

fit *In* 15



A COMPLETE WEIGHT LOSS
PROGRAM DESIGNED FOR WOMEN

Fit In 15 Resource Sheet

Hopefully by now you've have time to read the book and now know how to start transforming your body using the smart, approachable weight loss strategies and tactics found throughout the program.

But once you are already training and starting to realize some results, you'll probably want to push yourself further and look for more support to help stay on track and continue making progress.

So I've listed some gadgets, resources and tips that you can use to get more out of your weight loss plan.

Websites:

Prevention

www.prevention.com

At prevention you'll find excellent Information about getting fit, losing weight, and living a healthier life. Most the content at prevention is geared more towards Women.

Women's Fitness Reddit

<https://www.reddit.com/r/xxfitness/>

XXFitness is for female redditors who are fit, want to be fit, like reading about fitness to put off getting fit, or wish they could fit into their old clothes. Please keep disparaging remarks about your body (including before photos) to a minimum.

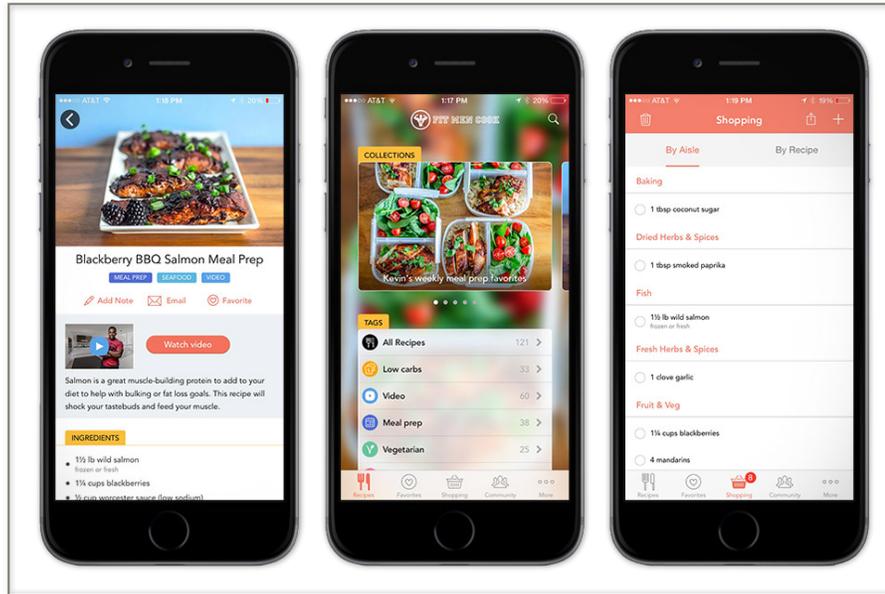
Bodyspace

<http://bodyspace.bodybuilding.com/>

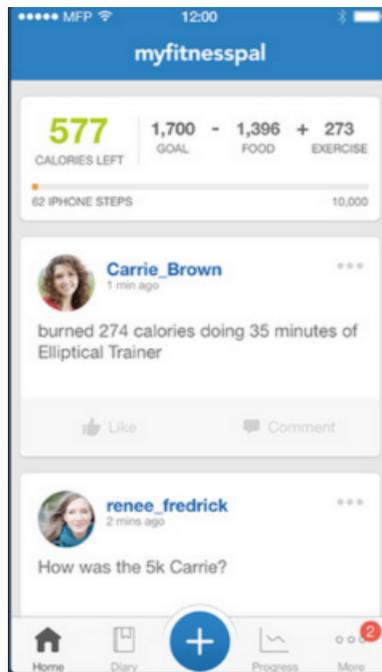
Bodyspace is another online fitness community. This is aimed more at bodybuilders or hardcore trainers, but you can find people from all walks of life starting their fitness journey. Share your photos, comment on others and track your progress

Apps:

FitMenCook is an awesome smartphone APP with loads of healthy, delicious, fat burning & muscle building recipes.



MyFitnessPal is a popular free calorie counter, diet & exercise journal. You can track your daily calories, water intake, bodyweight, and much more.



Equipment :

Although you can get a great workout in using just your bodyweight, you can drastically accelerate fat loss if you hit the weights.

Dumbbells

A selectorized dumbbell is a set of weights in one dumbbell block. These replace a variety of dumbbell sizes and can quickly be switched.

Six or eight sets of regular dumbbells take up considerable space, but you can get 12 to 16 sets of dumbbell weights in one selectorized dumbbell block.

TRX

TRX is a suspension training system that allows you perform many exercises using your bodyweight. You attach the system to a sturdy support and your ready to go!

Fitness Trackers

You don't need a fitness tracker but if you're going to get one, you sure have lot of options. The market is flooded with hundreds of similar trackers doing similar things. Popular brands include FitBit Charge 2, Garmin Vivosmart HR+ and Misfit Ray. The common features among them is ability to monitor your heart-rate.