



World Fitness Elite™

TRAINERS OF THE YEAR

We asked the World Fitness Elite™ Trainers of the Year for their best tips on health, fitness and nutrition, here's what they had to say:



Justin Yule, BS, CPT, YFS
Owner, Fitness Revolution
www.chanhassenfitnessrevolution.com

There's no magic formula, secret potion, or underground exercise program that's going to miraculously make you fit. It takes consistent and intense effort to achieve any worthwhile goal.

The sooner you accept that, the sooner you'll achieve the results you desire. Have faith and take action!



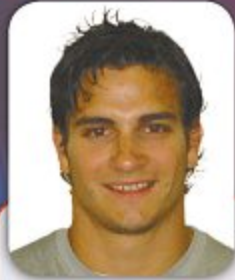
Holly Rigsby
Author of *Fit Yummy Mummy*,
Busy Mom Fat Loss Expert
www.FitYummyMummy.com

Too often we get hung up the idea of "getting results" as if they are a fixed end point—putting happiness on hold until the ideal body is achieved. Appreciating the process is just as important as reaching your goals. Enjoy the journey; recognize and celebrate the small successes along the way. These are the changes that matter most and are key to true and lasting results.



Rachel and Alwyn Cosgrove
Owner, Results Fitness, Author of
The Female Body Breakthrough and Co-
author of the *New Rules of Lifting* series
www.results-fitness.com

Achieving a fit body and optimal health is about making the decision, seeking out the resources, and taking action. Don't make it complicated; keep it simple and take small steps every day toward achieving the body you want. Every week ask yourself: what one action can I take this week to take me closer to my health and fitness goals?



Joe Carabase
CPT, Nutrition Specialist, Author, Owner, M. E. L. T.
Fitness Studio, blogger on fitness, food and travel
www.meltfitnessstudio.com
www.carabasetraining.com

Fitness is a lifelong journey, not an all-or-nothing approach. If you eat something bad, enjoy it and focus on eating better the next time. If you miss a workout, look forward to how good you will feel after your next workout. If you just don't feel like working out, pick three of your favorite exercises and perform two total sets of 10 reps each—not only will you feel better, but I bet you'll end up doing more!



Sam Feltham
Fat Loss Expert, Health Coach and owner of
SMASH THE FAT Boot Camps
www.FatLossMindsetCoach.com

My three foundational principles to achieve health or wellness success are reason, direction, and persistence. Ask yourself why you want to achieve the level of health you want, take progressive action everyday, and remember that those who succeed are just willing to keep going when everyone else has given up.



Clint Barr
M.Ed, CSCS, Owner, Raising The Barr Fitness
www.RaisingTheBarrFitness.com

No matter how many "diets" or fad workouts you do, nothing will yield greater results than the choices you make every day. Are you making excuses? Or are you making progress? You DECIDE!



Dax Moy
The UK's Leading Body Transformation Coach
www.LondonPersonalTrainingStudio.com

The key to achieving rapid yet lasting fitness and fat loss success lies in following simple and sound principles that put health as the primary goal. Rather than chasing every new fad that comes along, stick to the fundamentals like eating only whole foods, drinking more water and getting to bed earlier. This principled approach doesn't sound 'sexy' to most people yet it's been proven to out-deliver and outlast every other method for getting into shape and staying that way. If you want a body that looks, feels and performs at its best, then stop chasing fads and get the fundamentals right.



Paul Mort
Owner, The Fitness Camp
www.thefitnesscamp.co.uk

For me it doesn't matter if someone has access to the greatest diet and workout program in the world, if they don't follow it. Get your head right first and the rest will follow. Decide WHAT you want and search deep for WHY you want it. Then go get it. It really is as simple as INSPIRATION (which comes from within) rather than MOTIVATION (which is external and eventually wears out). Get CRYSTAL clear on WHY you want go get in shape and you'll make it happen.



Vaughn Bethell
Owner and Founder, Performance QSA, LLC
www.VaughnBethell.com

No matter what our age, we are all looking to do three things: LOOK better, FEEL better, and PERFORM better. To perform better, we must function better. Function equals performance.

Are you training for function? If not, you should be!



Rommel Acda and Belton Lubas
Co-Founders, Element 5 Fitness
www.element5fitness.com

An unwavering mindset that supports your goals; no-bull workouts that stick to the basics; a sensible nutrition plan that works for you—this is the trifecta of fitness, plain and simple. When these come together, you are unstoppable. But know that if the first fails, all else will crumble.



Ryan Ketchum
Co-Owner, Force Fitness and Performance,
Fat Loss Expert
www.beforcefit.com

The keys to health and fitness success, especially with fat loss, are consistency, progressiveness, and making it a priority. It isn't the big changes that will make or break you. It is all the small changes you consistently make, put ahead of everything else, and always look to improve that will help you achieve the body of your dreams!



BJ Bliffert
N. Dallas' Kettlebell & Fat Loss Expert
Owner, Full Throttle Athletics
www.fullthrottleathletics.com

Simple. Effective. Efficient. These are the three most important factors EVERY training program must have. All three breed consistency, and consistency breeds results.



Steven Krebs
Owner, Next Level Athletic Performance Inc.
www.stevethefitnessguy.com

Fitness results are best achieved by changing your mindset. Change the mind and the body will follow. Attack every day with intensity, discipline, and a desire to live life to the fullest. Remember, YOU are in control of your health and wellness.



Tony Maslan
CSCS, Owner, Custom Fit Personal Training, LLC
www.EvansvillePersonalTraining.com

Don't just sit there, DO SOMETHING! Your circumstances will never be perfect to start an exercise program; so don't wait. Do something active today. Just starting creates momentum toward your goal and before you know it your circumstances will have changed and fitness will be a part of your lifestyle.



Tyler English
International Best-Selling Author,
Connecticut's Leading Fat Loss Expert
www.TylerEnglishBlog.com

America needs to realize fat loss is easy once you figure out how hard it is. Make a commitment, create the time, put forth the effort, and be consistent. Those who follow these four guidelines will achieve the greatest weight-loss success.

To learn more about the World Fitness Elite™ trainers of the year, visit:
www.WorldFitnessElite.com or Call 877-351-5737 Today!