

The Little Book of
FITNESS LIES

Myths, Fads & Scams that are stopping you
from achieving your fitness goals

Bode Agbe-Davies

Hi there!

My name is Bode Agbe-Davies. I am the creator of the Body Create Method, a 5 step method that helps busy women make simple and sustainable changes to their health and fitness thus impacting other areas of their personal life and creating a thriving lifestyle in the process.

I am a certified fitness trainer and a certified transformation specialist.

I began my fitness journey about 12 years ago and in that time, I have heard a lot of myths about what it takes to lose weight and keep it off for good.

These myths are usually taken as the truth and this leads to confusion, frustration, a waste of time and money for the busy woman who simply wants to live a healthier life that enables her to thrive.



In this book, we're going to be looking at some popular myths, breaking down why they're false and looking at action points that will lead to real changes. Ready? let's go!

*The First Myth I Ever Heard

I remember it like it was yesterday, except it was 20 years ago and I was just a teenager.

I had walked into my mum's office where she sat with a friend, I said "good afternoon" and walked away. Before I knew it, my hips became the topic of conversation.

I remember them talking about how my hips were quite sizeable for a teenager and how massive they were going to be as I got older.

That conversation stuck with me for many years and here's why. My mum was overweight at this point in her life (she isn't anymore) and for me, the subtle meaning behind that conversation was that I was going to be overweight by virtue of being my mother's daughter. Well, the stubbornness that I inherited from my Ondo father and my Ijebu mother was having NONE of that.

That day, I resolved that that wasn't going to be the case and thank goodness that fitness found me 12 years ago.

That was the first myth I ever heard and I am so thrilled I didn't fall for it back then.

*Genes Are To Blame

Your hair colour, height, shape of nose etc are determined by your DNA, so it only makes sense that your genes also dictate your weight, right?

This belief is easy to hold on to especially when women look at their mums, aunties & other women in their lives and notice that most (if not all) of these women added weight as they got older.

It doesn't help that these older women are quick to tell the younger ones how they were just as slim when they were younger. You'll often hear an aunty say "I used to be just as slim as you when I was your age, you just wait until you get older or start having kids"

Never mind that said aunty paid absolutely no attention to her nutrition and has hardly exercised a day in her life. So, do Genes play in your weight? Yes, they do however,

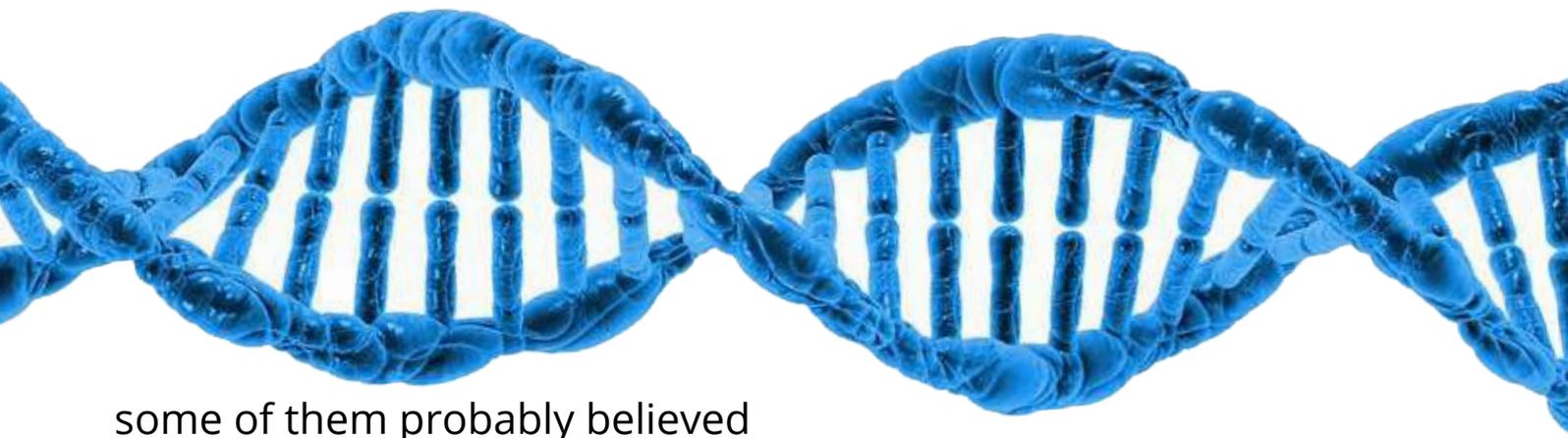
the influence that genes have on weight is different from person to person.

This means that person A's genes might influence their weight by 10% while for person B it might be 60%. Whatever the case maybe though, adopting a healthy lifestyle will help you beat those odds.

The evidence that supports this is so easy to see. Think about any weight loss TV show that you might have watched or heard of.

The Biggest Loser, The Big Fat Truth, The Fastest Shredder..... these shows have a few things in common. They help overweight people lose weight within a specific period of time by changing their diet and incorporating exercise into their routine.

Many of the people who go on these shows have battled with their weight for many years and



some of them probably believed that they were doomed by their genes.

A few short weeks on the show and they're losing weight regardless of their DNA.

Now, whether they lost the weight in a sustainable manner or not is a different topic but the point being highlighted here is that your habits, routines, lifestyle will greatly influence your weight in a way that DNA cannot.

Focusing on simple and sustainable lifestyle changes will give you an edge over your genes.

*The Baby Weight Myths

There are a few myths that surround weight loss after pregnancy such as:

- If you don't lose the baby weight from a previous pregnancy before you get pregnant again, you'll never be able to lose weight.
- You naturally become overweight after having kids.
- Say goodbye to a flat belly after having kids.

These myths have a way of making women feel that having kids automatically means they are doomed to an unhealthy/unfit life. Nothing could be farther away from the truth.

Your body will change after you have kids, that's for sure but that doesn't have to be a bad thing. Your breasts might get bigger or smaller, your feet might get

bigger, you might have stretch marks, you might become a little curvier, you might have a bit of extra skin around the belly - helloooo! You gave birth to a human.

But, you can absolutely lose weight, get fit and healthy after baby. The basic science behind weight loss is burning more energy than you consume. This applies whether you've just had a baby or had a baby 20 years ago. I have 2 kids of my own and I am more fit now than I was before kids even though I now have stretch marks and a lower belly pouch.

I've also helped many mums lose weight and get fit. Some of these mums were in their 40s and 50s .

What To Do

- If you've just had a baby, give yourself time to adjust to your new life before thinking about weight loss.
- Be sure to get the OK from your doctor at the postpartum check before adding exercise to your routine.
- Start slow, don't take on too much at once. You may start with a 30 minute walk, then intensify as you get stronger.
- Avoid restrictive/fad diets that lead to insufficient calories especially if you're breastfeeding. You don't want to tamper with milk production.
- Avoid junk food as much as possible.
- Focus on nutrient dense, whole foods, to meet mother and baby's needs.
- Have meals prepared ahead and in bulk to avoid always grabbing unhealthy options.
- Set realistic goals
- Accept that you can still be in great shape even with changes to your body.



*All Calories Are Equal

A calorie is a measurement of energy. It indicates the amount of energy people get from the food they consume and the amount of energy used for physical activities.

The 'All calories are equal' argument stems from a culture of dieting. One in which a person drastically reduces their calorie intake in a bid to lose weight but doesn't change their food sources.

This myth implies that it doesn't matter if you eat 100 calories worth of ice cream or 100 calories worth of apples, they will both have the same effect on your weight.

Yes, you can lose weight regardless of the source of food, however, foods have different effects on the body.

While a bowl of homemade sweet potato porridge is going to keep you feeling full for a long

time, regulate your blood sugar levels, hunger and satiety hormones, a bowl of ice cream will spike your blood sugar levels, have you feeling hungry soon after, make you crave more sugar loaded foods, will lead to abdominal fat.

Your food sources will either impact your metabolic health, hormones and appetite positively or negatively. You should pay attention to your food sources just as much as (maybe even more) than calories.

What To Do

- Eat mostly whole and minimally processed foods even if you choose to count calories.
- It's ok to have ice cream and sweet treats but bear in mind that they should be occasional.
- Don't focus solely on weight loss, think about your health as a whole and let this drive your food choices.



*Spot Reduction

This is the "I want to burn fat in my belly only, no where else" myth. Replace belly with any other body part. This myth is why waist trainers and sweat belts/bands are popular. They promise to target fat in specific areas such as the belly or arms.

Here's the real deal, you cannot specifically target fat in one region alone. The body just does not work that way and there are studies that back this up.

Think about fat as excess stored energy, when we burn fat, the body recruits that energy from all over the body, not from specific regions.

If your whole exercise routine is doing 100 sit-ups everyday in hopes of burning belly fat, you are simply wasting time.

Sit ups and crunches work the abdominal muscles by strengthening and shaping them,

not specifically burning the fat in that area.

Furthermore, the abdominal muscles are a small muscle group which means that focusing on them alone will not burn enough energy to significantly reduce body fat - there has to be an overall reduction in body fat in order to see those abs.

Remember the simple science behind fat loss is being in a calorie deficit i.e consuming fewer calories than you expend. You can't do this through exercise alone, you have to work on your nutrition as well.



*Sweat Is Fat Crying

I must admit, this is a phrase that I have used in the past. This is the notion that the more you sweat, the more fat you burn. This myth is also another reason why sweat bands are popular.

The thought that wrapping a band around your belly or arms will specifically target the fat around that area and the evidence to support the fat burn is the sweat produced by the band.

This is simply not true. Sweat is your body's cooling mechanism. Simply put, exercise causes an increase in the body's temperature which causes the body to release moisture onto the skin (i.e sweat) in an attempt to cool down.

Again, let's take a look at the

science. A fat molecule is made up of Carbon, Hydrogen and Oxygen molecules.

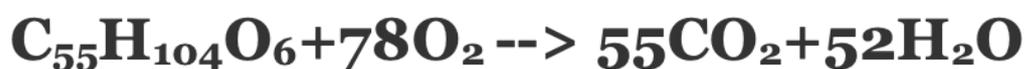
When you "burn" fat, the molecule breaks down into Carbon-dioxide, Water and energy.

84% Carbon - dioxide and 16% Water.

This means that when fat burn occurs, 84% of that fat is exhaled as CO₂ (when you breath out) and only 16% is expelled as water.

This small amount of water can leave the body in a number of ways. It could be disposed of as sweat, urine, tears or other body fluids.

This disproves the notion that sweat is a good indicator of how effective a workout is.



FAT

Oxygen

84%CO₂

16%H₂O

Ever noticed how you can do a 5km run when it's hot and sweat like crazy but then you do the same 5k run when the weather is cold or during harmattan and hardly break a sweat?

Does that mean the 5km run is only effective when you sweat? Nope!

Factors such as genetics and fitness level can also affect the rate at which a person sweats. You and a friend can do the same workout, at the same time, with the same level of intensity, in the same environment and you will sweat at different rates.

Sweat is not what determines if one person's workout is more effective than the other - in any case, why compare your workouts to someone else's?

Now, back to sweat bands and waist trainers. When you use these tools, whatever extra sweat you produce or weight you lose is simply water weight as explained with the equation

above.

You didn't necessarily burn extra fat.

The water weight will quickly be replaced once you start to drink water after your workout.



What To Do

- The abs won't "pop" until you burn the layer of fat underneath them. You need to combine nutrition and exercise for that to happen.
- Don't focus on crunches alone, incorporate total body exercises such as planks, lunges, squats, pushups, cardio
- Cut down on junk foods, sugar, salts, highly processed foods, soda, excessive use of oils in cooking etc.
- Do not judge the effectiveness of your workout by how much you sweat.
- Instead, pay attention to your form during exercise. Learn how to properly activate your core.
- Pay attention to your fitness. Are you getting stronger? Is your endurance getting better?
- Be realistic in setting flat belly goals, recognise that we are all shaped differently.



*Carbs Make You Fat

"I could be slimmer but _____ won't let me be great" (insert carb of choice).

If I had a Naira for every time that I've heard statements like this, I would be mega rich right now.

OK, ok, not mega rich, at least not with the Fx exchange rate at the moment. My point is carbs have been so unnecessarily demonized.

Did you know that carbohydrates are the body's preferred source of energy? And that the brain prefers to use glucose (from carbohydrates) to fuel its activities?

Carbohydrates like Garri, Yam, Cassava, Potatoes are natural and healthy, trying to cut them out is impractical and unnecessary.

Consider what a typical Nigerian

meal looks like. It's too much oil, a whole lot of carbs & meat but not enough vegetables which is a sure recipe for over-consuming calories.

Now consider a traditional Asian meal; lots of vegetables, with a decent portion of rice and meat (used mostly to add flavour). Carbs don't make you fat, consuming more energy that you need does.

What To Do

- How you cook your food matters, so pay attention to your preparation methods. Boiling, shallow frying, oven baking, air frying and steaming are healthy cooking methods.
- Eliminate deep frying and reduce how much oil you cook with.
- Don't just eat rice or pasta day in and out, mix things up. Have potatoes, yam, cassava, fufu, Amala. If it grows out of the ground and is unprocessed or minimally processed, its good to eat.
- Eat out of small plates, it's a good way to practice portion control.
- When serving your food, let vegetables fill up half of the plate. This can be vegetable soup like efo riro, stir fried veggiees, salad etc.
- Divide the other half of your plate into 2 quarters, dish carbs into one quarter and protein into the other.



*Eating Late At Night Causes Weight Gain

What you eat matters more than what time you eat it. A banana will provide your body with the same amount of energy regardless of the time of day you eat it.

The reason eating late at night has a bad reputation is because you are more likely to choose unhealthy options.

Picture this: You had a long day at work, it was meeting after meeting, your boss was being the usual hard ass that she is and you just spent 3 hours in traffic trying to get home.

Now you're home and it's time for dinner, you open the refrigerator and your options are a grilled chicken salad or ice cream & pizza.

What are you going to choose? 9 out of 10 times you'll probably

pick the ice cream and pizza. Junk food feels extra satisfying after a hard day.

Taking off your shoes and sitting in front of the TV while you eat that cheese filled bread and experience the sugar rush from ice cream is just the reward you need after a long day.

Therein lies the problem with eating late. Do you make healthy choices when you eat late? Are you mindful of your portions or are you so immersed in the TV that you pay no attention to what and how much you eat?

Personally, I don't like to eat after 7.30pm because it doesn't sit well with my body. I feel really uncomfortable after the meal and when I try to lay down at bedtime (3 hours later), it feels like I'm going to throw up.

On the other hand, I have a friend who feels lethargic if she eats in the morning.

But give her a bowl of eba and vegetable soup at 11pm and she feels just fine.

The point is this, in addition to having healthy options available, you also have to pay attention to what works best for you, your schedule and your body.



What To Do

- Pay attention to what works best for your body. For example, do you function better with a light meal in the mornings or evenings. Do you prefer to eat 2 meals a day plus 1 snack or 3 meals?
- What works better with your schedule? What's more sustainable? having dinner early or a little later?
- Plan and prep your meals ahead of time so that you have healthy options available.
- Remove junk food from your immediate environment. This way, if you eat late at night you'll be more likely to choose healthy meals.
- Have healthy snacks available.



*Lifting Weights Will Make You Look Like A Man

Let's clear up this myth once and for all. Lifting weights will not make you look bulky.

Women get so scared to lift weights. I think they picture themselves looking like Arnold Schwarzenegger.

Yet, these same women want to look TONED and LEAN. Can you guess how to achieve that toned and lean look?

Yep! By lifting weights. There are so many benefits to building muscles through weight lifting/ resistance training/strength training - these terms are usually used interchangeably.

We'll get into the benefits later, first lets take a look at why you won't look bulky if you lift weights

- The hormone Testosterone

plays a huge role in muscle growth and women simply can not produce as much testosterone as men.

- Women are biologically designed to store more fat than men. This combined with the Testosterone clause is why women tend to get toned without looking bulky.

- Ever notice how a man and a woman can embark on the same training and meal program at the same time but the man loses fat faster and gets shredded quicker? Men and women are built differently.

- Building big muscles, the kind that women are afraid of, doesn't happen overnight. it takes a lot of time, a lot of work and a lot of consistency.

- Most people can't put in the

amount of time and dedication that building big muscles requires. This should be good news for the average gal who simply wants to get toned and exercise for the health benefits.

- There is a specific way to train in order to build big muscles. Conventional workout programs meant for the regular guy/gal who wants to lose weight and get fit are not designed to build big muscles.

- The nutritional needs for building big muscles is different from that of weight loss or maintenance. To build big muscles, you have to eat more calories than you burn and eat enough protein.

- Lifting weights as part of their fitness routine will not make women bulky.



*The Best Way To Lose Weight Is To Do A Lot Of Cardio

Cardiovascular exercises are also known as aerobic exercises. They can be performed with low or high intensity. Examples are walking, jogging, swimming, cycling.

The allure of cardio as it relates to weight loss is in the fact that you burn more calories per time with cardio than with resistance training.

What that means is that you will burn more calories if you jog/dance for 30 minutes than if you do a resistance training workout.

Focusing on the immediate calorie burn alone means you will miss out on the important benefits of resistance training.

That lean, toned look that women want comes from building muscles and the only

way to effectively build muscles is through weight lifting /resistance training.

Simply put, jogging isn't going to tone the dreaded christian mother arms but weight lifting will.

Even though cardio burns more calories than resistance training per session, resistance training builds muscles and the body burns more calories to maintain muscles than it burns to maintain fat.

This means that with strength training, your body continues to burn calories after the workout, even when you are at rest.

The calorie burning effect of muscles compounds over time. Resistance training can do the following:

- Improve bone density and help prevent osteoporosis.

- Reduce the risk of chronic diseases.

- Help with weight loss.

- Tone the body by improving body composition i.e increase lean muscle mass and reduce fat.

- Help you feel strong and provide more energy for your day to day activities.

So which is better for weight loss, cardio or weight training?
The best approach would be to combine both.



What To Do

- Schedule your workouts to include both cardio and Resistance training.
- Aim for 2 - 3 days (out of 5 workout days) of resistance training per week. 30 - 45 minutes is fine.
- If you're new to resistance training, consider getting a certified trainer to help if you can afford it.
- You don't need equipment to begin, you can build some amount lean muscles with body weight exercises such as pushups, lunges, squats
- Start with small weights, 2 - 3kgs is a good place to start. Pace yourself and progress as you get stronger.
- Master the proper form/posture for specific exercises. This will help you prevent injuries.



*You Can Eat Anything You Want As Long As You Workout

"You can't out-train a bad diet" - This is a popular saying in the fitness world.

It simply means that you cannot make up for poor nutrition choices with exercise.

Spending 3 hours in the gym only to eat pizza, ice cream, soda, deep fried & oily foods as part of your daily diet is a waste of time and effort.

We overestimate the number of calories we burn when we exercise while we underestimate how much food we consume or the effect of our poor nutrition choices.

Think about this:
One can of soda is approximately 140 calories.
Jogging for 15 minutes burns about 140 calories.

One Standard size chocolate bar is approximately 230 calories.

This is equivalent to strength training for 45 minutes. The point is, you will have to spend all day working out to out-train a bad diet.

Bear in mind that we've only considered the calorie content of foods and not how the nutrition as a whole affects our health beyond weight loss.

This is why nutrition experts say weight loss is 80% nutrition and 20% exercise - although this is an oversimplification. Nutrition is extremely important to your weight loss goals and your health.

Which is why you can go on a fad diet and lose a lot of weight in a

"You can't out-train a bad diet" - This is a popular saying in the fitness world.

It simply means that you cannot make up for poor nutrition choices with exercise.

Spending 3 hours in the gym only to eat pizza, ice cream, soda, deep fried & oily foods as part of your daily diet is a waste of time and effort.

We overestimate the number of calories we burn when we exercise while we underestimate how much food we consume or the effect of our poor nutrition choices.

Think about this:
One can of soda is approximately 140 calories.
Jogging for 15 minutes burns about 140 calories.

One Standard size chocolate bar is approximately 230 calories.

This is equivalent to strength training for 45 minutes.
The point is, you will have to

spend all day working out to out-train a bad diet.

Bear in mind that we've only considered the calorie content of foods and not how the nutrition as a whole affects our health beyond weight loss.

This is why nutrition experts say weight loss is 80% nutrition and 20% exercise - although this is an oversimplification
Nutrition is extremely important to your weight loss goals and your health.

Which is why you can go on a fad diet and lose a lot of weight in a short period of time without having to exercise.

This doesn't mean exercise is not important, it is and we've already discussed some of the benefits.
This also doesn't mean that you can't have pizza and ice cream - I'm a sweet tooth and I enjoy the occasional ice cream
it simply means that you have to make healthy choices most of the time and mix in the occasional indulgences.

What To Do

- Place as much importance on nutrition as you do exercise.
- Understand how different foods affect your body in terms of your weight and health in general.
- Don't classify foods as good and bad, rather think about them as foods that should make up the majority of your diet and foods that you should indulge in once in a while.
- Thinking about foods in this way will promote a healthy relationship with food.
- Plan your meals ahead of time. This will make it easier to stick

to a healthy and balanced diet.

- Set your environment up for success. Make sure foods that are indulgences are not in your immediate environment and as such are not easily accesible



*Thin Means Healthy

Everyone knows at least one girl who can eat as much sugar and junk food as she wants and not add weight - I call this Thin privilege.

We often mistake thin for healthy. Just because a person has a slender or slim frame does not mean they are healthy or fit. At some point in my mid 20s, I was that slim but unfit girl.

I weighed 65kgs, wore a size S (small) but I would always feel winded after going up a flight of stairs.

My energy levels were low, my skin was dull, I had acne and I carried a little excess fat in my belly.

Now in my 30s, I weigh 70kgs, I still wear a size S, I have a ton of energy, my skin glows and I have a healthy amount of belly fat. You can be slim and have high blood pressure, high cholesterol,

diabetes and a number of other diseases due to lifestyle choices. Exercise should be a part of your routine, regardless of your weight/size. You should make better nutrition choices, regardless of your size.

"Thin is healthy" stems from a culture of dieting solely for the purpose of weight loss. The goal however should be all round health and wellness.

What To Do

- Realize that living a sedentary lifestyle and eating poorly can increase your risk of heart disease.
- Acknowledge that the benefits of exercise go beyond weight loss. It helps with mental health, stress, mood, sleep, brain health and more.
- Schedule out time to exercise at least 5 days a week. You can start with 15 minute sessions.
- Find ways to move all through the day e.g get up and pace whenever you're on the phone.
- Start making healthy food choices.



*To See Results, You Must Spend A Lot Of Time Exercising

A lot of people think in order to see results, they have to spend endless hours exercising. This is simply not true.

A couple of years ago, I experimented with working out at a gym (I prefer to workout at home).

I noticed a particular set of people who would always be at the gym before I got there and would still be working out after I was done.

They were spending upwards of 2 hours at the gym about 5 times a week but guess what? I never noticed any changes.

The quality of your workout is as important - if not more- as the time you spend working out. You can spend 2 hours

exercising day in and day out and make little to no progress. But by focusing on the right stuff, you can spend 30 minutes working out and see results.

A few years ago, my workouts were usually about 30 minutes long but these days, they're about 45 minutes to 1 hour and that's it.

Focus on the right things and even 20 minutes can give you good benefits.

What To Do

- Take a look at your schedule and figure out how much time you can consistently dedicate to your workouts 5 days a week.
- Take 1 day of the week (preferably Sunday) to plan the exact workout you will do each day. Knowing what to do before hand will save time and help you focus on the activity at hand.
- Switch your phone off or put it on airplane mode while you workout. Avoiding distractions will help you make the most of your time slot.
- Compound exercises (exercises that work more than one muscle/muscle group) are a great way to bring intensity to your workouts especially if you're short on time. Incorporate them into your routine.
- Be mentally present when you workout, pay attention to each exercise and let your mind focus on the muscles as that are engaged during the exercise.



*Breakfast Is The most Important Meal of The Day

I'm sure you heard this saying quite a bit as a child. "Breakfast is the most important meal of the day" is actually a marketing slogan that was widely pushed by breakfast cereal companies as a way to sell their products.

In fact, before the 17th century, breakfast was unpopular. This myth plays into the narrative that if you don't fuel your body with breakfast, then you're going to make poor food choices and/or overeat later in the day.

Recent studies actually show that skipping breakfast sometimes or practicing intermittent fasting has some benefits.

There's really no proof that having breakfast is more important than lunch or dinner. The totality of your nutrition is more important than just one meal.

What matters is paying attention to your nutrition, making healthy food choices, planning your meals and working with your schedule.



*Supplements Will Help You Lose Weight

I often get asked if there's a need to take supplements to aid weight loss. The most asked about being protein powders.

If you take a supplement for the sole purpose of weight loss and the supplement places an emphasis on diet and exercise in its instructions, then you have wonder if you need that supplement at all?

The reason people lose weight with these supplements is because they were mindful of their diet and exercise while they used the supplement. It wasn't because of the supplement itself. You have to understand that the fitness industry is a multi billion dollar industry - it is profit oriented.

In addition, the weight loss supplement industry is not strictly regulated. This means that the quality of ingredients in

a lot of these supplements are questionable.

This doesn't mean you should not take supplements at all. We can all benefit from a good multivitamin and some fish oil (emphasis on EPA/DHA) And if you have a vitamin deficiency or low levels of certain hormones, you should definitely get the right supplements after consulting with your doctor of course.

However, weight loss supplements are more hype than anything else. The key to losing weight and keeping it off for good is simplicity.

Simplicity in focusing on the few things that you can consistently do to sustain your results.

Focus on

1. Mindset & Habit changes: You

can't lose weight & keep it off if you don't change your mindset about fitness and develop habits that will sustain your results. Unfortunately, this is an aspect of fitness that is often not talked about

2.Meals: We know that restrictive diets don't work simply because they are not sustainable. When we restrict and ban many foods from our diets, any weight we lose will quickly be gained back the minute we reintroduce those foods. Instead of restrictive dieting, make changes to

- Preparations: The ingredients you use and how you prepare your food
- Portions: Combine your carbs, proteins & healthy fats in a way that supports your fitness goals.
- Plating: How much food lands on your plate and in what portion.

3. Movement: Incorporate Cardio, Strength and Flexibility training into your workout routine in a way that gets you toned and maximizes your time.



What Next?

You can start to implement the action steps discussed in this book to make changes to your Mindset, Meals and Movement.

These steps will help you on your journey to sustainable weight loss, however, I know how hard and time consuming it can be to try and do this on your own.

That's why I created the Fitter Body Plan.

Fitter Body Plan is a 3 and a half week program that teaches busy women how to lose weight and keep it off for good by making changes to their Mindset, Meals and Movement.

For 3 and a half weeks, I will be your coach, guiding you through: Mindset shifts and behavioural changes that support longterm weight loss.

A simple, realistic and customizable nutrition guide.

Movement specifically designed to get you that toned body and increase your energy levels.

Daily accountability.

Weekly live teaching and Q & A sessions.

Support from me and a strong community of individuals.

Sign up now

<http://www.bodeadavies.com/the-fitter-body-plan/>

There's More

Sign up for Fitter Body Plan today and get these 5 bonuses worth N23,000 for free:

Bonus 1: A copy of my book - The 30 Day Body Create Challenge - Lose Weight, Get Fit, Build A Slamming Body.

Bonus 2: A 5 part Mindset video training series to support your fitness goals.

Bonus 3: The Body Create Jumpstart Checklist - 24 key strategies for creating the body you love.

Bonus 4: 20 bonus recipes from the Body Create recipe book.

Bonus 5: A 5 part audio coaching program covering a number of weight loss topics.

Join the hundreds of women who have gone through the Fitter Body

Plan and successfully learnt to lose weight and keep it off for good.

Click on the link below to sign up now.

Sign up now

<http://www.bodeadavies.com/the-fitter-body-plan/>

About Bode Agbe-Davies

Bode Agbe-Davies is a certified fitness trainer and transformation specialist.

She is also the creator of the Body Create Method.

She helps busy entrepreneurial mums like herself develop a simple and healthy lifestyle that lets them do wonderful things at work and amazing things at home.

Tired of all the confusing and overwhelming information in the health and fitness industry, she teaches simple strategies that help women lose weight and more importantly keep fit off for good.

Her method focuses on mental shifts, behavioural changes, planning, Exercise & nutrition and support systems. All of which she has used in her life over the past 11 years to live a simple and sustainable healthy lifestyle.

Bode is married to an amazing man and is privileged to have two wonderful girls who call her mum. Family is her top priority.

You can reach Bode via email – Bodeagbedavies@gmail.com