

A stylized, handwritten-style signature logo in a light beige color, consisting of a large 'L' and 'T' intertwined.

LISA
TAMATI

PUSHING THE LIMITS

A close-up photograph of a hand holding a white measuring tape against a piece of light-colored fabric. The tape is curved, showing measurements from 81 to 96. The background is a soft, out-of-focus grey-blue.

YO YO BUSTING

GUIDE

Brought to you by professional Ultra Marathon Runner Lisa Tamati & Exercise Scientist Neil Wagstaff

When you achieve your weight loss goals, do you go back to eating crap and fall out of your exercise routine... yo-yoing up and down?

Use my Yo Yo Busting Guide to keep you on point and on top of your weight loss.

The key is knowing your why, understanding your dreams and setting goals like a pro! Your why should be strong enough to keep you honest and accountable. It should be emotional. It will keep you honest and keep you on track.

Ask yourself at least 5 times why.

For Example. I want to lose weight. Why? To fit into my old clothes. Why? To feel better about myself. Why? To improve my health? Why? So that I don't have the same health issues that my parents had. Why? So that I can be a great role model for my children.

Follow the guide over the page to get underway.



What do you want?

I want to

My 5 whys are:

1.

2.

3.

4.

5.

Now answer the questions below. **Think big! No limits! No boundaries!** Think about your health and fitness and why it is so important to you.

1. What do you dream about?
2. What makes you feel good?
3. What gives you a sense of purpose?
4. What geography would you choose (where do you most feel at home – beach, mountains, city)?
5. What are you passionate about?
6. What people would you surround yourself with?
7. What values are needed to support your dream?
8. What would be your chosen working environment?

Revisit your why and your dreams every **4 weeks** to keep you on point and avoid the yo-yoing up and down.

Now use my pro goal setting tips (see next pages) to stay on point.

6 PRO TIPS FOR GOAL SETTING



1. Tell everyone what you are going to do & achieve.

By putting it out there publicly to friends and family, you will more likely be committed to that goal and you will be more likely to do the necessary hard, like making the right food choices in the supermarket and using healthy recipes when you are cooking.

2. Sign a commitment contract.

It's might sound a tad naff, but if you write down your clear and specific goal and get it signed by a friend or family member that will witness it you are more likely to honour that contract.

3. Set sub-goals.

Running a marathon in six months' time under 4 hours is good and specific, but it would be beneficial to have some smaller measurable milestones along the way. Let's say a half marathon in two months' time in under 2 hours. Then even smaller sub-goals, like: "This week I will complete my 5 training days as written."

4. Push through tough times.

If you stumble and don't do the thing you set out to, get back on the horse fast. Don't grumble how you didn't achieve your training and eating goals last week, or how you ate the desert over the weekend. Move on quickly and get rid of any negative connotations about it as fast as you can. By dwelling on the bottle of wine and bar of chocolate you had last week won't help you reach your goals. Just get back into it when you can and get on with the job at hand. Looking back won't help. Look forward.

5. Find like-minded people.

Seek out like-minded people who will support you on your journey. Join a group or club or coaching team that will understand your goals and not put you down. Who will be positively accompanying you on your mission?

6. Keep learning, keep pushing.

If you fail in your goal. Try again and again. Improve, change, tweak but don't give up. Tenacity and stubbornness and a willingness to fail, grittiness and courage are what makes a leader, an achiever. Strength comes from struggle, so see a silver lining in every struggle you have.

To reach your full potential and achieve all your health and fitness goals we have put together a programme that will teach you how to push the limits in every aspect of your life.

We encourage you to take a look at:

www.lisatamati.com

Or contact us at:

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