

If you can't or won't be held accountable; if you resist growth and expansion of your capabilities; if you stubbornly and foolishly want to remain in your 'comfort zone'- existing only in the gray twilight of mediocrity, never knowing the triumph of high achievement; if you are complacent, lacking confidence and shackled by fear...**THIS IS NOT FOR YOU!**

Hello There!

I am very excited to have you as an interested new recruit and possible client! Are you ready to change your life! I am, and together, we will...

First Things First!

Being a holistic lifestyle coach, exercise physiologist, nutritionist and personal trainer these days is tough.

You get into this business to help people only to discover that you are as much of a sales person as a coach and trainer. If you read my web page you know what I mean. Not to mention there is competition everywhere (everyone that looks good at the beach or the gym thinks they know how to get results for others) I know people genuinely want to lose weight or feel better and more alive. Most don't want to do the work----they just want a pill that does it for them.

Most people think personal training or nutritional coaching is too expensive-----but they'll spend \$5000 on a new plasma 60 inch TV and not invest in their own health. What if I told you there is a way to make things a little easier? And what if I told you that we really do have a magic pill you can take....that is why we developed a system that over delivers the goods if you would and gets you the results you need and want ...FAST!!! All you have to do now is have faith in yourself that you can make this happen and then work the system we will teach you. It is as easy as that.

I want to say this up front; the success of our boot camps and coaching programs are in direct correlation to where you are in each of these four areas, *Physically, Mentally, Emotionally, and Spiritually*. So clean out the head trash! It's up to you to reverse any negative perceptions of yourself. Developing yourself will be a process, so where ever you are today, you can grow, develop, and improve. You are not alone any longer.

Tell Me About What We Are Going To Do?

Initially you will receive a complete set of *Health and Lifestyle Questionnaires* that include an in-depth appraisal of your bodies' sleep-wake cycles, stress, digestive health, toxicity, what types of foods you eat and when. There will be questions about yourself destructive habits, your priorities in life, and commitment level, as well as an assessment of past and current exercise habits and routines. There will also be questions regarding what supplements you take if any? Who will be supporting you toward your goals and what might stop you from reaching them? What interests and passions do you have? I know all of this information is very personal but after all, this is personal training and personal coaching and we want to be very thorough. Be assured you have complete confidentiality and privacy in our programs. By the way, this is not a test kay, so don't view it in that manner, just enjoy the journey, open your heart and tell the truth!

Poor Nutrition is the #1 reason my clients did not succeed and achieve the result they wanted from me in the past, which is why I put these boot camps together.

So is it not a good idea for you to take responsibility for yourself and really learn how your body works and why? That's why I've crafted a serious, accountable, and nutritional and lifestyle model that is so easy to learn and follow, and your results will speak for themselves. Why not take a peak and read for yourself some of our past graduates comments at http://www.myfitness4ever.com/see_success.html seeing is believing

Your Body Is....Can You Guess?

Your body is a Cybernetic System! No, you are not a terminator and Arnold is not coming to get you! Let me explain: A computer can have other computers linked through a network; they are linked via a network system. Think of it this way; your car has cooling systems, and electrical systems, as well as fuel delivery systems, and a suspension system. They all depend on each other but if one of these is not working, your car will shut down in a matter of minutes. If that system does not work and you see a red light come on what do you do? You pull over and turn the engine off immediately then call AAA! Your body is the same way. Each system is intrinsically connected and if one shuts down or is not working properly what happens to the rest of you body? It may lose vitality, or gain weight. Organs may get sick or shut down. You may have skin issues and/or feel tired all the time. This is exactly why it is so necessary to look at the four systems in your body.

So often it's beneficial for you to bring with you a spouse, partner, or other family member if this person will be involved in your weight loss, lifestyle change and healing process. Skeptics are welcome, so please feel free to bring this important person (but do not force them to come) twist their arm a bit? hmm maybeeee!.) even if they are not a believer in alternative, holistic and complementary health modalities. We will be teaching you and them how to "work-in" before you "workout."

Let's Get Some Things Squared Away Right Now!

First, you will need to keep a one-week diet, sleep and exercise diary/ log so that we can discuss what you may need to change with regard to your current food and exercise choices as well as your sleep/wake cycles. Our questionnaires must be filled out and should be sent in along with the above mentioned diaries. I MUST receive both of them for review at least one week prior to your appointment. Please allow 4 hours for your consultation so that you cannot get rushed at the end. Most often, the consultation will run somewhere between 2½ and 4 hours, but it is important that you not feel rushed. Don't worry you won't be bored! It is so much fun... you will be amazed!

If this is a consultation for more than one of you, such as a couple or a parent and a child, allow at least one to two more hours for the second person. This may sound like quite a lot of time, however, it will pass very quickly as there is a great deal of information to be discussed. By the way, Please bring something to snack on as well, I always love to see what people bring to my office and you bring Twinkies make sure you bring something for me too!(Just Kidding!) . I will provide water and plates, and utensils if you need them. By the way, I do not own a microwave just a toaster oven. Soon, you will understand why!

Also, please bring all nutritional supplements of any kind, (powders, pills, drops, any wonder pills you've bought ect. Ha! Ha!) that you are currently taking. In addition, please fax or send me copies of any lab work done within the last 6-12 months it is always appreciated and helpful

You Made It This Far ...Now for the Good Stuff....

I would like to mention a few things which are important for you and they are in no particular order. Sometimes I just type what is in my head at the moment so bear with me.

1. This one is very important to me and to you!! **If making major changes in what you eat and drink is something you are not willing to do, then I/we cannot help you. I know that sounds harsh . But it really is the only way that this program is going to deliver the results you are after.**

2. **If you are not willing** to spend a little change from your change jar on the nutritional supplements which your body probably needs, then your body (systems and sub systems) may not be able to heal itself.

3. **You must understand** that YOU are by far the most important part of your wellness/Bootcamp course. The CHEK Holistic Lifestyle Coaching protocol and Fitness Forever are not magic pills to instantly fix everything. We will try and tailor your Boot camp to fit your individual needs and concerns as well as make it irresistibly fun! You do want to have some fun don't you? ☺

4. **You must understand fully that you have helped bring your body** to the current state of "health" it is in. Sorry, but I had to write that last line....ultimately the choice really is yours. I will use our questionnaires to identify ongoing sleep, digestive issues, food allergies, emotional and toxic stress issues as well as dietary challenges you may have. Often all of these go hand in hand, keeping the body from changing its metabolism and hindering its own immune function. Exercise alone is not the key as you have been lead to believe. More often than not, it's usually making things worse.

5. **Did you know that it often takes 15-20 years of being mistreated before the body begins to show major symptoms?** This is especially true for diseases like Cancer, Arthritis, Heart disease, Alzheimer's, Multiple Sclerosis, Diabetes, etc. Do not expect your body to be able to completely reverse these years of damage in just a couple of months.

6. Your body is an **extraordinary and amazing "machine."** If you give it the correct ingredients and adequate time, it can work wonders for you.

7. **Medical doctors are not the enemy.** They were simply never taught the principles of naturopathy, holistic lifestyle techniques or clinical based nutrition.

8. If you have not had your adrenal function/stress hormones tested we may recommend that you do so depending on the outcome of your questionnaires. **This is probably one of the most important things that we can do for you to help empower you to achieving exceptional results in our programs.** To see more info log on to the BioHealth website at <http://www.biodia.com/test205.html>

If you can accept these eight concepts, then you should have what it takes to begin your guided journey toward better fitness and overall health. Always feel free to ask many questions along the way. **Always remember that you are doing this for yourself.** You will reap the benefits of your hard work as improved health and well being. I will do everything possible to help you get there. I will not wish you luck, because luck has nothing to do with it. The key is to start with desire then follow through with **willpower, patience, and perseverance oh yes,** and a few days at the spa!

Since I am generally booked between 2- 4 weeks or more in advance, please do not wait too long to schedule your appointment. I rarely get cancellations since that would put the appointment off another 1 to 2 months, but they do occur. **Complete your sleep, food, exercise diaries, and questionnaires, and return them to me as soon as possible.** After you have sent me your completed paperwork, you may call and ask to be put on my cancellation list. Please note that if I do not have all of your completed paperwork 7 business days prior to your scheduled appointment, the appointment will be cancelled and will need to be re-scheduled. **I take a fair amount of time to go over your paperwork as well as any lab tests you send me!** I will not take this time during the appointment and, therefore, must have adequate time beforehand. I have found that the easiest thing is for you to begin your

diet log immediately and return everything as soon as the 7 day diet log has been completed. When this is not done, it often gets forgotten; and then all of a sudden your materials cannot reach me the required 7 business days in advance of your appointment.

My initial consultation fee for the mini camp is currently \$395.00. If you choose to continue and do our 6 week boot camp I will apply the \$395 towards the \$895 cost. To find out what is included in the 6 week boot camp, you can download a flyer or call me and I will email you a complete outline. We do offer camps starting as low as **\$199**. Our **Basic Training** Metabolic Typing boot camp is 1.5 hours in length. It offers in-depth, affordable, information that in its self is life changing!

Before I forget....There is a \$100.00 fee which secures your consultation appointment time as well as covers the cost of the 1-1.45 hours of my time I need to review your initial questionnaires, sleep, food and exercise diaries. The moment I receive the \$100.00 fee, I will send you our new client/patient package filled with all the questionnaires within 48 hours. If you live in town you may pick the packet up at the studio or I will email them to you.

Appointments are only scheduled by phone and not by email, although you will receive an email confirmation of your booked time. I accept Visa, MasterCard, checks and cash. You will receive a loaner copy of our two and a half hour video on the principles of healthy eating and metabolic typing.

This can be sent or picked up and is in a DVD format and **MUST** be viewed before your appointment and returned when you come in. (They are available for purchase at a discounted price to our clients if you really liked it and want to review it from time to time). You must complete all questionnaires and forms as specified in the directions that I send out and mail them back so that I/we receive them preferably 7+ days prior to the consultation date.

You are welcome to complete and return them immediately if you wish. Some people have made themselves very unhappy when they forgot to get their forms in at least 7 days early and I had to re-schedule their consultation generally 1-2 months later at my next available time slot. By the way, your appointment may be rescheduled as many times as your hectic life requires or even transferred to another family member, as long as you give me a minimum of 7 days notice so that I have adequate time to fill that spot in my calendar. Please note that you need to keep the **7 day sleep, food and exercise diaries BEFORE watching the video.** *I NEED to know how you generally eat*, not the new diet you may institute after you learn a great deal of new information from the video!

I look forward to coaching you through this multi-dimensional plan to elevate you to a new place of physical, emotional, mental and spiritual well being. Remember, you are not alone any longer!

Sincerely,

Ingo G. Logé and the Fitness Forever Team