even sign up as a free member at the Fit Body Fix <http://www.fitbodyfix.com> website for ongoing online advice, access to the forums and regularly updated resources, including bodyweight workouts and new recipes:

LINKS:

<http://www.fitbodyfix.com>

<http://www.kettlebellebody.com>

<http://www.perfectfitforlife.com>