

## **Get Started Now!**

Hi everyone, Welcome to The Buff Mom Boot Camp and the **Get Started Now Podcast!** Whether you are doing this program from home, or joining us in class, we are excited to have you part of The Buff Mom Community, and begin working with you to achieve your goals.

There are two reasons for this podcast: 1) Learn more about the program. 2) For you to learn a little more about yourself, and the goals that really matter to you. You will need a pen and paper for this podcast.

## **Background:**

My name is Leslie Gordon Christie and I am the creator of The Buff Mom.

I am a certified Personal Trainer, Group Fitness instructor and Pre and Post-Natal Exercise Specialist.

I have worked in the health and wellness industry for 20 years. I started as a fitness instructor and personal trainer in high school. After university where I studied journalism and fitness, I spent a number of years in the magazine industry, working as the associate editor of Oxygen Magazine, and as a freelance health journalist for a number of Canadian publications and local newspapers.

From magazine I went into the television industry. I worked here for over a decade as an anchor and reporter for Canada's largest private broadcaster CTV, specializing in health reporting. Then came children, and suddenly life changes. I found myself looking for more meaning in my career.

I wanted to do something that I was truly passionate about so I could really help other women. That brought me back to fitness. I wanted to create a program for women that was different than a gym. I know it can be very intimidating going to a gym. I also know, it's easy to get lost in the crowd at a gym.

I wanted to create a community, and a program that had accountability, goal setting, mindset work, and include many of the tools that had helped me become successful in my past career.

I decided to pursue coaching training and spend some time with some really inspiring people in the personal development industry, including Bob Proctor of The Secret and motivational speaker Paul Martinelli, and incorporate some of that personal development work into the program.

That's how The Buff Mom was born (BTW you don't have to be a mom to join). This program is really about body, mind and spirit, not just the physical, but mental strength too. Yes you are going to do pushups, burpees and squats, and strengthen those physical muscles. But we're also going to work on your mental muscles too, so you can begin to shift your thoughts, feelings and attitudes. These shifts create change.

### **Coaching Exercise: The Wellness Wheel**

Let's get started with that blank piece of paper you have. On that page I want you to draw a large circle. Now I want you to divide that circle into eight parts. These pieces will represent your overall health and wellness. Here are the categories: nutrition, exercise, water, sleep, relaxation, physical body, healthy mindset, and energy. Where all the lines intersect that is zero. The edge of the circle is 10. For each category, please rate yourself out of 10, and place a dot on the line to the right of the category that corresponds with the score. For example if I selected nutrition, and I am eating veggies and fruit, but loading up on high sugar snacks at night, I might give myself a six. I would place a dot a little more than halfway up, to represent six.

Once you have given yourself a score for each category, please connect the dots.

Now look at your image and ask yourself: "If this was a wheel on my car, how would it turn?"

Ok, have a look; now circle a category you'd like to make changes to.

Let's talk about what you can expect with The Buff Mom?

Our workout philosophy is simple; we're busy women, we need fast, fun and effective training that targets all muscle groups. Everything you need, all in one workout, and that includes a great relaxing stretch at the end, and quiet meditation and goal setting time.

The workout component of the class combines resistance training, cardiovascular drills, and high intensity interval training for a supercharged, high energy and effective program. Exercise levels are built into all of our circuits, so this program is suitable for all fitness levels. And that's the great thing about The Buff Mom, women of all ages and fitness levels, (right from new moms, women in their 60's, even 70's, experiencing fantastic results. Be sure to check out some of those success stories in our videos and blog posts on our website. The results are incredible. 12, 16, 23, 26.5 inches in just one six week session. And the inch loss is just the start. We're about improved energy, increased strength, the ability to perform simple every day activities easier, and feeling great about yourself and life in general.

What do all of these success stories have in common? Following the program really. To see changes in your body, it's a combination of effective workouts, healthy eating, and a healthy mindset.

Workouts: Aim for three to four Buff Mom workouts a week, either videos or classes.

### **The Buff Mom TV**

So if you're saying to yourself right now, "oh my goodness, I can't get all those Work outs in, or I can't make it to class four times a week," or maybe you're doing the program with us from home, that's ok because that's why we created The Buff Mom TV. This is a great compliment to boot camp classes, or as a training program all on its own. The Buff Mom TV is multi platform fitness that allows for unlimited streaming of boot

camp classes, challenges, and specialty training like TABATA and QUICKFITS (5 and 10 minute workouts). All of the programming is based on the actual class, and designed by fitness professional. You know you are getting a safe and effective workout, no matter where you are. Ad free and always available. Plus all **Buff Mom TV Subscribers** receive a special rate (12% discount) on their next boot camp session, products and supplements!

If you are registered to classes, The Buff Mom TV is a great way to perform your three to four workouts a week. For example if you attend two classes per week, you can do a third workout by following a workout video on your laptop, smart phone or tablet. You will also find fitness and nutrition resources including podcasts and meal plans.

Some of you may also be joining us, online only, and that's great. The Buff Mom TV is also a complete training program that gives you the opportunity to be a part of The Buff Mom Community from home. You will do three to four videos a week, plus cardio, depending on your fitness level.

### **Equipment Needed for both Boot Camp Classes and Workout Videos:**

1) Weights: two sets are optimal: a light set (3 to 5 pounds, depending on your fitness level), and a heavier set for larger muscle groups, (8 to 12 pounds) You'll want the weight to feel challenging by the 9th repetition if you are doing 15. Rollie bags have become quite popular at Buff Mom classes, as it's an easy way to carry your gear.

2) Resistance Tubing and Mat: Tubing is a fantastic tool that will last you a lifetime. It's a portable gym and you can do so many exercises with these. Covered bands are best, since we also use them for cardio. Check out our store for various level options

### **Small Steps and Quiet Meditation**

At all classes we finish with something called SMALL STEPS. This is an opportunity for you to focus on your goals, your vision, and take some quiet time to reflect on your progress and set your "SMALL STEPS" for the week ahead. We also have stretches and cool downs available on The Buff Mom TV for you to do this at home.

Goal setting and achieving is all about small steps done consistently. For example, one week your small step might be to increase your water intake by carrying your water bottle. The next week it might be to enjoy herbal tea or a protein shake in lieu of late night eating. Small steps always focus on what you 'CAN' do as opposed to what you 'CAN'T' do.

### **New Member Assessments:**

New Member Assessments: These are always optional, but a great way to stay accountable. For those of you part of our six week boot camp in-class session, a schedule will be emailed out prior to your first class. This will require you to come a few minutes before class or stay a few minutes after class. These are done on weeks one, three, and six. The person who sheds the most inches gets a free program!

**Just doing The Buff Mom TV only?** Take the measurements in the key areas every few weeks. For example, measure your chest, arm, stomach, waist, hips, thigh and calf. You may even want to take a few photos.

Ok .. you may have heard the saying: “Great abs are made in the Kitchen.” Healthy eating is essential to results (about 80%). In your registration package, you will receive a copy of our **Reset and Energize Express Meal Plan complete with recipes. This three-day jump-start** uses real food to boost your metabolism, reduce sugar cravings and help you shed inches while feeling satisfied and energized. A full 7-day plan is available in the nutrition section of The Buff Mom TV.

**Mindset:** This is the major component of the program.

Gandhi said, “What we think, we become.” So are talking yourself out of success? Are you telling yourself you can’t achieve? If so it doesn’t matter how hard you work, you’re always going to block your success. If this is you, please check out our podcast section on The Buff Mom TV. We have some great coaching sessions on this topic.

So many times people begin an exercise program, and quit a few weeks later. Has this happened to you? A big reason this happens is they have not found their emotional hook or emotional why. Having a short-term goal of a trip or wedding gets you motivated, but what happens when that event is over? You have to find an emotional reason to keep going, for example it might be to be a role model to your children, to live a long and active life. If you don’t have your emotional why right now, that’s ok, we’re going to find it.

### **Wellness Wheel Recap:**

Please take out your Wellness Wheels. You circled one category, that if improved will have a major impact on your wheel. Let’s ask a few key questions now:

1) If I walk away and do nothing, what will this image look like in 6-weeks, 6 months and even a year or two years?

2) What if I do make this change? How will my life improve, how will it feel?

Small Steps: - Two small steps this week.

I would like to close with a quick exercise. Not homework, but a chance to get emotionally involved in your goal.

Please illustrate your goal on paper using pictures from a magazine, photos you have, or the Internet. This is called your vision board or inspiration page.

For those attending classes, you can bring this with you, along with all of your forms.

Thanks for joining us, have a fantastic day.

Any questions I can be reached at [leslie@thebuffmom.com](mailto:leslie@thebuffmom.com)