

Love Your Body Challenge

January 22-March 3

Seeing ourselves as beautiful and perfect just the way we are can be a lifelong process. The journey to self-love and self-acceptance is at the heart of the V-Fit lifestyle. We are so excited to begin the process with you. Life is too short to waste on negative thoughts or fears that keep us from achieving our goals, dreams, and being truly happy at our deepest core. We stand for self-care, beauty from the inside-out, and good old fashion Love in every shape and form! This is who we are at V-Fit, we are so happy you are part of our family.

This challenge has 3 goals based on Mind, Body, and Heart

1. Mind... through our thoughts we can tune in and observe our self-talk and become aware of what things trigger us, or perhaps what keeps us stuck. The goal is to get to a place of more happiness, being present, and living in the flow.
2. Body...the physical aspect; for example; dropping a dress size, or strengthening your upper body or core. You can increase your cardio workouts to change your body composition. You get the idea. Our goals are to feel lighter with more energy, to have deeper sleep, and love and accept our bodies.
3. Heart...this is where the physical and spiritual meet; when your heart is open you are flowing with love and compassion, you are quick to forgive, and you accept others and yourself. This may be the sweetest and yet the most challenging piece of the challenge. To be true to your self and really love yourself is the goal.

You will start with a self-evaluation quiz to check in with yourself and set your personal goals. Then, after the challenge you will reevaluate with the same quiz to see how you have progressed in the areas of self-love, self-care, and feeling happy & balanced. In addition, there will be a physical assessment that you will take on day 1 and repeat on day 41 to see how you have progressed.

What is included?

A Private Facebook Page for Nutritional Coaching including recipes, daily tips and inspiration, and community motivation and sharing.

Personal Corrective Fitness Assessment with Corrective Exercise Program to follow

Personalized Coaching from the V-Fit Staff

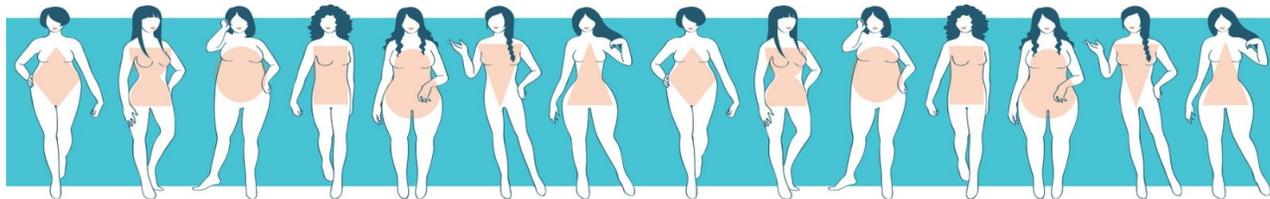
Love Your Body Muscle Tank

Kickoff + 3 Live Workshops

Workout Videos to do at home

Measurements before and after (optional)





What is involved?

Our goal at V-Fit is to strive for a balanced body...one that is strong and flexible. We have the widest variety of classes in Ventura to help you achieve this. As part of the challenge, we will be requesting you to take at least three classes per week: one strength or fitness class, one cardio class and one lengthening class. Our front desk staff will keep track of your online schedule to make sure you are hitting your goals.

For all nutritional coaching you will get an invitation to a Private Facebook Page. You will have access to recipes, a guide to Intermittent Fasting to drop fat fast, as well as an alcoholic beverage caloric cheat sheet. You will also find information on different clean eating styles such as:

Paleo

Vegan-Vegetarian

Low-Carbohydrate-High-(Good) Fat, Moderate Protein

The Mediterranean Diet, Fat Burning Diet

Three different levels of Whole Food Clean Eating

You can also follow our V-Fit Team to see how we shop, food prep, cook, eat on the go, and eat out. We are super excited to create an online community for inspiration and motivation during the next 6 weeks. Your participation in the Facebook Community is so important for the success of the group, as well as for yourself.

Together, anything is possible.

"Instead of drifting along like a leaf in a river, understand who you are and how you come across to people and what kind of impact you have on the people around you and the community around you and the world, so that when you go out, you can feel you have made a positive difference."

- Jane Fonda

