

Tuscaloosa Personal Trainer First to Implement Revolutionary Holistic Boot Camp Workout Program

Local Tuscaloosa Boot Camp Instructor Takes New Approach to Fat Loss

Aug. 19, 2009 - [PRLog](#) -- Tuscaloosa, AL--With more than two thirds of the American population being overweight or obese, the battle of the bulge continues to escalate. We live in a society that worships beauty and physical perfection. The disturbing irony is that over 8 million Americans, mostly women, struggle with eating disorders.

Tuscaloosa boot camp instructor, Jeremy Fails, believes many Americans have borderline disordered eating. Borderline disordered eating simply means that someone exhibits symptoms of eating disorders—such as excessive dieting or occasional binge eating—but this behavior doesn't disrupt their ability to function in day-to-day living.

Many people are painfully familiar with this vicious cycle—following a strict diet and exercise program with moderate to sometimes good results, but gaining the weight back.

Why is this happening? Why do so many get stuck on this demoralizing roller coaster ride?

Fails says, "People are focused entirely on the outer game—the diet or fitness programs—instead of the inner game—their beliefs and mindset... the drivers behind they're decision to diet and exercise. Habitual dieters continually regain their weight as a direct result of their negative self-image and self-beliefs as they step into the diet or exercise program."

"They may lose some or even all of the weight they set out to lose, but at a core level, believe they don't deserve to be thin or that they're not capable of maintaining their desired weight. This stems from old, deeply-ingrained programming and beliefs that they're somehow 'unworthy' or 'incapable' of being beautiful. As a result, they end up gaining the weight back time and time again."

Fails continues, "Unless you pinpoint and pull your negative self-beliefs out at their roots, the 'yo-yo' dieting cycle will continue indefinitely, or until you give up trying altogether. When asked point blank if they believe they're worthy of or deserve to be physically fit and attractive, most people respond with an unequivocal 'Yes!' They 'know' they deserve it at the thinking level."

"But most of our core beliefs about ourselves, particularly the negative ones, reside in the subconscious mind, not in the conscious or thinking mind. And because this is the case, most of us are completely unaware of the self-limiting and self-sabotaging beliefs we're operating through."

"We end up undermining, if not completely blocking our successful results. Long-term success is entirely dependent upon a self-supportive mindset and beliefs, and a healthy body image before the weight is lost."

Fails has integrated powerful belief and mindset training from Self Empowerment Coach, Mary Anne Fisher, into his own newly-enhanced Women's Fitness Camps. In addition to his popular fat-burning workouts, Fails program now includes a health and fitness training manual that shows camp members the right way to shop for food, plan meals, choose healthy meals when dining out and more. Campers will also receive complete "done-for-you" meal plans as well as customizable meal-planning templates to ensure even higher and more sustainable levels of success.

Fisher's Self Empowerment: How to Create a Lifetime of Health, Happiness and Fulfillment program is an in-depth audio training series will guide Women's Fitness Camp participants through the process of

identifying and eliminating disempowering beliefs and mindsets that have been limiting or totally blocking their success. Members of the 3-month program will learn how to achieve their desired results and sustain them... regardless of age, fitness level or particular area in which they're currently struggling. This comprehensive program includes detailed training, step-by-step instruction and powerful tools that enable new levels of success not only with weight loss and fitness, but in every area of your life.

Fisher states, "Humans are multi-faceted beings with certain common, core 'components' that make up our 'whole' selves. Society is awakening to the realization that our physical, emotional, mental and higher consciousness 'selves' are inextricably interwoven and interconnected, as are our personal and professional lives. Once you discover the keys to attaining desirable, sustainable results in one area, those same keys can be used to open the doors to happiness, health and abundance in every area of your life."

Fails and Fisher are offering some of their best training and most valuable information free of charge to kick off the upcoming launch of Tuscaloosa Women's Fitness Camp Program.

To claim your own copies of this life-changing material, visit our website at <http://WomensFitCamp.com>.

For more information about the upcoming Women's Fitness Camp Program , visit <http://WomensFitCamp.com>. You can contact Jeremy Fails at jeremy@womensfitcamp.com

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InnovaHealth Solutions, LLC is a nutrition and fitness company specializing in the holistic approach to health, weight loss, and fitness. We offer personal training, women's fitness boot camps, and wellness phone coaching. For more information, visit <http://innovahealthsolutions.com>

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