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INTRODUCTION

Have you ever made a New Year's resolution to lose weight and get fit and NOT followed through?

Don't feel bad if you have, in fact nearly all New Year's fitness resolutions to get in great shape get abandoned not long after they are begun.

I should know I've certainly been there and experienced the same sense of let down myself.

The good news is that it doesn't have to be that way. Follow the ideas in this Guide and take action to implement them and this can be the year that sees a new you - an ideal lean and healthy you - emerge. I've used them successfully and seen them totally transform lives for the better.

They work as long as you WORK them!

You may be wondering if it's worth the effort. After all, for most of us, while getting into shape is rewarding it's often

not easy.

I'd argue, if you want a really high, extreme quality of life being fit isn't a WANT, but a NEED.

Here's a few reasons why, to ponder before you begin. I hope they'll help motivate you.

You Will Be MUCH More Attractive.

Let's face it, a big part of getting fit is its visual appeal. If we are married, in a relationship or single it's always nice to know we look good isn't it? Being in shape not only sends out the right message about who we are externally, but for those who think about it for a minute it also tells a compelling story about who we are internally.

The type of person who cares about themselves, who has self-discipline and is far from lazy. These qualities are universally attractive. Making yourself more attractive for the New Year and beyond is a great reason to take fitness seriously.

You Will Become Healthier, Fast.

Our health is our true wealth. Cutting down our body fat, getting in better cardiovascular shape and making smart diet changes will do wonders for our health. Barring any accidents these moves are nearly certain to add years to your life. They are certain to add quality of life either way.

Your Energy Levels will Sky Rocket.

Having more abundant energy stores carries over into nearly every area in our lives. This means being more productive at work without having to get strung out on four cups of coffee ever morning, to being able to get back into that old sport you love, to being able to play with the kids without needing to take a nap on the couch. Believe me, the important people in your life will appreciate the difference nearly as much as you do!

You Will Beat Depression.

Now you may not be suffering from feeling down often, but the hard truth is that many out of shape people do. Getting fit is the best cure for melancholy! Forget taking

drugs or mumbo jumbo therapy - carving out a new fit you for the New Year is quite likely to chase depression away for good. Try it and see.

These are much closer to NEEDS than WANTS aren't they? There's plenty more too, these are just some of the more common things that come to mind.

Now, Let's get you Fit for the New Year!