

Bridal Fitness Plan

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Saturday, 05 April 2008

What does your Bridal fitness future hold for you?

Do you have any idea what your body is going to look like 1, 2, or 3 months from now?

Or how about 6 months from now on your Wedding day?. Are you doing anything right now, taking the steps to make a change in your body.

Do you have a Bridal fitness plan in place that will dramatically reshape your body? Or are you going to let your circumstances decide what your body is going to look like on that once in a lifetime day, the day that will mean so much to you?

Get going on your fitness plan. Take a moment right now and make some goals of what you want your body to look like 3-6 months from now on that day. What do you want your body to look like. Then decide what it's going to take to get their, what type of Bridal Fitness Strategies will you need?

If you're not happy with your current bridal fitness plan and how you look or feel right now - then guess what - doing the same thing for the 6 months will not result in a thinner and happier you.

Make sure your actions are in line with your goals. If your goal is to lose weight Then make sure that every meal you eat and every bite of food you deliver to your mouth has a purpose of progressing you toward those goals.

So the next time you are faced with that donut at the office party or that double fudge cake at the family potluck - you will know the right decision to make, based on your Bridal fitness goals.

"What the future has in store for you depends largely upon what you place in store for the future." - Anonymous Planning ahead for your Bridal fitness is indeed a strong indicator for reaching your goals.

Grocery shopping is a superb example! Plan out your grocery shopping with a list before you go. When you get there stick to that list rather than following your stomach, eyes and nose.

Even if the donuts are on special 2 for 1 or the apple pies are buy 2 get 3 free, you are going to be much better off without those tempting foods lurking around the house.

Figure out what you want to look like 1,2 or even 6 months from now, then take the necessary action!

Zach Hunt is a bridal expert, personal trainer and owner of Physzique, a fitness coaching service in Spokane, WA. Go

here: <http://www.spokanefitnesscoach.com/index.html>

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