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TOP 4

FITNESS MISTAKES THAT CAN RUIN YOUR WEDDING



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Disclaimer

You must get your physician's approval before beginning any exercise program. These recommendations are not medical guidelines. They are intended solely educational purposes. Please consult your physician prior to implementing any of these recommendations, or if you have any medical condition or injury that contraindicates physical activity. This information is designed for healthy individuals 18 years old or older.

The information in this book is meant to supplement, not replace proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this report booklet, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness. The exercises and dietary programs in this report booklet are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including the exercise program in this report booklet. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or qualified health and fitness professional. Always complete a proper and sufficient warm-up routine prior to strength/resistance training and interval training.

You must complete a physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

Top 4 Fitness Mistakes That Can Ruin Your Wedding

You're engaged, you're excited about all the wedding planning that's ahead. You and Mr. Wonderful have your whole lives ahead of you. Let's face it -- life is good. Take it all in for a minute right now. Close your eyes and feel the energy of this special time in your life. Smile. Breathe. Giggle. Embrace the moment.

If you're like most of the thousands of brides I've worked with over the years, you probably have been gown shopping at least once, and you came to the conclusion that you're not in the type of shape you want to be by your big day. I mean this is supposed to be one perfect day, right?

You start envisioning taking about a bajillion pictures and giving hugs to practically every close friend and relative you've ever known. And then you pause and think to yourself -- I want to look better than ever.

But the next day or the next week or so, your mind becomes overwhelmed trying to process all the details that need to your attention over the next several months or so. Working out, eating right, you'll get to that, but you rationalize that you have plenty of time. Then a month goes by, and then two months, and pretty soon, OMG you're only a couple or three months away and you still haven't really made much progress toward a fitness or eating plan.

My point is that procrastination is the most common mistake I've seen brides make. But why? Why do we tend to want to put things off until next week? Why do we repeatedly tell ourselves that "this coming Monday, I'll get started for sure." Then Monday comes and goes, and we still haven't done much.

Let's dig a bit deeper into why we procrastinate, and the other fitness mistakes that can potentially ruin that perfect day that you rightly deserve.

Mistake to Avoid #1: Procrastination

Putting things off is all too common with any big challenge, but why?

Fear of Failure

Stare the possibility of failure in the face and continually tell yourself that you welcome challenges. Stand ready and willing to challenge yourself to your maximum capacity. Move forward in your communication by deleting all negative self-talk.

Believe that whatever you set out to accomplish, you will give it 100%. You have a huge advantage this time because your wedding is an unstoppable motivating force. Stop coming up with excuses and believe in yourself. Eliminate all the “should’s,” “ought’s,” and “must’s,” from your vocabulary, and stay focused on success by being an action-taker.

Be the best you can. Continually “see” yourself as a vision of stunning beauty in that gorgeous white dress. Stretch every mental, emotional, and physical fiber within you and remember, your beliefs impact the way you feel and act. This is your moment. Seize it for everything it’s worth.

Laziness

Let’s be honest. We all suffer from laziness from time to time. Some people more than others, but it seems that being lazy is just an undeniable part of being human.

This is not the time to let the lazy bug strike. If you’re like the vast majority of brides I’ve spoken with, your wedding is too important to just skate by like it’s an every day occurrence. Extraordinary moments call for extraordinary action, like getting out of your comfort zone and kicking the lazy bug to the curb. Time to make things happen!

Perfectionism

It's very common to begin a fitness program, and within a short period of time self-sabotage what you're doing because you don't see the results you were expecting. Many times this is based on the number you read on the bathroom scale.

Weight, body composition, and circumference measurements are only a few of the many tools you can use to gauge your progress. They should not, however, be your sole source of measuring success. There are several methods for charting your progress.

Clothing: Find evidence by taking a trip to your very own closet. Take out a pair of pants that fit snugly before you began your new, healthy habits. Are you able to ease into them, when before you had to sit (or lie) down and yank them up your legs? Try them on every 3-4 weeks. Unlike the scale, jeans do not lie. They can't. They are always the same size.

Body Measurements: Watch the measurements of your waist, arms, neck and hips change. If you are not losing pounds, are you losing inches all over your body as your figure slims down and tones up? Other numerical indicators include a reduction of blood pressure or cholesterol, body mass index (BMI), and body fat percentage.

Energy Levels: Monitor how a eating supportively and regular exercise affects your energy levels. Not only will you be able to workout for longer intervals of time, but daily movements and chores will also become easier.

Emotionally: Hopefully, the hard work will come with a boost in self-esteem, confidence, and happiness. Are you beginning to feel more comfortable in your own body? What do you hear others saying to you? What are you saying to yourself?

The bottom line when it comes to procrastination is to start as early as possible into your bridal fitness journey. The earlier you begin, the more "wiggle room" you will have to make hit a few snags and pot holes along the way and still have plenty of time to get back on track.

Mistake to Avoid #2: Poor Eating Habits

From the first bride I trained years ago, through each day of my Bridalicious® Boot Camp that launched in the summer of 2005, and continuing in today, the most critical overall mistake hindering a bride's fat loss success is not from consistency of exercise, but instead from not properly addressing a responsible and supportive nutrition program.

Whether you do them in my presence, or on your own through my videos, the workouts I design are highly effective, challenging, calorie-incinerating sessions of “sweating for the wedding.” But no matter who your trainer is, no matter what type of workouts you go through, no matter how many hours you put into your exercise program, *if you don't eat the proper foods*, your success will be limited.

Do. Not. Ignore. This. Point.

Will you lose weight, and look better if you consistently put yourself through, well-programmed, professionally structured, high intensity workouts? Yes, you most likely will. In fact, I've had more people than I can count tell me that my workouts have been more effective than anything they've ever tried, and many tell me they have “tried everything.”

Having said that, if you want to drop a few pounds, and look better, and that alone is your end goal, then continue eating the way you have been. But if you want to **transform your body**, if you want to lose a significant amount of body fat, and potentially look like a red carpet diva – get it through your head right now, you must, must, **must** change the way you approach the way you eat.

The crazy thing is that most of us have read enough blog posts, magazine articles, online tips, and watched an infomercial or two or three (or fifty!) to have a fairly solid understanding of what to eat, and what to avoid. But actually taking the steps toward practicing these habits for more than a day or two takes a lot of added effort.

Mistake to Avoid #3: Weekend Eating Sabotage

You work diligently all week following your menu and sticking with your workout program. Then the “wheels come off” over the weekend and undermine all your efforts. We’ve all been there -- an ounce of fudge here, a piece of pizza there, a costly trip to the concession stand, or an overly tempting appetizer at your favorite restaurant.

Splurges and Skipping

If eating splurges are a problem for you, it’s essential that you stick to your long range planning. The weekends typically encourage us to indulge in unsupportive, high-calorie foods that are low in nutrients, and this is also the time we're most likely to make excuses for skipping exercise.

One of the worst mistakes is way too much sugar consumption. Problems arise from riding on a sugar roller coaster. When you binge on sugar, you tend crave more.

Sugar and Serotonin

Along with sunlight deprivation, sugar binges cause a drop (after a rise) in serotonin, a chemical in the brain that regulates sleep and appetite. A lack of serotonin is often accompanied with depression. When you're deprived of serotonin, you won't feel calm and in control.

To help boost your serotonin levels naturally, eat small but frequent meals that include complex, starchy carbohydrates. You can also help control blood sugar levels and appetite by eating a balanced amount of protein, carbohydrate and fat at least four times a day. Having protein, carbohydrate and fat in every meal keeps energy levels constant and appetite under control.

You should keep up your regular exercise during the weekends and accept no excuses. When endorphins are high, you'll cope with stress better, and exercise will boost endorphins.

Here are some other weekend survival tips:

- **Avoid eating no fat.** Eating moderate amounts of fat at a meal can help you feel full sooner and keep you full longer, just don't overdue it.
- **Don't skip meals.** Skipping meals leads to hunger, low energy levels and improper food choices.
- **Don't pass up favorite foods** or deprive yourself completely. Moderate consumption is the key.
- **Don't tempt yourself** by keeping trigger foods or comfort foods around the house. If you have them, it increases the likelihood that you will overeat.
- **Plan meals** by keeping in mind the demands you'll have on your schedule that day.
- **Don't go to a party starving.** Before you leave home, eat something light or drink a meal replacement shake. Also drink a great deal of water the day of the party.
- **Alcoholic beverages** pack on the calories. If you're drinking alcohol, stick to light beer or a champagne spritzer.
- **If you tend to overeat** during family gatherings, plan and visualize what and how much you'll eat before you go. Plan additional daily activities for that day or the following one. The additional activity can be anything from a longer shopping day to additional gym time.

Mistake to Avoid #4: Giving Up

If you've followed my blog posts, socials, or videos for any length of time, you're familiar with my favorite motivational phrase: "No quitting 'til the final fitting!"

I mean that quite literally. Some of the reasons I've witnessed of brides throwing in the towel on their fitness program is the expectation of dramatic transformational results in an unreasonably short period of time, like two or three weeks.

I read a motivational quote a few months ago that really resonated with me. It said, "if you understand that life is tough, it gets easier." In other words, everyone has pain, struggles and unfortunate events -- everyone. It's a built in part of life. But if you come to this realization, you won't be on such an emotional roller coaster during the down times.

How does this relate to fitness and fat loss? Well, if you have a clear understanding from the beginning that your results might not happen as quickly or as dramatically as you are hoping, you'll be in a stronger position to stay the course. I mean after all, you had a pretty good idea that your transformation would not happen overnight, and in fact, it might take you a month or two longer than it took your best friend or your co-worker, or that women on that late night infomercial.

Here are some motivational tips to keep you going:

- Practice continuous self-monitoring by keeping a fitness journal.
- Make regular and frequent contacts with an outside source of support.
- Include daily physical activity (resistance training and cardio) for at least 30-45 minutes, three to five days a week.
- Make regular exercise a **priority**, a scheduled appointment, **not** an option.

- Stay focused on improving health and energy, with fat loss being a nice accompaniment.
- Set small daily/weekly goals.
- Replace fatty and sugary foods with more healthy substitutions like fruits, vegetables, whole-grains, and other high-fiber foods.
- Frequently monitor portion sizes and hunger -- this is important in today's world of "super-size" restaurant portions.

Secrets to Accelerate Goal Achievement

- Commitment: How important is this to you?
- Enthusiasm and passion: What's your specific reason(s) for doing this?
- Thinking about your goal a lot – at the very least, on a daily basis.
- Regularly working with and getting help from positive sources of support. Talk to or read about those who have been successful.
- Moving out of your comfort zone.
- Letting go of old ways of doing things.
- Taking lots and lots of action. Every day you are moving, are you moving closer to or further from your goal?
- Correct as you go. Learn from each experience. If one thing doesn't work, try something else.

The Power of Habit

Success and failure are simply habits, and the good news is that good habits are just as difficult to break as bad ones. Motivation gets us started on the road to success and good habits are the fuel that keeps us making progress. Just as bad habits can lead to a downward spiral, good habits escalate and lead to an upward spiral.

Welcome the challenges that face you. With effort and patience you have the full potential to create a positive change with your body's figure and your quality of life. There are only three conditions necessary for the acquisition of any new habit or skill. The courage to try something you do not know how to do, the patience to try again once you have discovered that you don't know how to do it, and the perseverance to keep trying, as many times as necessary, until you do know how to do it.

Your wedding day will be special no matter what, but you've got the opportunity to exceed your wildest dreams and feel a tremendous sense of accomplishment and joy.

The time is now to make it happen.