

Ten proven ways to AMP UP YOUR FITNESS GAME



A simple guide to help you build
strength, confidence & consistency
-For Life.

BY MARIAN HARRIS

Hi, I'm Marian!

After training women for more than 20+ years, I realized that as our bodies change through different seasons of life - our workouts should change, too. That's why I created **Fit and Fab for Life**: an effective at-home online fitness program designed to help women build strength, move with ease, and live life with confidence.

TIP 01 - IT'S NEVER TOO LATE



“

People don't stop playing because they grow old; they grow old because they stop playing.

George Bernard Shaw

I'll put all of my cards on the table. Other than my relationship with God, I truly believe that fitness has been one of the greatest catalysts in my life. It has given me strength, energy, confidence, and the freedom to pursue dreams I may have never thought possible. After helping countless women transform their own lives, I've witnessed firsthand what can happen when someone decides it's not too late to take that first step.

One of the greatest joys of my life has been watching women discover they still have so much life ahead of them. When this happens - they begin to stand a little taller, dream a little bigger, and start saying "yes" to life again. That feeling never gets old!

So let's all vow - **right now** - to stay in the game!



TIP 02 - TRACK YOUR FOOD FOR A WEEK

One of the first things I asked my personal training clients to do was keep a simple food journal for a week. Not forever - just one week. Why? Because you can't improve what you don't know. Until we write them down, many of our habits go unnoticed. When logging in your journal, the goal isn't to be on your best behavior, either. It's to honestly record what you eat and drink over the course of one week.

If you eat a whole pizza, write down a whole pizza. 20 m&m's, write down 20 m&m's. The process isn't about guilt - it's all about awareness. Once we identify the habits and patterns, then we can make small, realistic changes that can lead to lasting results.

Awareness truly is the first step toward lasting change.

A single week of honest awareness can reveal habits that may have been holding you back for years. Choosing healthier habits now can open the door to more energy, more confidence, and a life that's lighter and brighter.

TIP 03 – STRENGTH WON'T MAKE YOU BULKY

Resistance training is one of the best things you can do for your body - especially as you age. As we get older, we naturally begin to lose muscle mass and bone density - with women often experiencing these changes more rapidly than men. That's why exercising with dumbbells, resistance bands, or even your own body weight is so valuable. They help build strength, improve balance and mobility, support healthy bones/ligaments/tendons, and make everyday activities easier.

Resistance training also helps boost your metabolism - helping you stay active, capable, and independent for years to come. **Strong muscles don't just help you look better - they help you live better.**



Fitness fact

One of the biggest myths about lifting weights is that it makes women bulky.

In reality, it helps build strength, confidence, and a more vibrant you.

TIP 04 – GET GREAT ARMS & ABS BY WORKING YOUR LEGS

Work your legs? Wait... *What?*

That's right. If you want toned arms and a stronger core - don't skip leg day.

Your legs contain some of the largest muscles in your body. Working these larger muscle groups burns more calories, boosts your metabolism, and helps create the foundation for a stronger, healthier you. Think of your legs as the foundation of your body. Just like a house - a strong foundation supports everything else built on top of it.

That's why experienced trainers know the secret: if you want to improve your upper body - make sure to work your lower body.

But that's not all. Working your legs will improve your balance, stability/mobility, make everyday activities easier, help reduce injuries, and even improve your performance in activities like tennis, pickle ball, golf, hiking - or simply help you keep up with your grand kids.

In the end...You'll be working smarter, not harder - which only means **better results for you!**



TIP 05 – THINK LIKE AN ATHLETE

The way you **think** about your workouts can have a huge impact on your attitude, your ability to stay consistent, and ultimately, your results. So instead of thinking, “I have to workout,” try shifting your mindset to, “I get to train.”

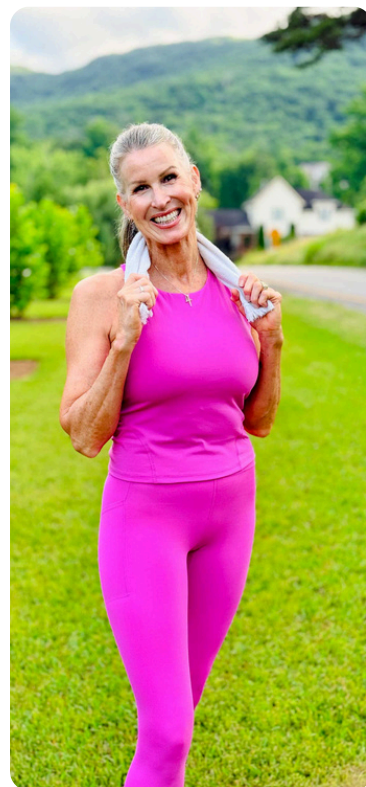
Why? Because athletes don’t just exercise - they train with purpose.

And here’s the best part: you don’t have to compete in a sport to think like an athlete. Whether you’re 45, 65, 85 - or anywhere in between, choosing to train your body with intention can totally change the way you approach staying fit. This shift in mindset will give your workouts true meaning and will remind you that you’re building a stronger, healthier future.

Of course, there will be days when you don’t feel like training. We all have them. In these moments, think back and remember how good you always feel when, “You’ve done it!”

There’s something incredibly satisfying about completing a workout. You immediately feel accomplished. Your confidence grows. You begin to recall just how capable you are, and you may even start surprising yourself. Before long, training is no longer just something you do - it becomes part of who you are.

That’s why I end every workout with one simple question...**“Aren’t you glad you trained today?”**



TIP 06 – GOOD HABITS ARE JUST AS EASY TO BUILD AS BAD ONES

The small choices we make every day eventually become our habits. Whether those habits are helping us or hurting us - they shape the life we're living. The Good News? Just as unhealthy habits are built - one choice at a time - healthier habits can be built the very same way.

Fuel Your Body Well

Focus on eating lean proteins, quality carbohydrates, healthy fats, colorful fruits and vegetables, and drink plenty of water. No one eats perfectly all the time - and that's okay. What matters most is consistently making choices that fuel your body, support your health, and help you feel your best.



Healthy habits aren't about restriction - they're about freedom. The more consistently you choose the things that serve you well - the more energy, strength, and confidence you'll have - and the better equipped you'll be to live life on your own terms.

Remember, change doesn't happen overnight. It happens one choice at a time. **Your health is your wealth...**and Yes - You Can Do This!

TIP 07 – KEEP THOSE APPOINTMENTS WITH YOURSELF



Would you cancel your doctor's appointment just because you didn't feel like going? Most likely not. Treat your workouts the same way. Decide when you will train - and keep that appointment with yourself.

Have you ever noticed that we rarely regret a training session we complete? It's usually only the ones we skip? So decide on when you will train and then stick with it! If your family counts on you for things - and let's be honest, most families do - let them know when you've scheduled your workout so they can respect that time. By gaining their support, they'll be more likely to encourage you, cheer you on, and celebrate your progress.

Another key benefit to scheduling your training time – and sticking to it – is that you'll strengthen your **“Confidence Muscle.”** Every time you make a plan and follow through, you begin to trust yourself to do the things you said you'd do. This kind of trust builds self-esteem faster than anything else and is vital to becoming your best self.

Remember, none of us can pour from an empty cup. Only when we're at our best, can we give more and do more for the ones we love.

Now go ahead...make that schedule and keep showing up!

TIP 08 - YOU CAN'T OUT- EXERCISE A BAD DIET

The old saying, **“you are what you eat,”** still holds a lot of truth. The foods you choose have a powerful impact on your energy, strength, recovery, and overall health. Rather than striving for perfection, focus on making healthy choices about 80% of the time. Small, consistent changes really do add up.

We don't ever plan to fail, but sometimes we do fail to plan. If you know you'll be away from home for several hours, pack a bottle of water and a healthy snack. Planning ahead makes it much easier to avoid grabbing unhealthy, convenient food simply because you're hungry.

Lastly, think of food as fuel... Just as a car performs best with quality fuel - your body does, too. The better you fuel your engine, the more efficiently it can power everything you want it to do - from your workouts to your everyday life.



FUEL UP... YOU'VE GOT THIS!

TIP 09 – FIND A PARTNER IN “CLIMB”

Another key to success is choosing an accountability partner. This could be your spouse, your best friend, a sibling, or someone you trust – but definitely someone who truly wants to see you succeed. The key is choosing a person who has your best interest at heart, will support your goals, and who will encourage you to keep going.

I call this person my **“Partner in CLIMB!”** Word of warning here though. We all have that one person who, for whatever reason, is always negative. They can shoot down your dream before the marker has dried on your vision board. So be selective about who you choose. Share your dreams with someone who will lift you up, support your journey, and will help you get back on your feet when you stumble.

The truth is, you’ll experience setbacks from time to time - we all do. But remember...**A setback is simply a setup for a comeback.**

Ok...so who will you choose as your Partner in Climb? If you can’t think of anyone, I’d be honored to be that person for you.

TIP 10 – THINK YOU CAN – THINK YOU CAN'T... EITHER WAY, YOU'RE RIGHT

Last, but certainly not least, choose to develop a healthy, happy attitude about life. Adopt a positive attitude in all that you do. Smile more, listen to uplifting music, and believe good things can happen to you - and for you. It's also important to believe you can meet - and even exceed - your fitness goals while still enjoying the journey. You may have tried other programs before, but you haven't tried Fit and Fab for Life. And here, we're building strength and confidence one step at a time - and we are all doing it TOGETHER. Cultivating an attitude of gratitude is also beneficial - as is believing in yourself. I can't promise it will be easy, because anything worthwhile takes some effort. But I can promise you this...it will be worth it, because YOU are worth the effort.

In closing, I'll leave you with one question... **If you knew you couldn't fail, how would you want to live your life?** The answer to this one, all-important question could change the entire direction of your life...and whatever your answer may be...Just know this—**IT IS POSSIBLE!**

Your journey begins with a single step...Let's get started!



Marian Harris
Your Trainer & Friend

Ready to take your first step?
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