



# Results Fitness Training

Rise from the ashes and transform YOUR life!

I hope you all had a great week and an awesome 4th of July. I had a great time in Vegas at the conference and got to meet some awesome people. I was fortunate enough to meet the creator and owner of the TRX. If you know me you know I LOVE using the TRX and getting to talk with the man who created it was a pleasure

I want you to think about the following questions and write them down.

What makes you tick? What drives you to become better? How can I become a champion in every aspect of my life, every day? What do I desire?

Now answer the question the best you can. Take your time if you need to, but really think and write an answer true to yourself. Write however you need to and whatever you need to.

Exercises like this really help us to think about what we want, what we are currently settling for, and how we can achieve what we desire. Give it a shot. It only takes a few minutes each question.

Be sure and check out the reformatted website as well as my new E-Book. You might even see yourself in a video.

Create a great week and remember that success is a choice. What are you going to do today to achieve what you desire?

## Don't Let Weight Gain Ruin Your Vacation

A summer trip is easily one of the most anticipated events of the year—the chance to get away from work and to relax with your loved ones is priceless.

With all of the excitement, it's not surprising that most people unknowingly end up gaining a pound each day of their vacation. And if you're going on a cruise then your weight gain may be closer to two pounds each day.

But wait, your summer vacation doesn't have to end in weight gain. Keep the following tips in mind as you embark on your summer adventure and you may come home fitter than when you left.

### Tip One: Have a Plan

Vacations are the perfect place to gain weight since it's the last thing on your mind. Your best line of defense is to keep your fitness goals at the forefront of your mind. Before you leave for your trip sit down and set a goal.

A realistic goal is to maintain your current weight or to lose a pound or two. Get the whole family on board and keep each other accountable throughout the trip.

### Tip Two: Make Exercise a Must

So often exercise is looked at as a chore, but vacations are the perfect time to really enjoy a good workout. You won't be rushing home from work trying to squeeze in a few minutes at the gym, rather the vacation workout can be a relaxing and enjoyable experience.

Virtually every hotel these days has some type of workout room equipped with cardio machines, dumbbells and a universal machine. If you are taking a cruise then you are in for a real treat – most workout facilities on cruise ships have huge windows that look out onto the ocean.

Vacations are also a great time to take your workout outdoors; take a run on the beach or do sprints, pushups and crunches on a grassy field. If you want more ideas of workouts you can do using just your body weight then give me a call

or send me an email.

### **Tip Three: Maintain your Metabolism**

When traveling it is easy to go for hours without a meal-between flights and long drives food sometimes isn't readily available. The problem here it two fold. First your metabolism slows from the long absence of food. Secondly you are more likely to indulge in a high calorie meal when you get around to eating next.

Avoid this yo-yo of starvation and overindulgence by carrying healthy snacks with you and eating something every three hours. A handful of almonds, a piece of fruit or a small protein bar are fantastic options to keep on hand.

### **Tip Four: Eat Smart**

While we all know that eating in is usually healthier than eating out, on the road you simply don't have a choice – all of your vacations meals will be eaten out. So take the time to order with your health conscious mind, and not simply your taste buds. Watch out for extra large portions-don't be afraid to take a doggie bag back to your room (assuming of course that you have a refrigerator).

Another thing to keep in mind is to keep fried food consumption to a minimum. Fried foods contain more fat and calories than other options, they are also likely to give you heartburn and indigestion-two things you don't need spoiling your vacation. Stick with dishes that contain veggies, lean meats and whole grains.

Enjoy your vacation! And when you get back into town call or email me for a fitness and fat loss consultation and I'll show you a step-by-step plan for getting you the body that you deserve – in less time than you think.

## **DiETING Alone Doesn't Make the Cut**

Have you tried losing weight by dieting alone? Frustrating isn't it? Exercise is a vital part of the weight loss formula and is proven to increase your metabolism all day long. Dieting alone could never do that.

## **Fruit Medley**



Craving something sweet? This recipe is the perfect summer dessert. If you don't have nectarine or pear on hand, be creative and use other fresh fruits. **Servings: 2**

### **Here's what you need...**

- 1 white nectarine, chopped
- 1 pear, chopped
- 1 Tablespoon chopped pecans
- 1 Tablespoon chopped dates
- Dash of cinnamon

1. Mix the nectarine, pear, pecans, and dates in a medium sized bowl. Sprinkle with cinnamon and mix until well coated.

**Nutritional Analysis:** One serving equals: 119 calories, 3g fat, 24g carbohydrate, 4.5g fiber, and 1.5g protein

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Ian McGriff

Results Fitness Training

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812-342-4495

### **Results Testimonials**

I love working out with Ian! I have never felt so strong, athletic or graceful. I love that when I started with Ian I could barely do 2 dips or 1 push up and now I can do nearly 20 of each! Unbelievable! I love working out with Ian!! Amy Mueller, Columbus, IN

Ian has done a great job of helping me achieve my fitness goals. I used to think that working with a personal trainer wouldn't make much of a difference, but I was wrong! Working with Ian enhances my motivation and I look forward to our training sessions as an opportunity for me to learn from an expert. Judith Spector, Columbus, IN

Ian is encouraging, enthusiastic, and eager to bring out the best in my health and fitness potential. As a physician, I have found there are multiple roles to play including "shrink". I give you credit for keeping my sanity and giving me that 3 P.M. rush of energy after completing an early 6:15 A.M session. I never thought cross training could be so "fun". Jennifer Szyrchak, Asheville, NC

Check out all the latest from the Fitness Blogs. Check out what QMix 107.3's own Dawn, Brittany, and Nikki have to say about training with Ian McGriff and hear what Ian says about all the latest and greatest from the happenings at Results Fitness Training.



**See Results Quotes**

**Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. Thomas Jefferson**

**Create for yourself a great day today and tomorrow you will have created an opportunity.**

**Defy gravity!**

**EARN YOUR CALORIES!** Want to eat more? Then exercise more! Earn your calories through hard training, burn 'em up so you can eat 'em down.

**...AND THEN SOME**

...and then some is a powerful phrase that I encourage you all to start adding to the end of your intentions.

I want to challenge you to improve your life by training hard, making conscious nutrition decisions, making a commitment, connecting to successful people, believing in yourself...AND THEN SOME!

See Results Links

[Runner's World](#)

[Yahoo Health News](#)

[Discovery Health Page](#)

[Food Network Healthy Eating Page](#)

Email: [mcgriffi@gmail.com](mailto:mcgriffi@gmail.com)