


A woman in a white dress is holding a long, flowing rainbow flag against a blue sky. The flag is vibrant and stretches across the upper half of the image. The woman is positioned on the right side, looking towards the camera with a slight smile.

Feel Fully Fit

7 Steps to Stop Worrying
About Weight.

7 steps that made me Stop Stepping on the Scale
Because the Scale Doesn't Matter.
All that Matters is How I Feel.

Janine Isselt
Feel Fully Fit



As we get older, it becomes harder and harder to lose weight. Some women struggle with weight issues their entire lives. When you add the stressors of everyday life, work duties, family life, and more, it can be very difficult to stay on the “weight loss wagon.”

Weight loss isn’t just about vanity. It’s also about your health. Health is one of the most important things that we have in life. When we are healthy, we feel better, and we physically have the ability to do most of the things that we want to do.

In turn, you also feel better all around. When you’re healthy, you’re more confident in your capabilities and your appearance.

As someone who is always busy with improving my health and physical appearance (in plain words losing weight and getting a slimmer waist) I stumbled upon what to me was an eye-opening fact. Something that caused me to ultimately find what I was looking for without actually knowing I was searching for it.

In my journey to losing weight and getting that slimmer waist I have tried a lot: all the hyped up “superfoods”, the famous diets, workout techniques and different products. All things that were supposed to do miracles for you.

But I found out that I was striving for something that wasn't actually my aim. My initial aim was to get that number on the scale down. To get this waist size I had when I was 21. Sounds familiar?

I was blindly overseeing and missing this one simple link. And without this link you can try all you want, but succeeding will be very hard.

When I realized this, I changed my way of thinking. I changed my way of taking action. And finally I reached my goal. I did it by mastering 7 simple steps. My goal, by the way, wasn't to simply lose weight and get that slimmer waist. My goal had changed. But in that process I did lose weight and I did get a slimmer waist size.

My new goal was to simply feel fit. To feel great. To be able to not have to worry about some scale. To not suck in my tummy every time I went to a party. My goal was to become fully fit. The bonuses that came along were me losing weight and getting a tighter waist.

So what was it that changed in me? What was it that I suddenly realized?

It was simple and hiding in plain sight: that everyone is unique. I realized that, that which worked for person A (foods, exercises, etc.), might not for person B. And that person B might try all he or she wants, but it will not work.



Unique

We are all unique human beings. I don't mean unique because of our DNA, but because of our personal situation. We are unique because we are influenced differently by the same situations. I call these situations factors. Let me sum up some for you:

Relationship "status". Are you married, single or dating, in a divorce?

Parental status. Do you have a child, or maybe even 3 or 4, are you a single parent?

Psychological strength. How do you cope with criticism, with people saying that u gained weight? Do you run to the fridge to get your bucket of ice cream or do you run to the gym?

Job. Do you like it? Do you like your colleagues or the work environment?

Exercise abilities. Do you have a gym in your vicinity? Can you work out at home? Do you like working out at home? Do you even like working out at all?

Financial situation. Are u able to buy that expensive ghee butter and special coconut oil from that hip organic green bio store?

Health issues. Are you able to go full blast in the gym? Or your knees still okay? No hearth issues?

Taste. Do you actually like quinoa? Or those green smoothies with spinach and cabbage? Or even the simple healthy things like carrots, beets, and broccoli?

Habits. Do you smoke or drink a lot? Are you hooked on your TV? Or your mobile phone?

So let's say you follow a certain diet which advises to eat a lot of coconut oil and gives nice recipes with almond paste (which you can't really afford) and tells you to exercise 3-4 days per week (but during weekdays you're often stuck in traffic due to work, so you arrive home late in the evening, just in time to kiss your kids to bed and then the gym is a half hour drive away so you have to do your workouts at home, but you don't have a lot of space and by the way you don't even like working out at home). Do you think that you will get the same results and you can give the same dedication as someone who earns a decent salary, has a lot of time has no kids and who practically lives next to a gym or just loves working out at home?

The effect a diet (or a food & workout regime) has on us, is directly linked to our personal situation. Besides these personal situations we also have the "fact" situations. Factors we can't do anything about but just accept and embrace it. Factors like: Ethnicity, Age, Gender, Body type/bone structure, etc. At age 22 your body will react differently than at age 42.

How is this linked to those questions that keeps billions of people up at night? Mostly women. Questions like: How can I lose weight? Why doesn't this diet work and why does this diet make me feel hungry all the time? Why can't I succeed every time I try a new diet?

The answer: you might be trying the things that might not work for you. You are perhaps blindly following some hype because someone famous person said that THIS WILL WORK! Because they showed you a couple of before and after pictures from 10 people that succeeded with that diet.

But this person doesn't know your personal situation. This person doesn't know you.

What works for you

I'm not saying that those famous diets are not working or that they are "fake". Not at all. What I'm implying is that if a certain diet (let say the Atkins, or Weight Watchers) doesn't work for you or doesn't give you the results you're aiming for, than you need to search for those things inside these diets that do work for you. Because you are unique. So what might work for him/her might not work for you. Even though you are trying the exact same diet the exact same way.

Your personal fit plan

So I went on a personal mission to find out what works for me and I stopped trying the things that didn't work and only aggravated me. If it didn't work, if I didn't like it, if it was too much of a hassle: I just didn't eat or do it. Period. Move on, don't go crying about your lost time and money. See it as a learning phase and go to your next target.

From that moment on I started to change. Change the way of thinking and especially changed my ways of taking action. Within a few weeks I started to physically feel the changes. Improvements! Finally!

So first I asked myself why I was doing this. What is my goal? Why do I want to lose weight? Do I really want this tight waist? Why do I want to reach that specific number on the scale? What happens if I reach it and I still don't feel ok?


Ultimately it came down to one simple answer. I just wanted to be and feel fit. To feel healthy. Because when you feel fit & healthy, that scale doesn't matter and neither does that imaginable big belly. All that matters is how you feel! I worked on creating a personal plan that worked for me. My Personal fit plan.

7 Steps

It came down to 7 steps. I had to master these steps! And it's an ongoing process to continue mastering them, time and time again. I remind myself why I do it: to keep feeling fit.

You will recognize these steps because you deal with them daily. You probably don't see some of these as steps because it's part of your daily routine. But in 99% of all diets they are prominently present.





All these steps are intertwined and linked to each other. In my newsletters and blogs I will provide you with great content and good tips and tricks you can apply to master these steps as how I did. Here is a short description of how I actually mastered every step.

Sugar.

I stopped drinking Carbonated Soft drinks. It's forever banned from my fridge. I keep no cookies and other sugar packed snacks in my house. It's not that I don't eat or drink it, I only do (moderately) when I'm outside of my house. At a party, having dinner with my friends, or at the movies.

Daily Nutrition.

I found the perfect balance for Breakfast, Lunch and Dinner. For me it came down to finding the right balance between: Vitamins + Portion Control + Energy. And more important, I cook almost every day.

Exercising.

I mainly work on my Core. My abs. I will show you why a solid core is important for losing weight and getting a slim waist. Besides focusing on my core I do high intensity interval training (HIIT). All in all I'm in the gym for no more than 1 hour, 1 or 2 times per week.

Superfoods & -drinks.

I created my own definitions for Superfoods and drinks. Cinnamon, Nuts, Kiwi, Eggs, Apple Cider Vinegar, Green tea and Water, to me all Superfoods and drinks. In my newsletters I will show you why I have named these as being "Super".

Vitamins & Supplements.


Vitamins are essential to me. I have my daily intake of D3, Omega 3 & Vitamin C. My whey smoothie after every Core and HIIT training helps my muscles recover faster.

Fats.

Olive and coconut oil are part of my daily nutrition. I abandoned all chips and cookies containing Trans-fat from my home.

Stress.

I look at things that might cause me stress and I focus on not getting stressed by it. This might sound easy and even stupid, but it helped me a lot. Work or playing a tennis match or small aggravations with your loved ones, decide on how you will cope with issues and with stress before you go into it. Managing stress is important to feel fit. Another way to tackle stress is to get a good night rest. I changed my sleeping habits and made sure I get 7-8 hours of sleep. I stopped checking my phone when I'm in bed and I just read a book. Sleeping helped me a lot with becoming fit.



But as I mentioned before everyone is different. You might find other ways to handle these steps but as long as you master them your goal is within reach.

Living a healthy lifestyle is no simple task. It can be very difficult to find a weight loss program or health plan that works for you. It can be equally as hard to stick to that plan.

I'm not a professional. I don't have a degree in foods and health and all those things. Even worse, I have a degree in engineering! I'm a person that wants to see proof. Does that thing actually work? Has it been tested? Maybe that's why I'm a sucker for so many hyped up products. They all claim to have based their product or diet on some positive outcome, on reports and tests. I'm a person who believes in the good of the human being (poor me). So I'm an easy believer. Some products and diets are genuine and some are fake. But whether something is fake or real it's up to me to find out just one thing: Does it work for me?

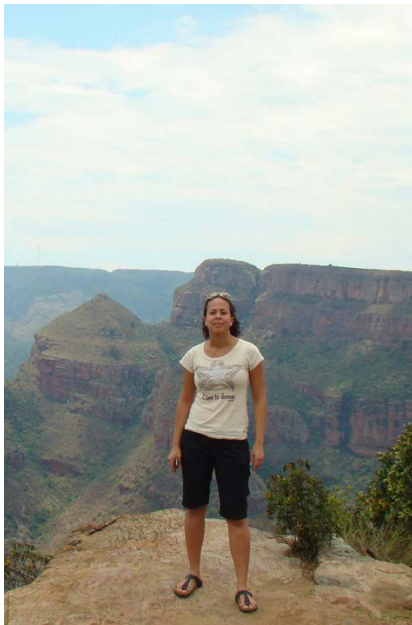
All I have written so far and will write about in my newsletters are my opinions. My views. What I want to achieve is to inspire people in finding their own path to feel fully fit. Because it just feels so damn great.

For more information and tips, be sure to check out my newsletters!

Thanks for reading!

Janine

feelfullyfit@gmail.com



That's me.
No Before and After.
The only thing that matters is Now!