



There is no secret to weight loss and getting fit. It takes hard work and perseverance, and everyone has to start somewhere. It is my belief that so many people are willing to “sell” you their own magic secret of weight loss, when really the only secret is that they are stealing your money without you knowing it.

If you want to lose weight, the first thing you need to do is to examine your eating habits. But keep in mind that a habit is something you do without thought. Therefore, you must track your eating patterns, preferably by writing down every particle of food you consume, then researching and figuring out the nutritional information on the food you consumed. To help you with this daunting task, visit www.sparkpeople.com. When you start recording exactly what you are eating, you can learn a lot about what you need to do to lose weight. As I use with my private clients, start a food journal and review all your entries at the

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end of each week so you see where you can make improvements yourself.

My personal training regimens are proven to create discipline, motivation and ultimately put YOU in control. Each workout is infused with my own style, philosophy and energy to get you moving in the right direction. For those of you who are not able to hire a personal trainer, I have developed some essential tools to help you accomplish your goals.

I just launched an innovative program called “Becky’s Personal Training Traxx” — downloadable MP3’s that provide you with personal training

regimines. It is the ultimate downloadable audio workout set to the back drop of sweat inspiring music produced by world renowned artist Robert Chilingirian. These MP3s include programs for beginner, advanced and youth clients and are basically a series of interactive workouts that

provide you with a practical alternative to pricey gyms and personal training sessions, especially in these days of cautious spending. I will coach you through your entire workout session, dictating the exercises, speed and rhythm of the workout, motivational methods and more! It’s like having your own “virtual” personal trainer with you every step of the way. These workouts can be challenging, but we have designed the Training Traxx so that you have everything you need to develop your fitness plan within arms’ reach. Be sure to visit <http://BeckyFitnessCompany.com> to purchase the MP3’s.

Another great program is the Queens Boot Camp, which is all women’s fitness program geared towards weight loss, increasing muscle tone and overall fitness improvement.

I seek to assist each and every camper with becoming fit happy and healthy. These goals are achieved through planned workouts that are prepared in advance with my expertise to help you achieve your goals. Each day of camp is different; I try to make each day of camp a new experience for your body and mind. I incorporate strength training, cardiovascular workouts, endurance training, interval training, and calisthenics. The most requested classes are kickboxing and strength training, so I try to have a version of each of those classes once per week at boot camp. As a student

of martial arts, I try to bring all of my advanced fighting training into the class and teach kickboxing in a more combat oriented format. My strength training regime is

created with the goal of firming up your entire body and strengthening your mind.

In addition to the fitness component of boot camp, we spend a great deal of time talking about food and nutrition. Eating right is not all about depriving yourself of treats and foods you like to eat. I love to develop yummy, low calorie recipes for my clients so they will stick with their program and learn how eat healthy for life. Try my recipe for Dark Chocolate Banana Bites below. 6 Elements Of Being Fit, Happy And Healthy

In order to be successful on any health and wellness program you must Plan, Prepare, have Patience, be Consistent, make good Choices and exercise Control!



1. COMMITMENT: In order to be successful at anything in this world- you must be committed. You must make a decision on a given day that you are going to change your life, decide how you are going to change your life, understand why you want to embark on this change and go ahead and be committed to the change. In order to remain committed you will occasionally have to endure sacrifice that others will not understand. You must be steadfast in your commitment- and reaffirm the reasons for your commitment. Let others know about your commitment and command respect for yourself by respecting

yourself and remaining committed. Others will respect your decisions as well once you respect yourself. Know and understand that your commitment to a healthy lifestyle — is

80% mental. While you are changing your body, becoming more fit, exercising, changing the food you eat — know these are all mental changes — as your mind controls your body. Without mental strength and commitment, your life change will not last.

2. CONSISTENCY: After you have made your commitment to your new life change — the next element that naturally follows is consistency. You must be consistent with the

BECKY'S DELICIOUS DARK CHOCOLATE BANANA BITES

Ingredients:

- 2 Medium Bananas
- 1/2 Cup Special Dark Chocolate Pieces (for melting)

Directions:

- Peel bananas and slice into 1/2 inch thick pieces.
- Line a baking sheet with waxed paper. Arrange banana slices in a single layer on the prepared baking sheet.
- In a small heavy sauce pan, melt chocolate over low heat.
- Place chocolate in resealable plastic bag. Seal bag and snip off corner; drizzle chocolate over banana slices.
- Cover and freeze for 1-2 hours or until frozen. You can divide banana slices into resealable freezer bags and keep frozen for up to 3 days.
- Enjoy!

changes you make in your life. You must be consistent with your healthy lifestyle to see and feel improvement. Without consistency — you are failing in your commitment. This means you must follow a healthy lifestyle for a long period of time- even if you are frustrated, tired, cranky whatever. Forge ahead, push on, you will feel better for it soon thereafter.

3. CONTROL: Without control you will not be successful in your life change. When I refer to control I am talking about control to ensure you eat good fresh foods, lean proteins, fresh fruits, fresh veggies, and whole grains. When I talk about control I am talking about the ability to say no, and the need to control the forces in your life to ensure you have time to sleep, rest, exercise and enjoy these basic human rights. Take control of yourself, and your life and you will be well on your way to a new you!

4. PLANNING: There is no way in this world filled with temptations, busy schedules and constant motion, that a person can be successful in changing their habits without planning. I tell all of my clients to plan ahead for the entire week — what you are going to eat, when you are going to work out — and schedule it all, from breakfast to dinner and snacks. Any meals to be eaten out should be planned in advance, the restaurant selected and meal chosen before. Without a plan it will be impossible to change your old habits.

5. PREPARE: Planning is irrelevant if you do not take the next step and prepare. This means going to the store, purchasing the food you will eat for the week, cooking some foods in advance and packing it away in portion controlled containers for easy access during your hectic week.

6. PATIENCE: The final *P* in the equation is essential, since no matter how much you plan and prepare, things always go off track without notice. This could be due to family, work, stress, etc. It is no big deal if these slip falls are few and far in between. One day of eating bad will not kill you; just like one day of eating well will not make you healthy! You need to have patience with yourself, and make changes in your life one at a time! Give yourself time to adjust and formally change your habits slowly to ensure longevity.

Fitness does not mean going to the gym and getting on a treadmill, ready to tear your eyes out from boredom, and walking or running for an hour. This seems to be the general misconception about getting fit and working out. If my only choice of exercise was to workout at a gym, I probably would not be as fit as I am today. My attention span for exercise is limited; I have about ten minutes on the treadmill



before I am ready to lose my mind. I try to show people my way of being fit happy and healthy, which is never boring. For example, one of my favorite activities is rock climbing. It's a great workout for your entire body and you will have a blast. Even if you cannot attend a boot camp, or hire a personal trainer, that's no excuse not to get fit. There are many other fun activities you can enjoy that will help you get to your goals.

Stay focused until the miracle happens!

About Becky Wenner: A fitness enthusiast all her life, Becky is a highly qualified multi-level certified fitness instructor. She is certified as an Adventure Boot Camp Instructor and Fitness Nutrition Coach by the National Exercise and Sports Training Association (NESTA), and holds a Personal Training Certification from the National Academy of Sports Medicine, Group Fitness Instruction from the Aerobics and Fitness Association of America (AFAA), certification in kickboxing from AFAA, CPR and AED certified. She is an attorney who rediscovered her love of competitive sports while trying to better her health and well-being. Becky's love of fitness, competitive sports inspired her to

start Becky's Fitness Company through which she now helps other women get healthy, happy and fit. Becky has appeared on Good Day New York and has been quoted/featured in the Miami Fitness Examiner, Bayside Times, Queens Courier, Tribune, and is the Health and Wellness Editor of Young Muscle Magazine.

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