

“Empowered to GET FIT ON THE GO”

A special report by Robin Tramble



“Includes creative exercise tips for
the woman with little or no time to
Get and Stay Fit”

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This report is presented by Robin Tramble

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Is it me or does it seem that we tend to rush through life?

Either we're rushing to get to work, get home from work or other activities.

I recall having a conversation with my daughters about enjoying the journey and I think they heard just a tad of what I was saying. You see as children most get focused on finally reaching their teens and then they can't wait to reach 16 and then 18 and you guessed it 21 and well 25 and then there's a slight change as they reach 30 and then a little fear of reaching the 40's however, when approached with "you're just a baby" then the push for 40 comes on them. Now this is not the same for all, however, you can replace the above with your own scenario.

Too bad the rush doesn't include activities for maintaining fitness. At some point, we get so absorbed by deadlines and have-to's that we neglect our own body. In case you haven't noticed, you've just turned 30 but you look 40 and retire-able! Okay just a little humor there. This busy lifestyle is often the culprit for double chins, expanding waistlines, and a variety of diseases like hypertension and diabetes. I'm not saying you should be knitting and fishing all day though. You can still be on the go while getting fit and doing your responsibilities.

Humans, especially women (sorry guys, but that's what most researches say) have the innate ability to multi-task. It means you can do a multitude of things all at the same time. For example, you

can do the laundry while listening to the morning news and text-messaging. Or you can cook while talking on the phone and washing the dishes. Imagine if we could incorporate workouts and exercises into everyday routines! Wouldn't that be great? It would be like multi-tasking, except that this time you will be getting positive results, a trimmer body and a healthier heart.

I'm not in favor of multi-tasking just for the sake of multi-tasking there is actually some benefit to being focused on the task at hand.

And so I'd like to share some empowering tips on getting fit on the go. When observing this check list take your own lifestyle into consideration. Not every tip is going to fit your particular lifestyle. Consistency is also key. It's better to do some form of exercise 2 -3 times per week consistently than 5 times one week and 1 time the next week and maybe nothing the following week.

How's your mindset?

Your mindset plays a bigger role in your ability to lose weight and getting fit than you may realize. A mindset shift of Total Wellness is critical to any level of sustained empowerment and success. Make the shift and POWER up!

Empowering Exercise tips for getting fit on the go

1. Need to shop for groceries? Here's the deal. You may already know where the milk is or where the soap is located. Well, for a better workout at the supermarket, try to walk through all the aisles. That's right, walk through each and every aisle and pick out the items that you need. Who knows? You might discover a new brand of cereal or a better bargain when you take the time to explore each aisle. Make sure those shoes are made for shopping, and lots and lots of walking!

2. Done with the groceries? Next, drop the notion of using a cart to wheel your purchase through the parking lot. Instead, do some weightlifting by carrying the load yourself. As long as you don't have close to ten bags of groceries, then you're safe. But kidding aside, this advice will only work if you have possibly two to three bags that you can manage alone. If it is necessary to get a cart, then hold on to those two bags and give your other bags a ride.

3. Household chores are great opportunities to get fit. Here are some of them:

a. Mow the lawn. Do this early in the morning or late in the afternoon. Spice it up by listening to some lively music. If you're a sports maniac, then listen to a game on the radio so you'll have something to get you through the entire ordeal. If it's an unusually hot afternoon, have a glass of water or lemonade to cool down with. Hydration equals fitness. Fitness equals quality- life. All that and a well-manicured lawn!

b. Dusting and cleaning. The vacuum cleaner can be just as handy in thinning out fat. The to and fro motion you do while operating it almost seems like a little dance. Want some more inspiration? Turn the radio on and scan it for your favorite tunes!

c. Wash the dishes. Putting the dishes back in their shelves involves stretching. Maximize this activity and in no time at all, you will be more flexible. Remember, flexible muscles make it easier to do more intense exercise routines. It also saves you from having strains and sprains. So stretch it again!

d. Get fit when you do the laundry. You'll benefit here from a few extra movements now and then.

e. Gardening! Yup, that's right. Water the petunias, weed the lawn, go ahead and do some squats while planting some more flowers in your front or backyard. When you water the plants, DO use a watering can, not a hose! It will give you a lot more to do because then you will be going back and forth refilling it again and again. And guess what? It saves your water supply too, it saves the earth and it saves you!

f. Baby-sit the children. Now I know this may seem to be like no other household chore. But then again it involves a lot of work too, especially if you have toddlers or pre-schoolers. Kids during these

ages have the tendency to explore the environment a lot. Believe me, you will be sweating like nobody's business while scouring the house for them and making sure they don't get into any trouble. It is a good way to stretch your patience too! OOPs! What if you don't have children of your own? Easy! You may have neighbors who have kids right? Why not do a good deed by offering to look after them when your neighbors have to run an errand? Or how about spending some time with your grandchildren? Running after them will make one heck of a workout. That's for sure. I must make ample room for their busy activities and do self care so I'm ready to rock and roll. If you have nieces and nephews, how about volunteering to host their birthday party or spending time with them in the park? It's just a matter of widening your imagination for possibilities. Besides, family time is quality time. No minutes wasted! With the benefits of a healthy heart too!

g. Ironing clothes. That's right, get rid of those wrinkled linens. Get up off the couch . A good idea? Why not bring the ironing board to the living room where you can iron while watching your favorite show? Just as long as you don't get anything burnt, OK? It will be a terrific workout for those flabby arms! So what are you waiting for?

h. Clean up the car. No, don't ask the kids to do it. Don't even think about a drive-through car wash. Get yourself a pail and some soap. Remember, say no to the hose! Then, begin another workout strategy by washing your car! In no time it will be shiny and polished and you have yourself to thank for it!

And yes, those jeans aren't as snug as they used to be, right? Way to go!

i. Wash the windows. Want to have a better view of the world while the world has a better view of a slimmer you? Get some wet towels and some soap and start polishing up those glass windows!

j. Scrub the bathroom floor. Ooh, this will be like a major workout. Believe me, you will be enjoying intense arm exercises while getting those bathroom tiles whiter and cleaner. The best part? You can have a long, luxurious shower right afterwards!

k. Re-arrange your furniture. Are you bored of the way your whole living room looks? Why not transfer the piano to the other side or place the TV set at the center? This will be good for those sedentary days when you are bored and at home with a bag of chocolate chip cookies. Before you grab another bite, test your muscles and start pushing and pulling at furniture.

l. Give your automobile a rest. When you have to go somewhere, try using your bike instead, especially if it's only a few blocks away. It will help you save on the gas while preserving your car for several more years. So save your car the wear and tear while saving your pocket and possibly your health.

m. When was the last time you played tag or hide and seek with the kids? Or even backyard football? When was the last time you spent the afternoon playing basketball with your sons or swimming with your spouse? Family time means spending a few hours to catch up with what is going on in their lives. Spend it wisely. Do something fun together.

n. Do you have some carpentry to do? Come on now, ladies do some carpentry too! Why don't you try fixing the closet by yourself then? Instead of asking somebody else to do it, get some hands-on experience in repairing things in your home. As long as it's not that complicated, why pay good money for jobs you can do on your own?

o. When you are on vacation with your family, be sure you do something active and enjoyable. Instead of a week in Las Vegas why not opt for a cottage near the beach instead? The ocean provides lots of activities that will get you off that sand castle. Try swimming, surfing, snorkeling and other water sports you can avail of. Here are other vacation ideas that will guarantee good bonding time with the family without killing your workout routine:

- hiking (get a glimpse of nature's beauty while enjoying lots of fresh air)
- boating (nothing beats a good exercise for those biceps)
- beach volleyball or Frisbee (if you feel you've had enough of the ocean, that is)
- stuck in China? Learn the basics of Tai Chi...

- Going on a trip to Spain? Why not sample some ballroom dancing?
 - Heading for the Alps? Then get those skis ready and hit the slopes!
 - Touring Texas? Try horseback riding!
 - Scouring Asia? Seek some yoga classes or martial arts moves.
- You can incorporate these in your workouts. Different cultures have different ideas to keep fit. When you visit a certain place, don't just sample the local cuisine. Find some time to explore their practices with regards to fitness as well. If you're bored with the treadmill at your gym, then by all means use your travels to appreciate other forms of physical activity that will get you a step higher in the fitness scale.

4. Have you noticed how you spend several minutes to a few hours each day being stuck in a line of some sort to transact business or get something? Lining up can be the most tiresome, boring, time-consuming experience humanity has ever conjured. But then, it gives some order to a certain situation and is certainly better than fighting your way through a crowd, right? I've thought about the most common lines we find ourselves in everyday.

- at the cafeteria to get lunch or dinner
- at telephone booths to make a call · at the bank
- being inside a long line of cars during traffic
- waiting to get served in a restaurant
- waiting for your turn in the doctor's clinic or the dentist's
- at the bus stop

- at the post office
- at the mall, to pay the cashier for your purchase

And the list goes on and on. Now what if you could use those valuable twenty minutes doing something useful? Here are some stretching exercises to ward off the stress... Oh, and a good, upbeat song can help you with this too...

a. “The Shoulder Lift”- Lift your shoulders to the point where they level with your ears. Hold it. Then release the tension and drop your shoulders. All the while be sure you are inhaling and exhaling deeply. Take a deep breath while lifting your shoulders and exhale once you let them drop. No sweat right? Now, repeat the steps three more times. If you like, you can perform this exercise using alternate left shoulder, right shoulder and then both shoulders.

b. “The Neck Twister” – Now its time to get rid of the tension from your neck. Do this by pretending that somebody is asking you some questions. You can only nod to say “yes” or shake your head to say “no”. If you feel like amusing yourself, ask a couple of silly questions like “Is your math professor an idiot?” or “Do you think the granny in front of you is a bank robber”? You might find yourself smiling while you nod and shake that tension off your neck.

c. “Finger-pointing” – No, I’m not suggesting you go ahead and blame somebody for the long line or the delayed service at McDonald’s. This exercise will make your hands and fingers feel

refreshed after a day of typing at the office. First you need to stretch your right hand while pointing your fingers down towards the ground. Use the left hand to further stretch your fingers, one by one. After that, do the same steps with your left hand, with the right hand assisting you.

Next, stretch out your right hand in front of you, bend your wrist while pointing your fingers towards the sky. Then, use the other hand to stretch your fingers towards you. Do the same procedure with your other hand.

Those are just a few of the creative ways to get fit and more specifically get fit on the go!

I'll share much more in The Empowerment Diva's Fit and Fabulous Coaching club/program.

Physical fitness is not only
one of the most important keys to a healthy body;
it is the basis of dynamic and creative intellectual activity.

-John F. Kennedy

So where do you go from here?

You can start by getting really clear on what you want.

What does your ideal lifestyle look like? What does your business look like?

Now I want you to stop for a moment and imagine that ideal lifestyle..... imagine that business. Now place yourself in that ideal lifestyle, place yourself in that business? What does it look like? How does it feel? Who are your customers or clients? Where are they coming from?

Imagine waking up everyday with energy, fulfillment, fit and fabulous with unshakable confidence living on purpose with passion and empowerment to realize your ideal business and lifestyle.

What would it mean to you to achieve that ideal lifestyle and business? What would it mean if you never achieve it? What are you doing to realize your ideal lifestyle and business?

Okay now we're back in the present

It's important that you get clear on what you want. Even more critical is to know how you will get there.

Without this you are wandering aimlessly.

The quest of almost every individual today is not just to have a long life, but to have a healthy and happy one as well. Press *2 if that's you! People plunge headlong into an ocean of trying this and testing that, of having as much as possible, and of working extra time to get all three in life - longevity, happiness, and health.

More and more people today get tired and burned out while trying to figure out the kind of life they want to live. They end up wanting more, rather than being satisfied with what they have. Soon you wake up to the reality that life is getting shorter, more fragile, and more taxing. Schedules just keep getting more hectic. Even if you get to avail paid overtimes, the workload just keeps piling up. Exhaustion gets the better of you. Even with all that overtime pay, you still cannot afford to find real rest and vacation to do what you want in your so-called "free time."

Fact is, most vacations are tightly planned and pressure laden. They say that you have to keep up with some schedule to make the most of your vacation time. When you really think about it, most vacations are really extensions of the pressures you thought you left at the office. Just the same, they often mean you have to beat some deadlines. People tend to feel more tired after such "vacations."

As technology offers amenities and new possibilities that are more modern, people build dreams and ambitions faster than what their pulse rate or heartbeat could endure. The result is a mechanical life enslaved by pressures from deadlines, company goals, and other

people's expectations that have no bearing on what you really want to achieve for you and your family. Instead, you and your family are dragged reluctantly into the rush of things and are merely fitted into somebody else's schedules and "cut-off" dates.

Later, the hustles and bustles all end up in a shortened life span; and there at the end of your rope, you realize you have done nothing you really wanted to do in your life.

Modernity also keeps pushing us to quick-fix foods that not only cut the time for food preparation, but shorten our health and lives as well.

Not all these killer pressures have to continue if you do not want them to. It is really your choice. Would you drag yourself into such things that will lead you to a short, unhealthy, and miserable life; or would you stand up and decide what you want to do with your own life to achieve longevity, health, and happiness?

What I'm sharing with you today and moving forward is based on scientific studies, medical researches, and studies on lifestyles of people, with some backgrounds on life philosophies lived by people who reached old — yet happy — ages and yes some of my own experiences.

It's your time. It's your year!

"Finally...The truth about what it takes to manifest the Fit and Fabulous you and a Step-by-Step Program within a dynamic club to Quickly EXPLODE Your results which will empower you to attract healthy relationships, boost and empower your present relationships (including your personal and business relationships) and realize an Authentically Brilliant Diamond Life...Even if You Don't Have a Clue Where to Begin!"

Are you ready to say hello to the new
Fit, Fabulous, Irresistible and Sexy you?

Feel like there's a bolder, more beautiful and brilliant
you that's trying to get out?

Are you being held back because of the wrong
mindset, negative chatter, lack of confidence, low
self esteem or self doubt?

Tired of the hype and ready for the support you need that
will guide you and empower you to manifest a new
healthier, fabulous you inside/out?

Maybe you've tried diet after diet, lose a few pounds and find that
you're right back in the same place. Or yours is not about losing
weight but rather becoming empowered inside/out to stand in your
POWER and thrive with energy and empowering success living your
best life ever!

Introducing The Empowerment Diva's Fit and Fabulous you Club/Program!



This is not just another program. You will receive support, guidance, coaching, micro-modules with insights and exercises to yield BIG changes and juicy manifestations of the results you haven't been able to manifest faster than you have before.

You'll be equipped to have sustained empowerment, momentum, motivation and success.

Robin is not going to address the external alone. She will also get into the depths of the internal the psychology of you that could be the real reason you aren't manifesting the results you desire

Here's a glimpse of what's included.....

Pre-Assessment to determine where you are and where you'd like to be. Includes health portfolio.

Module 1

Unleash your Mindpower

The connection between your mind and manifesting the fit and fabulous You

The Importance of Maintaining a Healthy Weight

Authentic Life Empowerment System

Experience Robin's 7 part system for Authentic Life Empowerment that will yield a new Empowered you.

Module 2

Fitness inside/out

Your plan for health and fitness

System for realizing your ideal weight

Life Balance Assessment

Suggested Empowering exercise options for your lifestyle

Tips for Better Health (throughout the program)

Notes on Nutrition

Module 3

Spiritual Fitness

The connection between spiritual fitness and manifesting the Fit and Fabulous you.

Module 4

Fabulosity

Empowerment Diva-tude

Wardrobe savvy

Color awareness

Knowing the ins and outs of the proper garments for your silhouette, your best colors and your fashion personality can yield great rewards to manifesting the Fit and Fabulous you!

Module 5

Celebrating the new Fit and Fabulous you

Insights on sustaining your Empowerment and Total Wellness Mindset

Bonus - Insights from Robin's Husband on inner strength. Michael will share from his knowledge and experience as a Black Belt Kung Fu instructor.

Read a testimonial from one of Robin's Clients

One of my success statements was related to me exercising on a regular basis. While I am not grossly overweight, I was carrying more weight than my small frame could handle. I knew this because my knees started to hurt constantly. After emailing Robin my success statements, I committed to it. In addition to exercising I actually went a step further and did some clean up in my diet. I can report today that I have lost 5 pounds to date. I feel better and my knees don't hurt nearly as much.

I also sent in my limiting belief. At first I did not feel as if I had one but through prayer I found that I did. And it was a big one! I have proceeded with my action steps and praise God, He has confirmed what I needed confirmation of. I'm still doing both action steps and I know these will keep me moving forward toward success. I would never have identified this had Robin not challenged us with this. Thank you Robin!"

Mari Taylor, NC

Extraordinary Woman Extraordinary life Silver Group Coaching program

Sound Exciting? Here's some additional exciting news...

Enroll by January 18 and take advantage of the Early Bird investment.

Not only will you receive empowering tips, secrets and strategies you'll also have access to my coaching.

Go to <http://www.RobinTramble.com/fitandfabulousyouprogram.html> to get started today!

Here's to the Fit, Fabulous, irresistible and sexy you!

Warmly,

Robin

P.S. If you have questions email info@RobinTramble.com and we will answer them for you.

About Robin Tramble



Robin Tramble is CEO and Founder of Robin Tramble Authentic Life Empowerment Int'l and the President and Founder of The Association of Christian Women Entrepreneurs, She's The "Authentic Life" Empowerment Mentor, Trainer, Coach, Public Speaker and Author of the upcoming The Dynamic Power of Focus for the Unstoppable Woman 2011. Robin is also known as Empowerment Diva because she has carved out a niche in the area of empowerment. She recently shared her empowerment tips on Good Day Sacramento as "Empowerment Diva" and was named 1 of 25 urban Entrepreneurs to follow on Twitter by Brand maker News.

Robin works with savvy women and woman entrepreneurs who want to discover their authentic self so they can make big changes or achieve some big results but are struggling to make it happen fast enough. She helps them get unstuck, create an action plan and stay super focused so that they make the changes or achieve the results that they want faster than ever before. In essence they are empowered to live a bold, beautiful and authentically brilliant life of empowerment!

Robin is also an accomplished keyboardist, singer and songwriter and plans to incorporate her musical gifts with her resources for women's empowering personal development. Robin has a background in Education Administration, Banking, Counseling, Coaching, Ministry, Business, Music and Marketing.

Last but not least she is a Wife of 30 years and Mom to 4 beautiful children and a Grandmother.

Stay connected

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