Build a Fitness Foundation That Works In Real Life So You Can Bring Fun and Joy Back Into Your Life. Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and webinar goals

Good morning everybody, welcome. We're gonna get started and we're just gonna jump right into it. Make sure you have a pen and paper because we are really gonna be working on some practical things today and I want you to work along with me.

Team, could you go ahead and bring up that first slide? Now to make sure you all know where you are, welcome to build a fitness foundation that works in your real life so you can bring joy and fun back into your life.

Now for this particular webinar, you do not need workout clothes. You do need any equipment. All you need is a pen and a paper and we're going to help you get movement back in to your live.

I know you know, you should be moving more. You don't need me standing here for an hour lecturing you about movement and all that, right? You already know that's what you shouldn't be doing.

What we really are trying to figure out is how the heck are you gonna make that happen? Because guess what? Your life is full and you are busy. Your is life full, and your are tired.

And there's a thousand other things asking for your attention. And what you start to do is you really start blame yourself. Why can't I do this? Why I can stay consistent?

And when we're really, really frustrated, if we are really honest about it with ourselves, why can I keep my shit together? Let's be honest, that's what we're thinking.

We start to blame ourselves. And that is what I want to challenge a little bit today, because I don't think it's all you. Like you are responsible, we are going to get into that, but what really is the problem is your plan.

we're going to help make a plan so that you can bring fitness back into your life, a very practical plan. And you're gonna walk away with several key things that can do today to get consistent and bring fitnes and fun and joy into you life.

Awesome. So, excuse me, if you are wondering who the heck I am, I'm going introduce myself. Team, could you please advance the slide? My name is Monica Duarte and I am an NASM certified personal trainer and corrective exercise specialist.

I'm also the founder and CEO of Step One Step Fitness. Now my goal with Step 1 Step fitness is I work with women who are starting or restarting their fitness journeys.

People who know they want to move more, but who feel deconditioned, really out of shape, just a little bit lost with where to start. There's too many things that they're handling.

Well, my job is to help get you there. And why do I want do this? I wanna help you bring that fun and joy back into your life. Why do know that that's a pain point?

Because I was that woman. team, you can go ahead and advance the slide. So I want to tell you a little bit of a personal story here, then and now. And every time I bring this slide up, it is still a bit hard for me to look at this picture on the left because this was me and I do not like to have bad photos of me saved.

I have frankly no idea why one, I allow this photo to be taken or two, why I saved it. The only thing I can think is that

I save it for this moment so I could show you who I was.

This person, this woman was me completely lost, feeling defeated, unhealthy, unhappy, and just blaming myself for everything going wrong. I could not keep my shit together, I really just couldn't stay consistent with any sort of plan.

Id get to, you know, one messed up day and throw the whole plan out the window. Well, throwing the plan whole out of the windows did not get any results.

Right? It just made me sadder and more defeated and frustrated. So what I want to talk through today is I wanna help you become like this woman on the right.

Now, who is this? This is me now. I am so excited to share these photos with you.

Monica's story and the consistency problem

This photo on far most right is of me at a recent Renaissance fair. And why do I have these two photos together? Well, the photo on the left is me during a walk.

That's right by our house, just down the street, doing a five, maybe 10 minute walk, trying to just get out there and get moving. Well it was really hard.

I could barely breathe, I can barely walk and I just felt like I was in pain the whole time. And why am I contrasting this to the one on Right, sorry, the right, yes.

Because this was at the Renaissance Fair. Look how much more excited I am. And why am I excited? Because I was out there doing something ridiculously fun, dressed up in my super fun corset, walking around outside all day.

Renaissance fair is like a good six hours, just standing in line. Just the walk from the parking lot was longer than this walk I on in this photo. That's What happened?

I was able to go from miserable and exhausted to fun and like living my life. I'm able choose the things I say yes to and I don't have to skip all the fun stuff anymore because my body can't handle it.

This photo in the middle is me at a recent 5k. If you've been on my email list at all, you have been seeing that I've doing a challenge of 12 5ks in 2026. This was my June 5K.

And I'm especially excited in this one because as it turns out, the June five K was a trail run. I don't generally run on the trail, I just haven't been doing that.

So it was really a shock to me that I had no issue with the trial. I'd been working really hard on my 5Ks, training a lot, so that part didn't surprise me, that was able to handle it.

But what surprised me is that, was I able choose and just keep going through the Trail Run, even though it's a little bit more of a challenge. Because that's what fitness can do, is it can bring you back into your life so you know that you can handle all those little hard things that pop up that maybe you weren't expecting.

Team, you could go ahead and unshare that slide. So I really want you to think about this for a minute. Where is that that don't have that fun and joy in your live because you feel trapped by your body?

Because you fell like you cant stick with it? Now, I wonder if you're thinking right now, um, isn't she a personal trainer? Didn't we just say we weren't going to do exercise today?

Right. Exactly. We're not. Because being fit is not just about the perfect exercises. It's also about how consistently you perform them. And this is an area where I find my clients and I know that I really struggled for a long time.

I would have a plan and it just didn't work because something didn' work about it on the worst day. It was a plan that only works on your best day, it's actually not a planned, like not planned.

So what we're gonna talk about today is how to become consistent so that you can return and just keep going and get that body back so you build a life you want.

Your body should support the life that you want to live. And that's what I'm showing you in those photos is now because I've gone through consistent, I have become consistent.

I can now live the live I want. It's awesome. So there's two parts to fitness. One is the actual movement that you're doing, and two is how consistent you are doing them.

So today we are focusing on consistency. And I'm going to walk you through my method to get consistent. These are the ACTUAL tools and tactics. Not all of them, we don't have time for all them today, but actual tools that I used to be consistent, so I could go from the very sad, oh gosh, I just cringe thinking about that photo, to the really excited woman out living her life.

Would that be okay with you today? Go ahead and give me a yes in the chat if we are awake and we're ready to go, ready get started with our learning. You won't be able to see each other's responses, we've got that, so everyone just comes to me, great, awesome, thank you April, super excited to be here.

So while we're thinking about consistency, before we bring up the next slide, what is it that you think keeps you from being consistent? Like what's your main pain point?

Is it time, like true time? is at work, is that family commitments? No, we wanna have that in the forefront of our mind because as we work through these practical steps, We're going to try to solve for those problems.

Okay. Does everybody have their paper and their pen? We're going to get into it right now. Team, could you go ahead and bring up the next slide, please?

Okay, what I am introducing here is my step framework. And this is, as you'll see at the bottom, a simple framework for women who are done feeling lost.

So you can stop restarting from zero and finally see a real way forward. These are the real things that I went through to get consistent and to bring my body to where I want it today.

Now my bodies not perfect. I'm not saying that, but now I can be out living my life and that's what I. Want for you. So that what we're going to go through today, so if you don't get this all written down, don' worry.

We're gonna bring this slide up several more times. Team, do you mind unsharing that slide? Okay. So on that piece of paper that you pulled out, sorry, I'm looking over here.

That's where, uh, the chat is. I want you to draw four boxes. They don't have to be ugly like this. It was just trying to make it thick enough so you could see and didn't look like you'd see it.

You just put the line down the middle and the lion across so that have four evenly sized boxes and in the first box, you want to write the word space.

Space is the S in step. And what do I mean by space? Well, there are three different space places that you need space in your life. You need it in life and your calendar.

you needed in.

The STEP framework overview

Your mind, your head, and you meet it. In your home. Now we are going to focus on those first two today. So, How do we get started? So let's think about this for a second.

I know that we've all heard that phrase, you cannot pour from an empty cup, right? I'm sure we all have heard it said all the time because we really want to focus on our self-care.

But there's another side of that. Not only can we not pour form an open cup we cannot add to a full cup without it becoming a problem and a big mess. The water goes or the juice or soda goes everywhere and then you're left cleaning up the mess That's not what we want.

In order to bring consistency into your life, you have to have capacity because capacity comes before consistency. So we need to create space in your live so that you can add those things that want to be doing.

You can take your body back and do whatever you want, whenever you Okay, so we're gonna talk about a couple areas of space. So let's think about this.

Before we write anything else down, what is an area in your life that you are currently over-committed to? Now, the analogy I think of is a potluck. Everyone at some point has been part of a group that has a plot luck, I'm sure.

I would be shocked, frankly, if somebody hadn't been in a pilot before. And for your potluck, what do you do? You bring a dish, right? Great. Well, you have two or three options for that dish.

For example, I make an excellent jalapeno popper. It is one of the things my husband and I joke, one the five things that I can make that we actually are excited to eat.

Jalapeño popper is the perfect potluck food because everyone can take just one. You just get your little tongs and you wrap them. The problem with those is they are very labor intensive, which takes a lot more time.

you've got to chop all the jalapenos, you got a scrape out the seeds, You got stuff. Mix the cream cheese and then stuff each one of them individually.

Got to make the bacon and wrap the baking around. And then unless you have a giant air fryer, air fry them in small batches. So there's a lot of time and effort that goes into that jalapeno popper.

Now, why am I telling you this? Well, because for that same potluck, I also have the option of bringing a pumpkin dump cake. What's pumpkin dumb cake?

The most glorious invention I've ever seen, frankly. Because it is a can of pumpkin pie mix, two eggs blended together, pour it into a 13 by nine pan, and then you dump a bag of yellow cake mix on top and stick it in the oven.

Five, 10 minutes of prep work. So how does this relate to space? Do you see how much more time I'm putting into the jalapeno poppers than the dump cake?

When really all I needed to do was bring a dish to the event, I can bring that dumpcake and get just as much participation. I'm participating in that community.

So where are you giving more time? Where are doing the keto jalapeno popper versus the dump cake? Because one is four or five extra hours. And if you're creating, if need space for yourself to create capacity, to creating consistency, where you are giving it up when you don't actually need to be?

I'd be willing to bet you have an idea. So go ahead and be really brutally honest with yourself. Where are you over committing? And you can use that to start to reduce the level in your cup.

You're reducing, taking some things out so you add something good for you in.

Space: creating capacity in your life

I want you to write down that item in just under step, write the number one and write whatever it is. So for right now I'm gonna just write jalapeno popper.

Because if it's really, and let's say you're like, well, I really think that is important. I don't think I've over committed. Okay, no problem. Are you committed to being the only person involved?

So let's say Carol from church, because churches do potlucks. She's the one who's like, oh, I hope you'll bring the jalapeno poppers. And so now you feel like maybe you need to.

Well, why don't you ask Carol if she can come over and help you? Can you asked for help if you're not ready to give up that full over commitment? I want you to really be honest with yourself.

Are you over committing where you don't need to be? Because I bet you are. And we're going to take some of that out because you have the agency to decide that, to decided what goes in your cup.

We want to very intentional about what we are allowing to in that full cup because we only have a limited time to do anything. Okay. So that is one of those areas.

So I want you to have that written down. You can go ahead and put that in the chat if you'd like, but we're gonna go on to the next thing. We live in a society where we all have these wonderful cell phones.

They're the best, they do everything. Unfortunately, we also allow them to steal our time. Where are you sitting down and thinking, oh, okay, I'm just gonna take a couple minutes to myself.

I need a quick break. And you just start scrolling and all of a sudden your two, three, five minute break becomes 30. Where you allowing that phone to steal your time?

For me, it was a Webtoon. I love WebToon, I loved to read absolutely. And recently I've discovered comics, which are super, super interesting to me because it's not only the words, you know, the written words but the visual representation.

Well, WebToon is a web comic app that I was spending hours a day reading. There are really, really good and compelling stories in there and I wanted to them all the time.

Now, those are great. I really do, I highly recommend some really great ones, but what I was doing was basically allowing them to suck me in and not getting the other things done.

And so then all of a sudden I'd have no time or I wasn't sleeping. Well, that was almost my choice. Now the same thing is these phones steal our energy, but they also give us, there's a tool that I want people to really start to use, and it's the screen timer.

You can turn on a setting in your phone that allows you to limit the amount of time you're spending in a particular app. And I know that sounds really harsh.

Now we're not trying to take away those things that you like. We're trying limit where they might be taking too much of your time and attention away from other things you wanna be doing so that have more choices.

So for me, Webtoon's one of them. And I actually ended up having to delete that app completely because I was using it in a way that was no longer serving me.

I replaced it with another webcomic app. Now this is going to sound silly, but because that one is it's free, you can only read one chapter at a time.

And so I was able to set a five minute limit and just read that chapter every week or every other week and be perfectly happy. I still getting my webcomic relaxation fix without leaking more of my time.

The other one is Instagram. Oh, I love Instagram, it's very interesting. Bookstagram and Booktalk and all those things, but I spending way too much time on it.

So I couldn't be consistent because I was just all of a sudden it'd be 30 minutes, 30 of doom scrolling. That's crazy. So that's the thing I really want you to be honest with yourself.

What app can you limit your time on and how much are you gonna limit yourself? So go ahead and put in the chat the app that comes to mind that you're like, oh, I definitely give up too much time to that app.

because that's gonna go in that space box too. And we're gonna write the number two, and we gonna right what app it is that we are adding a screen timer to.

I'm not asking you to delete it, I still want you have it. It brings you some joy and comfort. But we going to not have to be the only thing that do. So, internet just completely, yes, got it!

Probably Instagram too, always Instagram, a little bit of TikTok in there I see. Great, so go ahead and write that in down on your paper. The third area, which is a little harder to understand, is space in your mind.

So we talked about overcommitting on the potluck, but where are you giving something more mental energy than it deserves? So where are you, even when like the task is done for the day, you're constantly thinking and thinking, and think about it.

Or like, oh, I gotta pick something up and just do this one quick thing. Oh, just gotta answer this email. I just got to answer one text message. For me, it was my job.

I am a CPA, still licensed, and I work in accounting and risk management. So those are very, very problem-heavy, time-consuming jobs. There's always something going wrong.

there's a deadline we're not gonna be able to meet. And so I was constantly on my phone for work. Okay, we just gotta do this. Oh, I just got to answer this one email so we can get that out of the way.

Well, guess what? I was giving up a ton of my time to that job. So not only was I closing my computer at the end of the day, I then thinking about it, even if I wasn't actually doing anything.

And that's a place where you're leaking energy and you need to close that loop. So I developed, excuse me, what I call a boundary ritual. Yours does not have to be as complicated as what, I'm going to explain that I did.

In fact, we can simplify it. So every day, What I would do is I'd pick up this notebook, oops, sorry, and this pen, And I will write out a few phrases to help me shut down.

It's basically, you know, when you turn your computer off and it shuts down and takes a minute, that's what I was doing. I wasn't using this as a physical representation to disconnect from work.

And then I would close the book, put it aside, and walk out the door. After I wrote down the phrase, I no longer answered emails. No longer looked at my phone because I'd closed the loop for the day.

So I'm going to give you, read mine specifically, and mine is extra long because it was taking me that much time. I really needed a physical expression of getting out of this.

But I want you to think of where, one, are you allowing something more time and energy than it deserves? And what phrase could you physically write? The canned mind connection is very important.

What phrase can you write to disconnect and close the loop on that for the day? Okay? So, I will read you mine. I am done with work for day. Feel ready for next phase of my day I do enough at work.

Love the feeling of completion at the end of day I speak for myself and to create the boundary, I see myself transitioning to the next phase. I understand there is life beyond my desk.

Now, why do I tell you that? Because I want you to a similar phrase for yourself. It doesn't have to be as ritualized. You don't to write it in the same notebook and with the pen.

That's just a thing that I do. But there were days where I forgot to do it at work and I would have come home. Thinking like, Oh, I forgot to do my ritual.

I need to make sure that I write it down so I can disconnect. It was a physical representation of the disconnect, so go ahead and think about. Oh I see work already work for sure great.

Okay, so we've thought about work. So under space, we're gonna write the number three, and we gonna to write whatever it was that was the ritual, that is the thing you're closing the day from.

And then I want you to right what it is you are going to wright out to close the book and close that door on that part of your day. This works for things like caregiving, You know, there's a lot of areas where this works.

So does anyone in the chat have a couple examples of some phrases that they're thinking of? You now, what is it that you're think for making this go away?

How are you gonna close the door? And I want it to be really clear, you need to able to write it out because you want that mind-body connection to start to really just let it go.

You need a physical representation. And if you hear of a good one, we're talking through this, go free free to steal it. There's no copyright on this.

If you want to take any part of mine, awesome. That is all good. So those are the three areas for space. So you should have three things written down.

One is where you're over committing and you are thinking about reducing your commitment. Two is the app. What app are you going to limit yourself so you stop leaking time?

And three is, the area that's taking too much time and energy with the boundary phrase you will use to close that part of your day. Now, This is very practical.

I want you to pick one of those and circle which one you're going to do today. Which one are you going do to today? Oh, here's a good phrase. My work is done.

God has my clients in the best care always. That's amazing. Yes, make sure you write that down. But why am I asking you pick on? Because I you want to be practical and have this moving forward.

and without the decision right now, you probably won't use it. So we're gonna be really honest and we are just gonna pick one and were gonna do it right after this webinar.

Awesome, so that's space. It's about creating capacity and space to exist so you can get consistent. Team, could you bring up the next slide please? Or sorry, not the last slide, the step slide again.

I wanna go back and I want to talk about the next letter. Threshold. Awesome. Okay, so in that second box, please go ahead and write the word threshold.

And team, I think we're good, we can unshare that. Why am I asking about thresholds? So I know almost every one

of us has an ideal plan for what they think movement means.

For example, like, okay, if I do these like 10, 15 minutes of high intensity exercise, that's how I that I actually worked out today. That's I can call it a win.

But if didn't do that, I think I failed. Well, that is not very helpful and is part of an all or nothing thinking mentality. We're not looking for something that's like, oh, it only counts if.

So what I want you to do is think about your threshold as something you can step over, right? When we're walking into a house, we are walking through a threshold, walking over something.

I what your threshhold to be your lowest effort win. What can you do that you are able to say, okay, I did that.

Threshold: setting a minimum win

I finished and I was consistent and completed that for the day. Let me give you an example. Mine is a five minute walk. Now as a trainer I do strength training and cardio and my ideal exercise is the 30 minute on days where I am not training for a half marathon.

And on a Half Marathon day, it's a longer walk or sorry, longer jog, depending on the length. So some days, five minutes, that's my minimum. In fact, I used this the other day.

I got up early, my day kind of shifted around in a way that was like super abnormal. so I was going to bed, It was 11, which is way later than normal.

and I could not remember if I had done my walk that morning. Couldn't remember, just completely outside my head. And I didn't think to check my Fitbit watch, which would have told me, because I have this minimum threshold.

Because I knew I could just really quickly do five minutes of walking, and whether I'd done that walk morning or not, I would've completed my minimum for the day.

And then I can put that on my checklist and say, great, I did it. Because you want to see that pattern of consistency and success. One of my coaches says, nothing breeds success like success.

And this is the perfect example. If you can see that you completed that every day, you're going to start to want to complete it and it's going start being in your brain that, oh, I need to do that.

Oh, wanna do, that oh I wanna to that I get to to. So we're trying to set that bar low enough that can step over it every single day. Let's come up with some ideas.

What are you thinking for your minimum? because we are also going to stress test it. Because if it is not something you can do in your pajamas without equipment or on your hardest Tuesday, it's not low enough.

And I know that's really, really hard to get your mind around, but it really important that you set it low so that can be successful. I want you to be a successful, you want to to successful Whatever that is, we need to decide, you know, can you do this on those days?

So that's what I want you to write down now. I you want to right down what it is you think your minimum is. Okay? And then ask yourself those three questions.

Can I do in my pajamas? Can do I this without equipment? and can I on a normal, really hard day? Those things matter. And if you're having trouble, I kind of expect people to have some struggles with this because it's so contradictory to what we're normally told.

Team, could you bring up that next slide? I actually don't want you to half to figure this out alone. I want to help you.

I wanna make sure that you can get consistent and that can figure that out and start taking those steps forward.

So what I'm doing is I am offering a complimentary fitness foundation session. It's a 30 minute Zoom call with me where we'll go over what you're struggling with, what's keeping you from being consistent, where you would like to be, and we will problem solve.

You'll actually leave this session with a plan. We want to make sure you're getting really, really clear on what your next steps are because, well, let's think about this.

If your goal is outside your comfort zone, right? You're wanting this big goal. Your next step has to be achievable. so that you can start moving forward.

If you're trying to go from A to Z, or trying long jump like 60 meters, you are not going to get there in one step. You're gonna get in there one at a time.

So this complimentary fitness foundation session, team thank you for dropping that link in the chat, is one of those ways to those next steps so you get moving and get going.

Because like I said, I expect threshold to be something people really struggle with, because what is your minimum effort of movement? Awesome. I see five minute walk even on my own.

That's excellent. Why is it good? You can do a walk around your apartment in your pajamas. It's no equipment, minimal effort, and it means that you won for the day.

So I love that. And that's why I use it. it's the perfect minimum. Awesome! Okay, team, go ahead and grab your complimentary fitness foundation session.

I've got, I opened up my calendar specifically for people on this webinar. So you'll be able to see some spots available. Uh, think we can go head and move on to the next section.

You are probably not surprised that we are going to take that word expect and put it in that third box. Now, what are we doing with expect? I want you to expect life to get in the way.

We don't wanna expect perfection because perfection is, yeah, just never gonna happen. It's just gonna never happen, so I you want to you expect that you're going to need to use your minimum because then you won't feel like you failed on those days that did.

we are not creating evidence of failure, we're creating of success. So in expect, what I what you think about is where Are you going to need it? Meaning what is going throw your plan off for the day?

So you didn't get your like ideal 30 minute walk in, you needed to use your minimum. Okay, well we can work on that because it should feel like, we wanna make sure it feels like an achievement.

You're going need we're gonna reframe everything. So what we were mentioning is walking around house in circles doesn't feel like an achievement, which I totally get.

But if you're going from nothing to something, something is better than nothing. We want to take those small steps forward. And then we can, if it's not feeling fun yet, we wanna then make it fun.

If you are struggling to think that you considering it a win, We're have to change that, but also we want them to make fun so we problem solve some of that.

It'll be great. But I want you to expect to need to use that minimum. Now, why am I saying that? Because days are not perfect. Life gets super messy and gets Super in the way.

So there will be something that throws you off your ideal plan into your minimum, okay? So what is it that is your biggest block. Okay, I see not enough sleep.

Yes. And that's why we're setting that low enough so you can do it in your pajamas. You can roll out of bed and just be, you know, like ready to go. But this is really, really hard for people to think about because it's kind of the opposite.

Like we trying to plan. It's like, no, we expecting to need it. This is why develop this plan, this our backup plan is a great plan it is our win for the day.

That's why we expect it. So I want you to write down, you know, not enough sleep in that box because that will, and that's okay because we know that we have a backup plan.

That what we wrote down in our threshold. Oh, I've wrapped it, yeah. From expect, what do we wanna do now? Well, we're gonna write proceed in the final box and underline the P.

And team you can go ahead and unshare that slide. Now, what do I mean by proceed? So let's think about it like this. How many of you have been through airport security?

You're trying to get on a commercial flight, you wanna go somewhere. So what's happening in airport's security, You've bought a plane ticket to go to a destination, because you want it to do something.

I want you to think of those choices as your destination. Now what's happening at TSA? You're walking, we're walk, walking. And then all of a sudden the guy says, stop.

Okay, so you have to take a pause. Keep going. Stop, We're gonna check your bag.

Expect and proceed: handling setbacks

They're pulling my bag out. You have go through this thing. Now why, what, and then finally you get through and he says proceed and you're done. and you're going to your destination.

So why am I telling you this? There, even with your minimum and all that work, there are gonna be days where you just completely miss. But it's just, it is, we're not perfect, We're gonna to be there.

And I want you to not let it stop you. I you want to keep going, to proceed to your destination. Are you gonna just say the TSA guy had to check my bag, better pack up and go home?

No, no you're not. You wanna go to wherever you are flying to. Your gonna keep, going. your going to, proceed, the next step. you just gonna, keep go, you not gonna let, derail you So in that proceed box, I want you to write keep going because we're not perfect.

We're going to need that reminder. So and this works for any area of your life. You're trying to get consistent in movement, especially. But let me give you an example from my business.

newsletter called Foundation Friday. So every Friday, 930 Pacific, there should be a tip in your email that talks about like, hey, how to get consistent, some movement things, things that I think are really important lessons for you to know that, I want you have regardless of anything else.

I have decided one email per week is my minimum to my audience. That's what it is. And April 3rd, I can even tell you the day, did not send a Foundation Friday email.

I'd been very consistent for four months, had lots of my little exes on Friday, and completely missed April third. Why? Well, was traveling for a funeral, completely forgot about it.

Just, you know, it was a really rough week, all the things happened, And I woke up Saturday morning and thought, oh shoot, today's Saturday, didn't send foundation Friday.

Oops. Well, what I did was I kept going. I turned that, I think it's April 10th even, that next email is about not letting that stop you. That I would love to be this example of perfection and be consistent with every single thing, but consistency and perfection are not the same thing.

You can be consistant without being perfect because you can keep showing up without You're going to stumble. You are going trip. We are human beings and something will happen.

It really, really will. So I want you to expect that something would happen, right? We're gonna have a minimum as a backup plan, but on those days that nothing worked out the way you wanted it to, just keep going.

Don't try to double up. Don' try do double your minimum the next day. Just do what you can do that day and keep going. don't let that one pause completely derail you.

It's a pause. And then you proceed. it's really, really important. So the only thing I want you to write and proceed, other than the word proceed is keep, going, because I you want to be able to take this paper as a reminder of everything we worked on today, which is why I had you write it on one big piece of paper.

Awesome. So team, could you bring up that step slide one more time? Okay, so we've walked through this whole framework today. We talked about space and how you have to create capacity in your life in order to bring in that movement that you know you want to do so you can take your choices back.

We talk about threshold, having that minimum so that You can be consistent. You couldn't do it. So we've stress tested so You Can Keep Going. we are expecting to need to use that Minimum.

It's not a fail to have the plan work. The plan is working. If you're using the plan, that's what we're doing today. And then proceed. That you are just going to keep going.

Keep going, you not gonna let that pause stop you. Cause we don't want that. You wanna get to your destination. Don't let TSA knock you out. Awesome. So why am I showing you all of this?

Well, let me remind you, team, could you go to the next slide? This is the framework that I use to go from this person who could not walk five minutes, who looks miserable, where everything fell apart every time I missed a single day, to this woman on the right, or I got to out and have fun.

I get to and do these cool things because, and now I have those choices, I'm not trapped by where I am. On a day that miss, The funeral day, I know I can get right back on it the next day and just keep going.

And that was just the day I missed. That's the only thing about it. It's not any sort of other story. If it happened, we move on. We proceed to our next step.

And that's why I really, really wanted you to hear this framework today, because even if you have the perfect movement plan, a great ideal, you need this frame work to keep you going.

So this is my consistency step method. And I'm really glad I got to share this with you today. One thing I want you think about is, I did this work and I put in the time and the effort to do this, but I didn't do it alone.

Wrap-up and complimentary session offer

I had people who are helping me. Go ahead and move to the next slide. And that's what I want you to know. You don't have to be figuring this out alone.

There's so much you're already handling alone, don' let this be the one thing. So that why I wanna remind you

about my complimentary fitness foundation session.

And let's talk a little bit about that because you're probably thinking like, okay, what are we gonna do? What are gonna to do on this? Well, we're gonna get super clear on your step one.

Now what does that mean? This is your customized plan for your real life based on time, your energy and your life right now and the capabilities of your body.

I am not going to ask you to 50 pushups tomorrow. We're going talk about, if you wanna do a pushup, Great. Let's start with wall pushups. We want to figure out what your actual goals are and what the next steps are, especially your first step, because your step is the hardest that activation energy to get there.

That's why I call my business step one, step fitness, Because you start With your Step one and you go one step at a time. So we are going to Get super, super clear on what Your step.

One is to to your goal. Second thing. You're gonna walk away with a plan that's not gonna fall apart. We're really gonna sit down and troubleshoot through, okay, here's what we've got going on that is coming up this week.

Here's where I'm really struggling. I am a caregiver. Like I work 90 hours a week, I worked in a hospital. we wanna come up with realistic plan so that you can see your way through it, right?

It's a not a plant that just like, oh, if you just do 50 side steps a day, Like there are those plans and they can get results, but they're not effective for everyone because not everyone can continually execute them.

We want a plan just for you, okay? And then we're gonna talk about what to do when real life gets in the way and the whole plan falls apart because we don't want that one bad day to stop you.

We want to know how you're gonna get yourself up again, stop beating yourself and just start moving forward. All of that is so important. And these are the sorts of things that we're going to go over on that complimentary fitness foundation session.

Now, like I said, I opened up special space on my calendar next week. You'll see many slots available, but there are only five spots. So once those five spots are gone, like that's what my calendar can hold next week.

But I wanted to really give you this opportunity to get consistent because you don't have to do this alone. This is what I love to because I absolutely hated being that woman on the right.

I want to you to that freedom. The freedom to live your life. the freedom, to have fun and joy back in your live. That's what we're here for, and that's why you join me today, because I want you to have a plan that works, works for you, is customized to you and then you can execute.

Because I know there's something on the other side of that picture. You want to be out there living your life, to out having fun, To have your choices back.

And that why we are here today. So I hope you leave today here with your paper filled out. You should have something in every box. Go ahead and take that into your life.

Put it somewhere where you can see it, because this is the framework that we've built today together. And I really want to say thank you so much for joining me today.

We're going to go ahead, and we're just going start getting consistent. So awesome. Book your complimentary fitness foundation session with me. Uh, can't wait to work with you.

Can't way to talk to you, thanks everyone. Bye.