

the RIT

The RIT is the my beLOvedBODY program weekly ritual.

This ritual notes the 8 habits that every BodyLOver practices consistently

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< FUEl every 3-4 hours and consume water often

< eat 1-2 cheat meals per week

[no bigger than a hand-sized portion]

< sleep regulated hours 6 nights a week (recommend 6-9 hours)

7-8 hours optimal + same time to bed, same time awoken

< exercise 4-6 days per week (recommend 45-90 minutes)

4-5 days is recommended for MOST wishing to lose FAT.

☞ INTERVAL training is cardio with periods of high and low intensities.

INTERVAL training is recommended for fat loss.

< balance your BODY with strength training, cardio, and flexibility training

[Strength training 2-3X per week / 20-45 mins]

[Cardio exercise 3X per week / 30-45 mins]

[Flexibility training for 10 minutes each session or 3X per week for 10- 30 minutes]

< advance - schedule your workouts and your FUEl plan + practice The POST

< Lovetruths ☞ wrap your words, thoughts, and visions around loving your Body, because LOVE has the creative power to transform!

< set or amend goals every 8-12 weeks

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for www.sculptedbybernard.com
and

my beLOvedBODY program (formally * theBodyLove program)
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☞ michelle bernard is BERNARD, trainer +personal growth coach

☆ yay!

☆OMG
This
works!

my beLOvedBODY principle ☞
:: follow the RIT ::

visit my website for more on FUEl,
The RIT, and The POST.

2011

☆It's
the best
info
ever!