



NEW STRENGTH



GET FIT GUIDE FOR BUSY PEOPLE

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Newstrength

Get Fit Guide For Busy People

In this quick grab you'll learn the exact steps I've used to help myself and Hundreds of other busy professionals look and feel their best.

It took some navigation skills (of my own poor excuses) and effort but Once I realised I could have the business and life I want without sacrificing my physical health I was all in.

There's 4 Keys used by myself and many others to generate results with a suffocating schedule. They've been tailored and proven for busy people.

Just as importantly, they're surprisingly simple and straightforward to follow if you're willing.

No simple isn't always easy. We know this already.

So, if you're ready to become your best and own your health and fitness again, despite your suffocating schedule, keep reading to discover how.

First Things First!

For Context

I know Busy.

I know it Extremely well. I also know the pain of letting yourself go. No one wants it but damn we get good at tolerating it until it's not tolerable any longer. (I hope you're at this point where you're ready to hop off this ride)

For a little authority to talk on the matter I own Newstrength. A premium coaching facility that services over 180 people with 5 Staff. I also have 2 little Darlings that I love dearly (2 & 4 Yrs Old) and not to mention a Beautiful Driven Wife that works a demanding full time job while completing her Double Masters and is a Type 1 Diabetic. (Impressive I know)

I'm extremely blessed but these blessings all deservingly take up a lot of my time.

I also Recently lost **21 kg** and look and feel better than I ever have.

So I get it

I would also use my situation to justify me being 20KG overweight, not training and being in pain most of the time.

Now to be Crystal Clear

These 4 things are NOT groundbreaking, overly Complex or Revolutionary.

They are Simple, effective and what you need to hear.

The 4 things I used to lose 20kg and Feel my best (even at my busiest)



1. Get Clear on you Why and Then this drives your Actions

Now this is a cliché, I know. But you need it. I created an extra hour in my day by starting training at 4am before I commenced my work at 5am. Now my 2 choices were this. An extra hour sleep because I'm tired Or me being my best self for my business, my family and overall myself and realising a lot of my "tiredness" was lack of fulfillment.

If you're having trouble justifying certain decisions that are needed to move you forward I recommend getting clarity first.

It's easy to miss a training session if you want to lose a few kg.

Not so easy if you know you know your physical and mental health is on the line and that directly impacts your everyday interactions for the rest of your life.

Utilise the 5 whys framework to dig through your excuses.

The 5 Why's Framework example

1. Why Do I Want To Get In Shape? - To look feel good
2. Why Do I Want To Feel Good? - To be happy
3. Why Do I Want To Be Happy? - To Enjoy my life and time with loved ones.
4. vvvvvvvWhy Do I Want This? - My family and I deserve the best version of me. Not the one that's currently showing up.

So Why do I REALLY Want to Get in shape? This Truthful answer you'll uncover is what gets you moving. Not some excuse dressed up as a very logical justification.

2. There is NO FREE TIME

When you're truly busy, time spent productively is a must. Busy people have little to NO free time. Only Sacrificed time. What I mean by this is for something to happen something else must be sacrificed. There's always a Trade off happening and we need to ensure it delivers.

For me I sacrificed 1-2 hours of sleep to gain a stronger, fitter, more productive version of myself. Find your trade and make it. STOP waiting for free time. It's not going to magically appear with your motivation.

Stop waiting and Make the trade.

Here's a Super valuable tool to find some time to trade. There's more than you realize.

[Click Here](#)

Time Use Audit Form

3. STOP the Stories

Now I've alluded to this already but we are VERY good at justifying things when we are busy. We actually become experts at this. BUT we can not continue the narrative to why we can NOT do x action due to y reason.

This only feeds the problem and leaves you stagnant and telling yourself why it isn't your fault. We need to shift the focus. We need to look at possibilities, not just problems.

Surely you're sick of hearing the same excuses come out of your mouth to only realise nothing has changed in 6 months?

Pro Tip - You Don't Always Have To Listen To Yourself.

4. Accountability

Whether it's internal, external or a combination of both. When we're busy we need to be reminded of what we are doing and most importantly why we are doing it. Find a Friend, a facility, a coach or an honest conversation with yourself and depend on that when you need to.

I can't stress this enough. Busy people do well with scheduling and appointments. This is how things get done. Book in and schedule your health and fitness. Because it's either progressing or deteriorating.

Conclusion

When it comes to being fit and busy it starts with a solid and honest relationship with yourself. If you don't have this in place, no matter how hard you work, you will fail to see results. We've used these valuable Keys contained in this guide to help hundreds of Busy people look and feel their best. By focusing on what opportunities are available and ignoring the stories you tell yourself that hold you back, you can be well on your way to creating your best self.

Just remember, once you start to implement these keys, be prepared for major success in and outside the gym!

Getting these keys sorted is the only way to ensure you can prioritize your physical health whilst maximising everything else.

If you're serious about owning your health and living a busy but healthy life, you must address these 4 things.

If you continue to ignore your health, you're negotiating your energy, zest for life, physical, mental and emotional state.

This is something I wish someone had told me sooner.

So I am here to offer that to you now.

I've given you what you need to get started. But if you have any questions, or would like our help on implementing any of the above, get in touch today. Even better, for a limited time we're offering you a 30-minute **100% FREE Strategy session valued at \$179**

Where we'll discuss your fitness goals, challenges and draw up a plan to best suit your schedule and maximize results.

Please note this is NOT a trial. You will be speaking with myself, not a salesman trying to cram you into a room full of sweaty people where the coach doesn't know your name let alone your situation.

I'm here to facilitate positive change. That's what fulfills me and what Newstrength does best.

PLEASE READ: Before you claim your free Rapid Change session you must understand that this is only for people serious about setting up their health for long term success. We'll do the brunt of the work, but to truly get you living your results we need your commitment and dedication. If you're not ready for that please don't waste our time.

CLAIM YOUR FREE 30-MINUTE STRATEGY SESSION

[Click Here](#)



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