

Day 28: ***Virtual Confetti***

Never Look Back- You Are Not Going That Way!

Hitting your weight loss goals is not an excuse to revert to old habits that led you to put on weight in the first place.

Food is addicting; the taste of sugar and carbs will eventually get to you if you are not watchful. Don't play games with yourself. You have just learned a simple way to eat for the rest of your life in which you will never have to worry about weight loss again.

By the same token, don't burn yourself out with the temptation of taking on even more radical eating patterns and workout routines. A BORING workout system is a GREAT place to be in. You can certainly spice it up, but stay focused on the solid foundation that got you to this point.

Mike Answers: Will I Ever be Able to Eat _____ Again?

"Once you do get to your goal weight or size, you can cheat—but there is a dangerous mental element involved that you must be aware of. One dessert a week easily becomes two a week, then three a week and then the cycle of addiction begins all over again. The fat starts to come back and so does the cycle of frustration and defeat.

I have lost most of my cravings for sugar and processed starches but I must constantly beware of temptation. Having four girls in my family who love chocolate can sometimes be a struggle for me, but I am experienced enough now to know that if I do cheat that I will likely pay the price for the next 24 hours or more. I have learned that cheating is simply not worth it.

Ignore the other weight loss companies that tell you dessert, yogurt, cereals or pancakes are okay. They aren't. Just remember: ex-smokers know they cannot have one cigarette. When it comes to weight loss, sugar is our nicotine and it is best to avoid at all costs."

It's DAY 28!!!! You did it!

We bet you never thought the number 28 would mean so much to you as it does today. Perhaps this is the longest you have stuck with a diet, or you finally won the battle against that dreaded plateau, or possibly you made it 28 days without giving into all the temptations surrounding you.

Whatever you accomplished over the past 28 days, you deserve that movie-worthy slow clap... all of us at Personal Trainer Food applaud YOU!

Now go look in the mirror. You aren't just looking at a smaller version of yourself today. There is more to your reflection than that.

Right now, you are better than who you thought you could be. What you have achieved in terms of fat loss is nothing compared to who you have become. You didn't wait for this to happen. You made it happen.

Have you noticed how once you started to change that the whole world started changing with you? It's like when you learn a new word you have never heard before and then all of a sudden everybody says that word all the time. That is exactly what has happened to you over 28 days

when you allowed yourself to see that weight loss is simple, easy and routine. It only gets easier from here.

Keep Crushing It

Even if you may not be at your goal today, you are much closer than you were when you first started your program. Do not let your focus become how far you have to go. Look at how far you have come!

The brides on our Altered! program didn't stop after 28 days on REV. They were excited to continue on, and were rewarded with more fantastic progress in their next 28 days. They were able to do that because REV is a wonderful way to prime the body for fat loss. Just keep living the PTF lifestyle and you will continue to lose fat until you get to your goal.

Don't let the celebration of completing REV! stop you from continuing to crush your goals. You've reached a pivotal moment on your journey.

You don't stop when you are tired, you stop when you are done!

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

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