



# Creating Your UltraFitLifestyle

*by Rachel Tipton*

**RachelTipton.com**



**UltraFitLifestyle**

**H**ere you are again. You have made the decision to improve your health. You have been here before, but this time you *truly want to succeed*. You are afraid you might fail again. You have started many times before and given up for one reason or another. You are searching for a way to do things differently this time.

I am here to show you how you **CAN** succeed. This time, you really **CAN** become the best, healthy, fit you that you have always wanted to achieve.  
This time, we will sculpt the UltraFitLifestyle.

### *There are 4 simple steps:*

1. Find Your Why
2. Make a Plan
3. Get Your Plan Rocking
4. Stick With It

## *Find Your Why*

---

The most important factor in your success is fitness is your why. Why are you here? What made you decide to start your fitness journey? What made you want to take it to the next level?

When most people decide they want to lose weight, eat healthier, or make some other change in their health and wellness, it is a generalized statement or idea:

*"I want to lose weight this year."  
"I am going to start eating better."  
"I really need to DO something."*

If it does not go any further than these broad statements, no change can occur. It is way too blurry. Take out a pen and paper, set a timer for 5 minutes, and start writing down every wild and crazy dream and goal you can think of, no matter how far fetched. Be specific and write out every detail you can come up with. Dig deep to figure out what exactly is motivation you to make a difference this time.

Is your marriage crumbling because you don't feel good about yourself?  
Did your doctor give you an ultimatum?  
Are you sick and tired of feeling sick and tired?

Write down how you will feel and what your life will look like once you have achieved your goal. When you are finished, you will have gone from "I want to lose weight" to a much more clear picture, such as:

"When I get back down to a size 10, I can fit into my favorite red dress and go dancing with my husband."

It is important that you and your Why have an emotional attachment. The more powerful and emotionally charged you are by your goal, the easier it will be to get through the tough times. And, in a fitness journey, as in every life journey, the going always gets tough at some point.

## Make a Plan

---

Once you have a very specific destination, you simply have to figure out how to get there. Take this example of going on vacation: I decide that I want to take my family on vacation. We are not sure where we want to go, so we pack hodge-podge. We finally get in the car and start driving. We meander across the countryside, stopping here and there, gradually getting frustrated. We are actually just driving around wasting gas and not enjoying a real vacation! Now, let's get specific: I plan to take my family to Walt Disney World. It takes planning and budgeting. We check the weather to be sure what kind of clothes we will need. We know it is 8 hours from home, so we plan exactly what time we want to depart. Once we are off, we hop on Highway 95 and head straight there!

See the difference? A specific destination is also essential for your fitness. If you don't know where you are going, you will surely never arrive. If you fail to plan, you should plan to fail.

**If you  
fail to  
plan,  
you  
should  
plan to  
fail.**

*You may have heard of SMART goals. SMART is an acronym for:*

**S**pecific  
**M**easurable  
**A**ttainable  
**R**ealistic  
**T**imely

As in the vacation analogy, you need to be as **specific** about your destination as possible: I want to get back into a size 12, rather than I want to lose weight. **Measurable** means that there is some sort of number attached so that progress can be measured. I personally hate the scale and have observed that it makes people unhappy and obsessed. Body measurements, clothing size, or even a distance goal for running are much better indicators than scale weight. The scale is not your friend; there are just too many variables with that darn thing! Make your goals **attainable** and **realistic** so that you are not setting yourself up for failure. Setting a goal to run a marathon next month when you haven't worked out for 5 years is a bad idea. Not realistic. Training for a marathon that is happening in 9 months; that is more realistic and certainly attainable. Finally, set a **time limit** on your goal. Find a specific date or upcoming event to focus on. It's like that light at the end of the tunnel. A deadline keeps you on track. And, it gives you a celebration day!

It has been proven time and again through history that clearly defined goals, written down create a much higher success rate. I have seen profound changes in my life in the last few years by putting my goals in writing. I have my biggest goals posted in large letters in my office and also in a list on my phone. I look at my goals as a daily reminder to stay on track. So, write down your goal. Post it in a place in clear sight of your desk or somewhere you will see it often.

Once you have a specific goal, you must plan out the details of how you will get there. Let's generalize again for a moment: once a New Year hits and people have set their yearly resolutions, many go out and join a gym blindly, without a clear action plan in place. They wander in and hop on the treadmill. Perhaps they take advantage of the free session offered by the gym when a personal trainer will show them how to use some of the machines. By the time they return the next week, they cannot remember any of what the trainer taught them! The treadmill gets boring and after a few weeks, they stop coming altogether. Typical story, and how large franchise gyms make most of their money.

Let's break the mold for you this time! First off, think about what sounds fun for you. Does a group exercise class sound like a great way to stay accountable, meet new friends, and enjoy yourself? For some, a group class sounds like a nightmare filled with confusion and judgment. This person might benefit more from one on one time with a personal trainer. Are you self motivated? Perhaps a home DVD plan would work for you. Love the idea of working out in the privacy of your own home? Contact me at [ultrafitdancer@gmail.com](mailto:ultrafitdancer@gmail.com) about setting up Skype workouts.

**“ The UltraFitLifestyle  
does not mean  
you have to have a  
perfectly sculpted  
body, it means you  
have created the  
perfectly sculpted  
life. ”**

There are a myriad of ways to reach your goal, just as there are many road to reach a particular destination. The important thing to discover is which pathway will be the one you can stick to and find consistency. If you absolutely hate the format, you will not succeed. It is going to be tough, so we can at least try to make it fun!

Get your plan scheduled. A timeline is important in reaching a specific fitness goal. Pick a start date and also a deadline. If you have no light at the end of the tunnel, you may lose heart.

Treat your fitness plan and yourself as an important appointment you cannot cancel. You would not cancel a meeting with a million dollar client, would you? No way. Well, guess what? YOU are the million-dollar client! Find a time slot on your daily and weekly calendar that you can keep consistent. Schedule in your workouts and make a commitment to yourself that you will not let anything compromise your workout. I always recommend that my clients get their workout done first thing or early in the day, starting the day out right. But, not everyone is a morning person. Find what works for YOU! I promise that when you invest time in yourself, and stay true to your commitment, you will be amazed at how your entire life is transformed.

Write your workout schedule in your day planner and program it into your phone. Take control of your time. Remember that the most successful people on the planet have the same 24 hours in a day that you have. They just manage those 24 hours with vigilance. You can do this as well! If you begin with scheduling your workouts, you will likely start scheduling the rest of your day more efficiently.

Another important part of your plan is to prepare your mindset. Fitness and nutrition are two main components of weight loss, but mindset is the most crucial aspect of wellness. If you look upon your fitness journey as a burden rather than an opportunity, you will find it difficult to succeed. Think of the person you know who is always on the next diet; they never seem to get anywhere, now do they? They ho and hum and lament over the fact that they are deprived of the foods they love and how unfair it all is. Change in body composition (i.e: fat loss) and improved wellness are all about lifestyle changes and improvements. I like to call it the UltraFitLifestyle.

The UltraFitLifestyle does not mean you have to have a perfectly sculpted body, it means you have created the perfectly sculpted life. Your mind must be as fit as you would like your body to be. Training the muscles of the body is a constant effort. As soon as you reach your ideal fitness level, you cannot simply quit and expect to maintain results. You must keep at it consistently. A certain training schedule or program may come to an end, but you will have to continue with an active lifestyle. You will want to; consistent effort forms a habit. The same applies to mindset. Life happens; it can be terribly difficult at times. Challenges blindsides us daily. It is important to work on your mindset as much as you work on your weight loss or muscle gains. Healthy habits must be formed and kept forever.

### *Need help getting your mindset in order?*

#### *Let's consider some of the benefits of getting healthy and fit:*

- Studies have shown that exercise alone can lead to at least a 15% boost in your work productivity. (Exercise can make you more money!) The blood flow and endorphins released during exercise can sharpen mental performance, improve time management skills, increase your tolerance for stress, calm your temper, relieve anxiety and depression, heighten moral, and promote a greater sense of calmness.
- Self-discipline in one area can lead to better self-discipline in other areas. If you workout, you are more likely to watch what you eat so as not to sabotage yourself.
- A completed workout gives you a feeling of accomplishment, which leads to a stronger sense of confidence. This is one aspect of your life you can actually control for the most part. Self confidence can improve your relationships, creating success in all areas of your life.

## *Get Your Plan Rocking!*

---

You have a plan and a start date. You have your gym membership in place, your schedule set up with your trainer, or your space set up at home to work out. You are ready to rock! In order to track your progress, you must do two things: take photos and take measurements.

I know, I know! Sounds awful. But, photos and measurements are the best way to effectively see your results. No one loves to take "before" shots. However, photos placed side by side are one of the best

ways to observe changes in your body. Let's face it. You look at yourself every day in the mirror, so you might have a hard time seeing improvement on a day-to-day basis. Also, when you reach the end of your program, and you have awesome results, you will be glad to have the before shots for bragging rights about how far you have come.

For the best before pictures, strip down to a bathing suit. Find a location with good light and an uncluttered background. Take a photo of each of the following positions:

- Facing front with your arms by your sides
- Facing away from the camera with your arms by your sides
- Facing profile with your arms by your sides
- Facing front with your hands on your hips
- Facing away from the camera with hands on hips

Even though you will be tempted to "suck it in" for the camera, try to simply stand in a relaxed manner. This will capture the body in its purest form. No one has to see the photos, but keep them in a safe place.

Body measurements are also important. Getting on the scale can be a frustrating experience, as body weight fluctuates daily, hourly, and monthly. When you begin a new fitness program, you will begin to add lean mass, which is more dense than fat. You will feel stronger and even notice your clothes fitting better, but you may still see the number on the scale go up. So, forget the scale, or at least take away its power in determining your health and fitness results. Get yourself a tape measure and write down the following body measurements:

- Chest
- Waist
- Hips
- Biceps – right and left
- Thighs – right and left

Enlist the help of a friend or loved one if you can, so that you can be sure you get the most accurate measurements. You want that tape measure to create a straight line around the body, parallel to the floor. The tape measure should go around the largest part of your chest, the narrowest part of your waist (just above the belly button), and the widest part of your hips. Measure the biceps and thighs at the approximate center mark between the shoulder/elbow and hip/knee. You may be curious about your body fat percentage, which can be measured by a fitness professional.

A great place to keep your body measurements is in a fitness journal. It could be as simple as a plain notepad or spiral notebook; or search on Amazon or your local bookstore for an official workout diary. If you are incorporating resistance training into your program, you want to keep track of how much weight you pushed, sets, and reps. Tracking your nutrition is also important. Weight loss cannot happen unless a caloric deficit is created, meaning you must burn more calories than you eat. Tracking your food intake on paper (or even in an app) is the best way to know your basic caloric intake and eating habits.




There is always an adjustment period when you begin a new fitness program. Your body is not used to the movements. You should expect to be sore at first. You may experience DOMS (delayed onset muscle soreness) 24 to 72 hours after strenuous exercise. If you have not done any exercise in quite a while, try to pace yourself. Remember that real results happen with consistency over time. If you are gung ho out of the gate, and push yourself too hard, you may be too sore to stay consistent. Or, worse, you could injure yourself.

## **Listen to your body and try to focus on quality of movement at first. Proper form is EVERYTHING!**

Figure out good form for the particular exercise you are focusing on, and you will have longevity, which means consistency in the long run.

Stabilize your core by pulling in the belly button, and remember to breathe. It amazes me how many times per day I must remind my clients to breathe. We simply forget as we concentrate on the movement. Whether I am lifting weights, running, or doing Pilates, I always try to connect my breath to the movement. This creates a mind/body connection and a flow to the movement. If we stop breathing, our natural survival instinct is to preserve energy. So, the body will work less efficiently, simply because it wants to stay alive! The body prefers to generate most of its energy aerobically, meaning with oxygen. When lifting weights or running sprints, the body needs energy quicker than the body can deliver oxygen. Energy is created anaerobically, through the breakdown of glucose in the body. If you focus on breathing, you can create an aerobic situation for the body, more effectively metabolizing energy.

There are a few ways to deal with soreness. Most importantly, be sure to hydrate. Drink one half of your body weight in ounces per day. Drink extra water when you start working out, because you lose water when you sweat. It may seem like a lot of water at first, but once you are used to that much water, you will feel a lot better overall. Many times when we feel hungry, we might actually be thirsty. Get in the habit of carrying water with you everywhere you go, sipping on it continuously throughout the day.



**Drink one  
half of your  
body weight  
in ounces  
of water per  
day.**

Another fantastic way to battle muscle tightness and soreness is a foam roller. My whole world changed when I got a foam roller! A roller is used for self-myofascial release of the muscles, which basically means a self-massage. When you are working your muscles hard, the fibers tighten up and form those “knots” we can easily associate with the shoulders. A surprising amount of tension is stored in the hips. Many people with knee and lower back problems may likely need to release tightness in the hips, glutes, quads, hamstrings, IT band, and calf muscles. Foam rolling can be uncomfortable at first, when you are not used to it, but practice often and you will find you feel much better overall. Search on YouTube for a ton of ideas for foam roller routines.

## Stick with it!

How many times have you started a fitness program with great gusto, only to fizzle out after a few weeks or even a few days? Don't feel ashamed; it happens to us all. You must expect setbacks. When you feel yourself losing interest or losing heart, go back to your WHY. Why did you start this journey? What do you want to feel like when you reach your goal? Isn't a bit of soreness and extra effort worth it to change yourself from the person you are unsatisfied with, to the person you know you can become? Do you really want to feel that twinge of guilt and remorse that awaits you if you abandon your course?

You started this journey for a reason. Your goal and your target date are in sight. So, just do it. Nike's tagline is simply brilliant, because if you just DO it, then it's done and you feel great. We tend to get in our heads and talk ourselves out of the work involved in reaching our goals. A very simple approach to your fitness is the best way. Wake up, workout. No excuses. Try not to let your head get too involved. The little voice in your head is going to resist and come up with a million reasons why staying in bed, or driving right past the gym to go home and sit on the couch after work is a much better idea than getting all sweaty. But, your heart knows better. You know that you truly desire change and a feeling of wellness.

Another pitfall in your journey is that frustration that some people experience that "nothing is happening." You are working out like crazy and watching what you eat, and the pesky scale won't budge. Give yourself a chance. Think back to the last time your body felt really wonderful and you felt fit and healthy. How long ago was that? Well, you should give yourself at least half that time to get back to where you once were. Did you gain 40 lbs while you were pregnant? Then, you are going to have to give yourself several months to get back on track. People tend to lose interest or get frustrated right in the beginning, perhaps a few weeks into their program. This isn't working, they lament. It just takes time and consistency. Remember, it did not take 2 weeks to gain all of that weight; it took months!

Consistency is a huge factor. Muscles are smart. Muscles remember. But, they need to be taught over and over with consistency, so a new habit is formed. If your belly has been hanging out for years, it needs some consistent training to teach it to hold itself in.

Celebrate small victories in your journey. Once you have completed a week or a month of sticking to your program, or hit a weight loss milestone, treat yourself. (A big bowl of ice cream is not what I mean! Avoid rewarding yourself with food.) Have a night out celebrating your accomplishment. Something small to make you feel happy and acknowledge the fact that you are getting somewhere. You may want to use this treat as motivation: once I have worked out consistently for a month I get those new shoes I have had my eyes on!

Beware of negative people and their attempts to sabotage you. If you have a circle of friends who have unhealthy habits, your new journey will be a threat to them. They may question your motives, make fun of you, or try to interfere by inviting you out for happy hour when you are on your way to the gym. Stay strong and know that their feelings are their problem and not yours. Anyone who has anything to say about your fitness journey that is not positive and encouraging is someone who is in denial of their own

**"You must expect setbacks. When you feel yourself losing interest or losing heart, go back to your WHY."**



lifestyle. Be the example; be the shining light that inspires others. Invite your friends and family to join you and move towards wellness. If you lose a friend simply because you have adopted new habits to improve and lengthen your life, then they were not worth keeping anyway.

This new path to fitness, wellness, and a healthier lifestyle will be difficult. But, you must have found difficulty in your life how it was before, or you never would have started on this new journey! You will be uncomfortable, sore, sweaty, and sometimes a bit worn out. But, I promise you that you will feel better and better with consistent effort. Energy builds energy! The changes that occur in your life just because you add a new fitness routine will be profound.

You will be more organized with your time. You will be more aware of what you are putting into your body. People will start to notice and give you compliments. You will feel more confident. You will be happier. You can DO this. No matter what your history, limitations, or health issues, you can overcome anything is you set your mind to it. So, stick with it!

Consistent effort over time will lead to big results; the fitness results you have always wanted.

***So, now you have a clear plan of action to set you on the right path to reach your fitness goals:***

Start by sitting down to Find Your Why.

Take some time to Make a Plan.

Set your schedule and Get Your Plan Rocking.

Then, stay vigilant on your mindset so you can Stick With It!

I am here to support you. Let's create a plan together that will get you the best fitness results you have ever had and the UltraFitLifestyle you have always imagined. I will help guide you through this and keep you accountable.

**You don't have to do this alone.**

*- Rachel Tipton*