

GODDESS BODY UNIVERSITY

12 Week Program

Baby Steps to Getting Started

JUMPSTART GUIDE



By Diane Flores

DISCLAIMER

Goddess Body University is an informational product. The contents are intended for educational and instructional purposes only. As with any nutrition or weight loss program, you should consult with your doctor and consider any current or past health conditions or injuries before participating.

Goddess Body University is designed by me, Diane Flores, using my experience as a Certified Group Fitness Instructor, Certified Pole Dance Instructor, Certified Health & Nutrition Coach as well as a past NPC Figure Competitor and current NPC Bikini Competitor. In this program, I combine methods learned from various educating bodies including AFAA, Institute for Integrative Nutrition, as well as various books, workshops, conferences, research and experiences I've had over the past 15+ years in my health & fitness journey.

While I am not liable for mishaps incurred during your duration in the program, as a responsible teacher, it's important to me that you use your best judgment and get the results you are so passionately looking for. Listen and pay attention to your body at all times. Best of all, enjoy the journey and have FUN!



Goddess Body University Program



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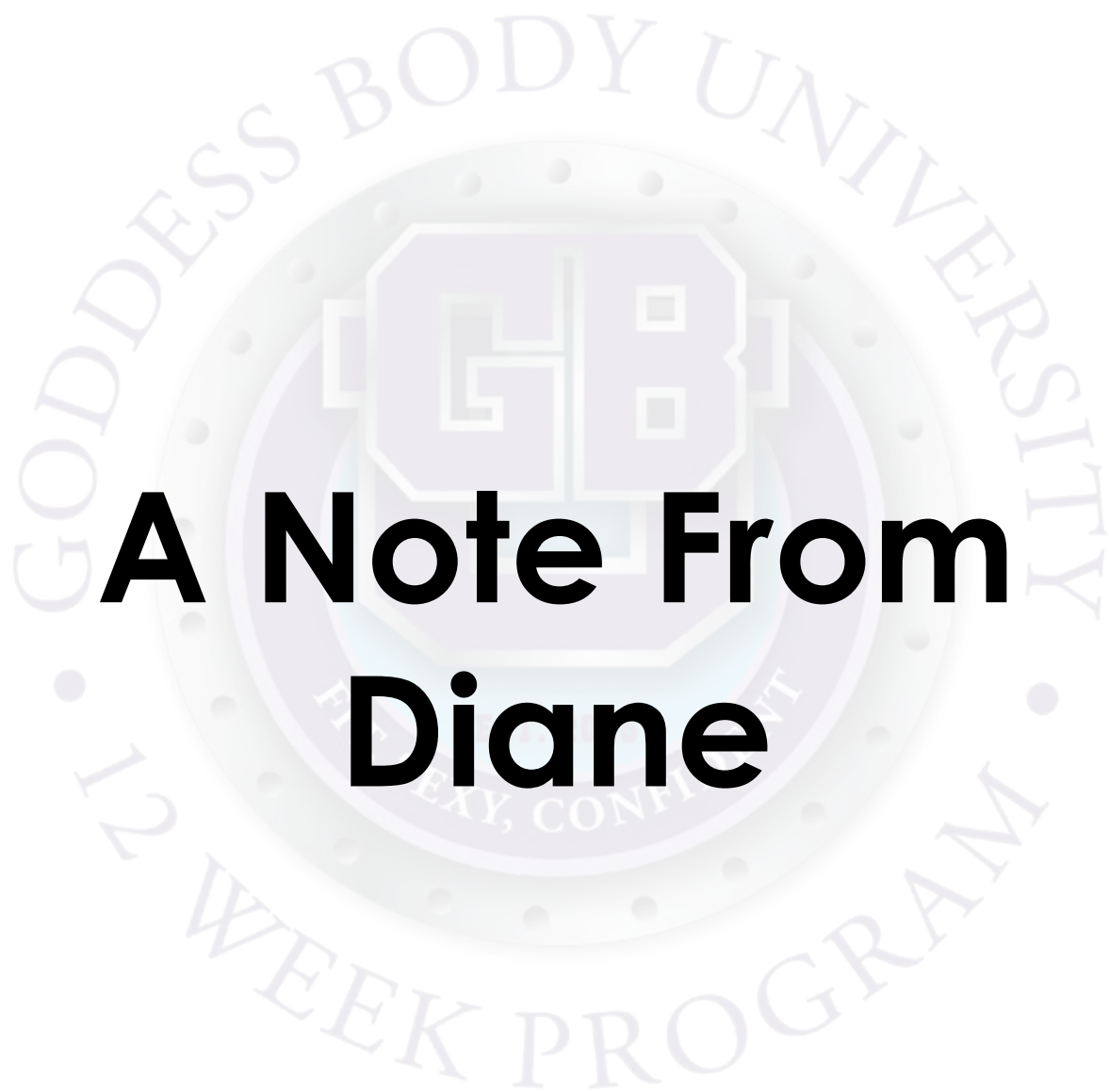
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A Note From Diane

A Note from Diane

Welcome to your Jumpstart Guide. These tips are direct and to the point. They will get you on the fast track to creating habits. Remember, this is a lifestyle!

These baby steps will get you closer to achieving your goals in a healthy, progressive manner. If you can become more aware around these guidelines you will be making wiser choices that will honor your body.

By honoring your body and becoming more aware with your nutrition choices, you will create an easy to maintain body and lifestyle that you will love. With time, these baby steps will become a way of life. You will wonder what you did before making all of these great switches.

Now, I'm ready if you are! Let's get started with some basic principles to get you Living The Goddess Lifestyle.





Baby Steps

Baby Steps to Getting Started

Baby Step 1

Most important swap out #1. Start to reduce sugar & artificial sweeteners.

Artificial Sweeteners

Studies have shown that although they may be low in calories, they can cause water retention, bloating, and digestive problems. If you are using artificial sweeteners, try to limit the amount you consume during the day. Use Equal, Sweet and Low and Splenda in moderation or not at all.

Switching to Stevia or Truvia is your best choice. There are many different brands out there, and some are better than others. If you try a Stevia/Truvia that is bitter and do not like it, just try a different brand. It comes in powder, liquid and baking forms.

Remember not to consume great amounts of Stevia/Truvia either. You want to depend on the foods you are eating for natural sweetness as much as possible. Use Stevia/Truvia in your baking, on oatmeal or in your coffee.

Baby Step 2

Clean up your cup of Joe. Quit drinking excessive calories!

Coffee & Tea

I know we all love us some Starbucks don't we?? How about you save yourself a few bucks, make it at home and start a new bikini fund with the money you will save? But seriously, liquid calories are a huge problem. You may underestimate your calorie consumption because you forget that you are DRINKING most of them.

Make these easy switches today! Instead of milk and cream, coffee & tea should be plain or made with:

- Unsweetened Vanilla almond milk
- Unsweetened coconut milk (in a carton not a can)
- Unsweetened soy milk

You can also add a packet of Stevia to your coffee, or my favorite is to use the **SweetLeaf Vanilla Crème Drops**. This could take some time to get used to if you are used to sugar and cream. It is a change you will want to make right away at the start of your program and will make a world of difference.

So, I'm not entirely evil. If you are still hitting up Starbucks and want to know what to order, check out my suggestions. Since they don't carry Stevia or Almond milk, you will have to opt for them to use sugar free syrup to sweeten your drink.

Or you can bring your own Stevia (which is what I typically do). Here are my recommendations for coffee house drinks:

- Americano with sugar free syrup of your choice
- Non-Fat (or soy) Café Misto with sugar free syrup of your choice

Since we are trying to eliminate artificial sweeteners, minimize these coffee house drinks with sugar free syrups!

Teas are also highly recommended. There are a wide variety of teas out there. **Please keep in mind that tea and coffee do not account for any of your water intake if they contain caffeine.**

Baby Step 3

Fat is not the enemy. Eat the right kinds and get a good supplement.

Healthy Fats

This program includes healthy fats as a necessity for proper weight loss. Healthy fats are what make our skin glow and our hair shine. We've been trained to think that fat is the enemy. Certain fats are, but you will need healthy fats to lose weight.

You will be eating healthy fats in the form of nut butters, avocados and healthy oils as listed in your meal plan in this program. These foods will keep you fuller longer, create hormonal balance and keep your weight loss continual. Don't skip them in your meal plan.

Baby Step 4

Cook with a variety of herbs and spices or you'll get bored...fast.

Condiments and Spices

One reason that most women give up on eating healthy is because they don't experiment with adding flavor to the foods correctly. So their meals are boring, flavorless and heavy on deprivation. I'd give up too!

My program offers condiment recommendations listed later in the guide. We recommend using lots of herbs, spices, citrus juices and low sodium broths for cooking.

As for condiments, these should be used SPARINGLY. Most natural, sweetened with Stevia or Truvia, sugar-free or low-in-sugar condiments or spices are great.

When you are first starting, it is HIGHLY recommended that condiments be measured as most serving sizes are out of control. The general rule for condiments is 1 TBSP per meal.

As long as your spices are sodium free they are 'free-food' and can be used any time. Don't give up if you don't get it right the first time. Keep trying!

Baby Step 5

You need to poop. Get some flax in your life!

Flax Meal

Let's face it; poop is a topic most programs don't discuss. I talk about this often because most programs won't. It's a huge part of your success. Digestion and elimination are **KEY** in this program.

I often hear the complaint from my clients that they aren't pooping! The best way to make this happen is to add your flax meal to your morning oatmeal (after it's cooked!) or in a protein pancake. You can even add it to your protein shakes.

Flax is a healthy fat but also works as a mild laxative that cleans out the intestines. **This, in turn, speeds up weight loss.** Flax also makes you feel fuller longer.

Did you know that at any given time you can be carrying up to 10 lbs of waste in your system? Include 1 tablespoon of flax meal everyday in your diet.

NOTE: If you buy the seeds they must be ground in order to reap the benefits.

Baby Step 6

Drink your H2O!

Water

This baby step is highly underrated. Most women think that if they drink too much water they will get bloated and "gain" water weight. This is the complete OPPOSITE!

I drink 1+ gallon of water daily. **You should be drinking 1 ounce of water per current pound of body weight.** Example: If you weigh 150 pounds you should be drinking 150 ounces of water or more if you can. If you are not drinking this much water, make sure you increase slowly.

Yes, you will be peeing a lot, especially those of you with a tiny bladder, such as myself. Your body is composed mainly of water and your organs depend largely on it to metabolize fat and flush toxins.

Make H2O your new best friend. If plain water makes you want to yawn, then you can add in a few of your favorite decaffeinated tea bags in a gallon jug and pour from it to keep track of your intake. **This tip alone can have you flushing out a few pounds in water weight in one week.**

Baby Step 7

Take this Elixir. It works.

Braggs Apple Cider Vinegar

A great addition to clean eating is taking 2 tablespoons of Braggs Apple Cider Vinegar once a day. This has amazing effects on blood sugar, digestion, skin, detoxifying your system and a ton of other amazing health properties. It also breaks down brown fat!

I suggest Braggs brand because there has been conclusive studies with this brand. It is very pungent in odor and taste. If this makes it difficult for you to drink, you can add some Stevia and water it down. I just prefer to shoot it back and get it over with.

Baby Step 8

Minimize the booze. Yes, really. Or just close this e-book because you'll be wasting your time & money.

Alcohol Consumption

Sorry ladies. Have to deliver the cold hard truth. That is what you've paid me for right? There is an exception to this rule. If you've met all of your workouts for the week, met all of your meals to about 90% accuracy, then yes, you are entitled to enjoy an alcoholic beverage.

Just know that alcohol works against your body and mind in so many ways; it slows down the metabolism, makes our body go into fat storing mode, makes us hungry, has no healthy ingredients, and turns into sugar once it enters our body.

Regardless if you are trying to lose weight or gain muscle, this will work against your goals. This is bolded and underlined for a reason.

You see, back in 2011 during my own personal journey of transformation, I was drinking 2 glasses of red wine about 4-5 times a week (excessive, I know). I was also carrying about 12-15 extra pounds of fat and couldn't figure out why. I was losing quality sleep, my workouts suffered and I was often groggy and tired.

Since I've greatly reduced alcohol in my lifestyle, I don't really want it any more. In fact, when I decide to have a drink I feel terrible. My body just rejects it! Plus, it's no coincidence that this is the best I've ever looked and felt in my entire life. My Goddesses who've also eliminated, or greatly reduced alcohol, have also experienced the same benefits.

Alcohol consumption affects the body for typically 72 hours after being consumed. **This is not to say you can never drink again!**

You should include 1 treat meal and treat drink (if you desire) per week while on this program. Here are your alcohol consumption tips:

- If you are going to have a drink with your treat meal, dry red wine is best or choose a clear hard liquor.
- If you choose the hard liquor, make sure to mix it with low-sugar or sugar free mixes. There are many great "skinny" drinks on menus now.
- Sparkling water with fresh squeezed lime is a great non-alcoholic choice.
- Never go for the sugary blended drinks.
- **Make sure to have a glass of water in-between each cocktail.**

***REMEMBER-** Typically when you drink alcohol you lower your food inhibitions. A drink typically turns into a few drinks, and then leads into a full-blown cheat night. Ask yourself...is it really worth it??

Baby Step 9

Move your ass. It's the only one you'll get!

Exercise

You will inevitably start out very motivated to start your transformation. Then there will be that thing, person, day, period, kid event, tantrum, stress at work, laundry, reality show that you can't miss, etc. etc. that will come up. I like to call this an "excuse". Find your "why" and let that overcome your thoughts rather than the mental diarrhea that you are telling yourself. Get your clothes out, put your shoes on and start moving.

Doing exercise properly is more important than the amount of exercise you do. You do not need fancy equipment. Visit my Youtube channel for fast, effective home workouts that require little to no equipment. <https://www.youtube.com/user/venuspole>

If you are new to exercise do NOT feel guilty if you can't complete the workouts in the first couple of weeks. Don't feel defeated! We ALL have to start somewhere. Aim to do your best!

Your workouts should never be "easy". You should be exercising at a pace that would be difficult to hold conversation. Or, if you are using weights for a workout and you are not challenged on your last few reps, you need heavier dumbbells. You will not bulk up and walk out of the house looking like Arnold. I promise!

HAVE FUN! Remember this is about being healthy & getting fit. It's not supposed to be a punishment, so enjoy it!!

Equipment

It is a good idea to have a set of dumbbells for doing at home workouts. If you are a true beginner a set of 5 and 8-pound dumbbells are a good start. For my intermediate/advanced Goddesses who have been working out already 8, 10 and maybe a set of 12's would be great. Some great optional items that you may want to get would be a challenging exercise band, exercise ball and a yoga mat.

Baby Step 10

Delete old “mind crap” or you will struggle.

You are “Living The Goddess Lifestyle” NOT a diet!

It is important to understand that this is a **lifestyle change**. As humans we are hardwired to want what we can't have. It's just the unfortunate instinctual nature of our brains.

If you tell yourself, and everyone around you, that you are on a “diet”, your mind will get all mad at you and start craving brownies. If you simply embody the mindset that you are embracing a new lifestyle, and that it's a choice, it won't be so daunting.

Focus on what you can have and not on what you “can't”. The reality of it is that you can. Use your treat meals as your time to enjoy your old favorite foods. Stop putting any unnecessary pressure on yourself.

This is a process and you will continue to get better and stronger as each day passes. Remember your results are a compound effect of all of your efforts. Eventually this will become a no-brainer, it will be as natural as your old habits and you will have made dramatic improvements.

***REMEMBER-** Strive for progress not perfection

Baby Step 11

Don't trust that hunk of metal that doesn't measure awesomeness. Use your clothes and photos to measure progress.

Weighing yourself & tracking progress

This topic deserves an entire novel in itself. Most women measure their success in the program by the loss of pounds. This is NOT what matters most. The scale is used as a measure of your progress, (specifically if you have more than 15 pounds to lose) but it does NOT tell the entire story. The scale cannot tell you if you've lost body fat specifically or just weight in general, which is a combination of water, muscle & fat.

Your body takes time to adjust to any new plan. Water weight, muscle development, time of day, how many meals you've eaten and hormonal changes can all change the number on the scale.

***REMEMBER-** This is not a “fad.” We are aiming for long-term results and we want you to lose body fat at the appropriate rate. **This is 1-2 pounds per week if you have more than 15 pounds to lose.** This will ensure that we are losing just fat and not muscle. We are restructuring your body composition! So hide your home scale and save weigh-ins for weekly check-ins with yourself, NOT daily.

Taking your measurements

Our preferred methods of tracking progress are photos and measurements (chest, arm, waist, thigh and hips) monthly. Take the below measurements in the same bra and underwear every time for most accurate results using a soft tape measure rounding to the nearest ¼ inch.

- Chest: Across the fullest part of the breasts centered with the nipple line
- Arm: Widest part of the arm, around mid bicep with arm down by your side and relaxed
- Waist: Centered with your bellybutton
- Thigh: Along the widest part of your upper thigh
- Hips: Centered around the widest part of your hips/buttock area

Gauging your progress

Let's start with...how do you feel? Do you have more energy, are you sleeping better, are you noticing aches and pains are getting better? Let those positive changes be what keeps you going every day. Then ask...How do your clothes fit? How do the progress photos look in comparison? Remember, scale weight is just a number, don't let it mess with your head and affect your performance in the program. If you are following the plan it will work. Be patient!

You don't just eat one meal and gain fat so you can't expect that eating clean for one meal will have you looking any different. It's a compound effect of your efforts that will produce your long lasting results.

- Remember the importance of weekly self progress photos. It may seem like a pain in the butt to take a weekly photo, but looking back you will be so grateful. I cannot recommend this enough!

There are a few reasons for this:

- When getting close to a goal, the numbers on the scale can sometimes not be a proper indication of body transformation. **Your body is going to change shape and composition.**
- For yourself, having this visual reference can be **exciting and motivating.** I know personally that I did not want to take a before photo. I am so happy that I did!
- Photos keep you on point - It kept me on point weekly and now to share my story with others is priceless.

How to take progress photos

Have someone that you trust help you take these photos. It can be as simple as using your cell phone.

Take your photos in the same bikini, bathing suit or bra and underwear each time. The more skin you can reveal the better as you will see amazing changes much more easily.

White backgrounds are best and find a spot with good lighting. Don't worry about getting all fancy, you can always crop the photo if you are having a bad hair day. Here is what to do:

- Front pose: Facing the camera, feet together, hands resting at your sides (don't forget to smile)
- Side pose: Feet together, hands at your sides, hair pulled back and out of your face
- Back pose: Feet together, hands at your sides and hair swept off your back

Baby Step 12

Declare your new journey & be accountable.

Say it out loud

Don't be afraid. I know that when I embarked on a new journey with fitness or weight loss, I was afraid to share it with others. "What if I give up?" or "What if I fail?", I thought. I would be so embarrassed.

When you put yourself out there, people want you to be successful. They will check-in on you and it will give you a source of accountability.

Find an accountability partner on our Facebook page and check-in with each other regularly! Support with your goals is very important, especially when you are facing a struggle.

Baby Step 13

Supplement the smart way.

Protein Powder

This is an essential part of restructuring a fit and sexy body that looks tight and toned. As a general rule of thumb, women who are trying to lose body fat while keeping their lean sexy muscle, should aim to consume 1gram of protein per pound of current bodyweight.

There is a lot of garbage out there that is made with unnecessary fillers. Look at the labels! You're looking for a protein powder with at least 20g of protein per serving, less than 8g of carbohydrates, and less than 2g of sugar.

My favorite brands are UMP by Beverly International and BioTrust. These are brands that I have tried and use personally. They are great tasting and perfect to cook with as well.

I consider supplements to be like "insurance". You never know how much quality nutrition, vitamins and minerals you are getting from your food. Supplements cover the gaps as well as accelerate your results.

Baby Step 14

Eat your food. Yes, all of it!

You should not be hungry on this program. You will probably be eating more food than you are used to. Do NOT freak out. You are not going to gain a bunch of weight if you eat the proper servings on the meal plan.

Sometimes it takes about 2 weeks for your hormone levels to stabilize. Once this happens you will be excited to be fueling your body with all of this food.

Depending on how you were eating before this program, you may find yourself wanting your "old lifestyle" foods for the first week or two. These cravings will subside as you adapt to your healthier lifestyle.

Baby Step 15

Get your zzz's

Sleep

Sleep is a huge factor in weight loss, recovery and overall health. Most people don't realize that much of the weight loss process, recovery and muscle building happens when you sleep. It is a necessity.

You should aim for 7-8 hours a night. We understand that busy lifestyles make this difficult, but it has to become a priority not only for superficial reasons but for longevity and mental health as well. **Lack of sleep will equal lack of results.**

- Start getting to bed 15 minutes earlier and see what a difference this makes. Increase the time weekly until you finally reach 7-8 hours of sleep per night.

Baby Step 16

You are NOT a failure if you have a "bad" day.

Don't give up

Ideally you should strive to kick yourself into 95% all-the-time mode in this program. In life we are always seeking to be "balanced". In my opinion a balanced life is a boring one for myself. As soon as I'm balanced I set new goals to strive for to change things up. You will get to this point too!

If you have a lot of weight to lose, I don't want you to become too strict too soon. It will not get you there any faster. This oftentimes backfires and causes you to quit.

Some days you'll be super motivated. Some days you'll want to give up. Other days you'll wonder what you ever did before you started making all of these great changes.

But know, life happens. You're going to be sick once in a while, your kids will have functions you can't miss; you'll be stuck in situations with less than desirable food choices. Some days you may be flat-out cranky and want to avoid getting your workouts in (which, on those days, a workout is often the best remedy). There will be days that your emotions will get the best of you.

That's okay – you're not going to get all-caught-up in it. You are human, you make mistakes, BUT the key is that you learn from them.

What is your body telling you? You'll be surprised if you just listen. Leave your bad days where they belong...behind you. Often times you just need to get out of your head and the senseless old stories you are used to telling yourself!

Pick yourself up, dust yourself off, get in the Living The Goddess Life Facebook group and lean on your fit Goddess Body University friends.

