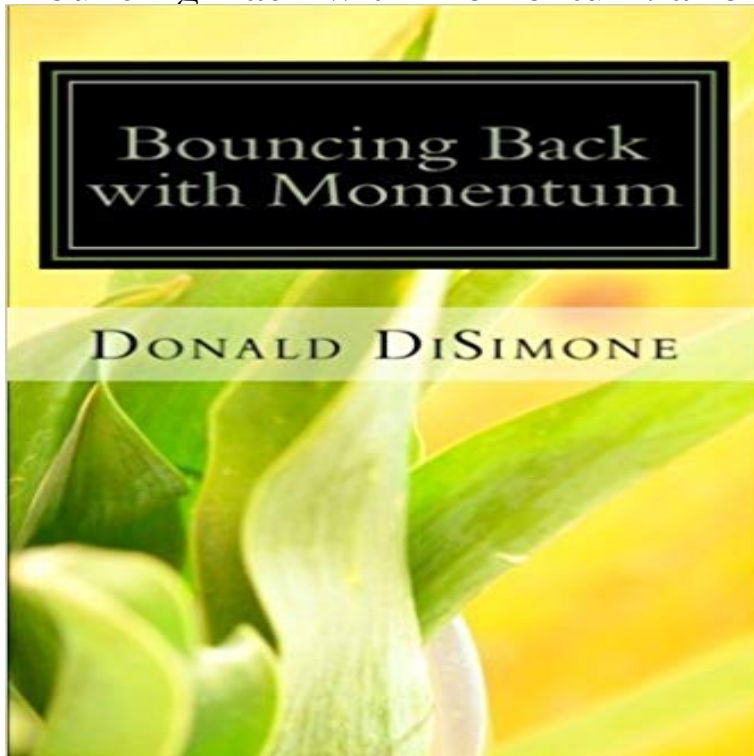


Bouncing Back with Momentum: a formula for success in life



You can help others overcome a situation, but you cannot help them overcome a lifestyle. That has to be their decision. This book encourages the reader to use a simple formula to know their true value and worth as an individual. When one realizes how valuable they really are, they can begin to discover a greater purpose in life and become all that they can be, making a difference in their life and the life of others. Readers are encouraged to utilize the simple formula contained in this book to realize their value and in turn discover their ever unfolding purpose in life. Topics also include staying motivated, overcoming obstacles, designing your future, a system for a simple plan of action and more. Each section raises a few simple questions that the reader is invited to answer as well as an area to encourage note taking.

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1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

[What is a Program Like?](#) Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. [What to try to find In a Personal Trainer](#)

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor.
5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say.
6. Attention: A good trainer should be targeted only during your sessions on you.
7. Monitoring improvement: A great

coach will often assess your progress and alter things if necessary.

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