

“It’s not about the exercise”

I see your eyebrows rising on that statement. The country’s premiere personal training center Results Plus is saying, “It’s not about the exercise?”

You had the desire, you called, you stopped by, you joined (Thank you) Yes thank yourself, but this is only one step in the right direction. Now the game begins with you being the key player.

Life long behavioral changes are difficult, but so possible. How? Action! Just admit to having a problem and start taking positive steps. Remember at this stage there are great risks for relapse. So...let’s read on.

I want you to know a relapse is a great opportunity to fine tune your daily plan, and make improvements. Learning is a process and “slips” are normal, not reflections of failing. I am going to use an old cliché. Think of a baby trying to walk for the first time, they stumble, they fall. No one told him / her they would not be able to walk, so they keep trying. Efforts are consistently reinforced when you just get back up and try again. Would you say it is a state of mind? Your right!

We will exceed your expectations on the program. However we can only make the recommendations on what to do when you’re not with us. That is all up to you. Stay proactive; ask too many questions, we want to answer them! Always remember the reasons why the last time it did not work! Are you repeating them? Change that thought process and do something different. Think about yourself, your family, your future. Take the time to do it regardless! Be relentless! The investment will pay astronomical dividends!

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