

# Personal Trainer Food™

## Great Taste, Small Waist™

Personal Trainer Food™ teaches you to focus on simple consistent routines. Focus on one meal, one day, one week at a time. These routines become habit, which in turn become lifestyle change. All trainers know this is the key to good health.

The chart below compares Personal Trainer Food to other plans which promise you fast weight loss, or overnight miracles by eating bland food or intensely working out 1-2 hours a day. For the past 35 years these 'magic bullets' of hope have led to confusion, defeat and a lifetime of yo-yo dieting.

You must be patient, you did not gain all the weight in 8 weeks. You will not lose it all in 8 weeks.

**Personal Trainer Food:** Patient, simple, consistent exercise and eating routines lead to lifestyle change.

**The old Way:** Fad diets, intense workouts and gadgets promising fast weight loss or "getting ripped."

