

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 125th Newsletter, I want to talk to you about starting and exercise and nutrition program and its impact on lives and well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my 1st Health Proposal and my 2nd Health Proposal. So if you haven't, please pause and go back and

### GETTING IN SHAPE IS EASIER THAN YOU THINK!!!

Starting a fitness or nutrition program can seem like a very big step but it is crucial to not get overwhelmed in the process! There are some very basic things that one can do to get started and key things to avoid that may set you up for failure!

When starting any program, it is important to set goals. Set a goal that challenges you but is healthy and achievable for you and your body. At times, a large goal can get overwhelming and keep you stuck from taking action. Breaking that goal into smaller weekly and monthly achievable increments will make it less overwhelming and inspire you more! The goal of losing 1 pound seems very achievable, once you get there it's just one more, and one more until you reach your ultimate goal!

Losing 1 – 1.5 pounds a week is a very healthy goal, and done in the right way where you are just burning fat stores and not muscle will lead to drastic results. When you crash

diet, or go on a very restrictive regimen to lose more than this, you often will burn muscle along with fat.

Burning muscle can be detrimental to your physique because muscle helps to shape your body, give you energy, and elevates your metabolism. Muscle is important for both males and females! The less muscle you have the less calories you burn on a day to day basis. A realistic goal for adding muscle is about a pound per week. The right kind of training and proper nutrition is essential to get you to your goals efficiently. Enrolling the help of a personal trainer and/or health coach to get you started in the right direction will be very helpful and could even produce results quicker than the ones mentioned above.

Proper planning is imperative if you're looking to develop any new habit! Improving your physique and maintaining it one you reach your goals is not just a 3 month quest, it is a complete lifestyle transformation. Yes, you can get your results by sticking to a "diet" for a certain period of time, but the odds of those results lasting are low. In fact, 95% who go on a "diet" lose the weight then gain it back within 6 months and even tend to add a little more because they lost muscle, lost nutrients, and increased cravings in the process. Instead, make changes over time and focus on fitting these changes into your life to the point where they come habitual. When you make health living a habit, and an essential part of who you are, getting in shape becomes easy!

You will need to set aside time to cook, time to pack food, time to grocery shop for healthy items, time to research, and time for working out. Schedule these times as if they are



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as important as a meeting with your boss. They are appointments with you and cannot be missed! This may seem like a lot but it really isn't. For example, if you work out 1 hour a day 5 days per week that is only 20 hours per month of time spent working out. If you could have the body of your dreams in less than 1 day a month, would you do it? Well you can!

From my perspective, a healthier diet and exercise plan is something every human being should take on. Now for me it's difficult to speak about this because I have been on a healthy diet and an exercise plan since I was a child.

When I was born my dad was sick. He had brain tumor and even though it wasn't cancer, it was taking over his brain and killing him. Therefore, for all the years of my childhood, my mother was always trying different healthy ways of eating like low-carb, high-protein, plant-based, low fat, Chinese medicine practices, herbs and all kinds of methods to help my dad improve. (Cont. on next page)



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## GETTING IN SHAPE IS EASIER THAN YOU THINK!!! (Cont.)

She was always **fighting** for the miracle of him improving instead of dying, as he was **diagnosed**.

She was also **always** trying new kinds of exercise whether it was **physical therapy** for him, a new **stretching routine**, or simply walking. As a kid I was also always either in ballet lessons, in horse riding lessons, or doing gymnastics and I was **always** trying on the nutrition plans that my father was on so we could follow the same one **together**. After going to the best hospitals in Bolivia and the USA the doctors all concluded that he would die in less than **3 months** and that it was impossible to save his life because the **tumor** had taken over enough of his brain and

that if they took it out it would **kill him**.

So they sent him home to spend the last **3 months** of his life with his family and my mother. Through all those **healing** nutritional programs, exercise **regimens**, meditation, and a lot of care he lived for 19 more **years**. Half the time he was in agonizing pain and the other **half the time** he wasn't. He spent 1 entire month in a coma, they **thought** he was going to **die**, then he'd come back home for 6,7 or 8 months and it would **happen** again. He always seemed to miraculously recover!

This happened until I was 14 when he literally became almost a **vegetable**. He couldn't do anything for himself,

and was almost like a **child**, and he spent 5 years like that. He died when I was 19. I didn't just watch him **suffer** though, through the whole thing I watched two things: 1) I **watched** him creating the miracle over and over **again** of being alive longer than the doctors said he would, simply because he was **committed** to be with us (his beloved wife and children).. 2) I watched my mom during all those years, through healing diets and healing exercise regimens, create the **miracle** with him.

I am now a **firm believer** that there is almost no health condition that a healing nutrition and exercise plan cannot improve.

## CORRECT FITNESS AND NUTRITION FOR YOUR BODY IS CRITICAL!!!

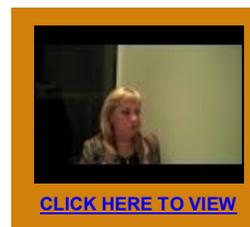
Nutrition and exercise are **critical components** of any journey to get in shape. It is imperative to not only eat to meet your goals, but also eat in a way that will support your health and **well-being**. If you don't give your body the **nutrients** it needs while following an eating plan then you will get cravings and end up falling off **track**. Will-power is not enough when your body isn't getting what it needs. It's **like if you** get held under water for a long period of **time**; you come up gasping for air regardless of your will-power to take a gentle breath. It's the **same with food**, if you cut out things like carbohydrates, or nutrients that are essential for daily life that "**gasping**" effect will happen and you will be setting yourself up to overeat and **even binge** which will greatly interfere with your **progress long-term**. This is why many people rebound after a strict diet.

A whole-foods plant-based diet is the best **regardless** if your goals are losing fat, adding muscle, or both. This is because of the nutrient **density in this diet**. Even though animal products are getting eliminated for your diet, the nutrients and **health benefits** you will get through the plant-based nutrients will eliminate cravings, keep your **body strong**, and naturally make you lose weight because there is literally NO bad fat in this way of eating. **Vegetables** for example are absolutely imperative in this process. They are fiber filled and will keep you **feeling full**, your diges-

tive system working strong, your energy up, and the greener these **vegetables** are the more they will keep the body's **PH level balanced** and set you up for fat loss or muscle growth. Keeping the body's **acidity low** and inflammation at a minimum is essential regardless of your **goals**.

The whole-foods aspect of this diet refers to removing **processed food** from your plate. When dieting, it is easy to get side tracked by **health claims** on labels that refer to "low-carb" or "diet" foods. These foods are oftentimes laden with chemicals and **artificial sweeteners**. Even if these artificial foods are low calories or sugar, **your body** still does not process them efficiently and they will lead to **digestive** problems, fat gain, brain fog, **headaches**, blood sugar fluctuations, and more **cravings**.

Listening to your body and eating **balanced** meals is the best way to transform your eating for **life**. This includes a good carbohydrate (root **vegetables**, gluten free whole grain, squash, fruit), protein (beans or legumes), vegetables (anything and **everything**, make sure at least ½ are green), and **healthy fat** (nuts, seeds) at every meal will ensure **your body** is getting the proper nutrients to **thrive**. Eat slow, and stop when you are full. Your body will help **show you the way!** As far as exercise goes, **different goals** require different training methods. For example, muscle gain (Cont. on Next Page)



I think that everybody owes it to **themselves** to give starting a well designed, healthy diet and exercise routine a try to see the difference. You cannot **give it a try** for less than three months to really see the **results**, though. Love yourself enough that you try it on for **3 months**, and you will see that you will **never** want to go back to the old ways again because you will see the **difference** in your health, energy, sleep, mood, mental clarity, and more!

**Cherish your body** with all of its imperfections. NOT DISPIE THEM BUT BECAUSE OF THEM as I speak about on my Health Proposal # 1. Listen to your body and find the **appropriate** ways, for you, to start an exercise and fitness plan that works for you and your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

## CORRECT FITNESS AND NUTRITION FOR YOUR BODY IS CRITICAL!!! (Cont.)

requires heavy lifting for both strength and **muscle growth**. Fat loss requires heavy lifting for muscle growth and **main-tenance** but can also be more circuit focused during your **workouts**. Regardless of your goals, working out 5 days a week for an hour should be **efficient**. If you are conditioned, you could work out an hour and a half. Any more will elicit a **stress response** in the body and do

more harm than good. For cardio, focusing on **interval training** (short burst of intense activity, followed by a recovery phase, repeated) is the best for fat-burning and **muscle maintenance**. Make sure you rest as well! During recovery periods are when your body actually changes.

I recommend consulting with a **profes-**

**sional** before starting any program. Everyone's body is very different and there is no way of knowing the **exact recipe** to get you to your goals in the quickest way possible just from doing generic **research alone**. Regardless, it's important to just get started! Ready or not, one step toward your goal is better than **none!**

## MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UN**

**PRECEDENTED** transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

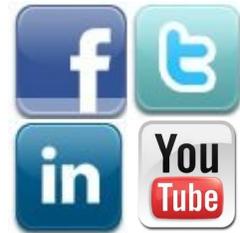
Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULLFILLING ADVENTURE!!**

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## THE NON-PHYSICAL COMPONENTS FOR GETTING IN THE BEST SHAPE POSSIBLE!!!

It is easy to just focus on the **physical aspects** of getting in shape and totally neglect your emotional, intellectual and spiritual self in the **process**. Doing this will literally set you up for failure. If you have had trouble **getting in shape** in the past, this is most likely an **imbalance** in one of these areas manifesting into something **physical**. If these were all in balance, there is no way not to want to **honor your body** and its health 100%.

During the process of **getting in shape**, energy is crucial. I am not just talking about **physical energy**, but rather the energy that underlies the **smallest molecules** in your body, and these are impacted by your thoughts and what you focus your **attention** on. If your body isn't where you want it to be, it is easy to look at the flaws and **focus on the areas** that you don't like. I challenge you to **practice loving** those areas. This may sound crazy, but getting in **shape** does not have to

be a struggle! It can be a beautiful process of honoring your body and **loving** your body if you let it!

When we fight our body, or try to force it into submission through a strict **depleting** diet and harsh workout routine that we do not **enjoy at all**, our body will fight back. It may not fight in the moment, but will in the long run. This can manifest as a health **condition**, cravings, overeating, negative self-talk, rebound, having a hard time **reaching your goals**, and/or general negative body image.

Finding workouts that you love, and an **eating plan** that makes you feel good will bring peace and balance to your body and your **emotional**, intellectual, and spiritual **well-being**. Keeping stress to a minimum is also **imperative** because stress leads to burn-out, not **wanting** to take care of yourself, and can physically show up as **weight gain** or plateauing in your goals.

You can practice self-love and stress relief in **many ways!** Treat yourself to certain things that you **may** have not before like **taking a dance** class instead of doing a long-boring cardio on the treadmill, or doing some exercise outside and **making it fun**. Other ideas that will bring you balance are **meditation**, yoga, tai chi and **qui gong**. Set some time aside to take a long relaxing bath or do **something** that make you and your body feel at peace! Switch it up and find what **works for you!**

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