

SUSTAINABLE FITNESS SOLUTION



**\$250
VALUED
FREE FITNESS
ANALYSIS
INSIDE**

TANNER CHIDESTER

Terms and Conditions: Legal Notice

The author has strived to be as accurate and thorough as possible in the creation of this e-book, notwithstanding the fact that due to the rapidly changing health research and discoveries, he does not warrant or represent at any time that the contents within are accurate.

While all attempts have been made to verify the information provided in this publication, Tanner Chidester assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

The content in this e-book does not replace the expert advice or medical treatment of the reader's private doctor. The reader may not hold Tanner Chidester or any related persons liable for any problems, illnesses, or injuries that may occur due to the content of this e-book.

You are encouraged to print this book for easy reading.



TABLE OF CONTENTS

- 4 The breakthrough
- 8 Now she's loving life
- 10 He transformed tragedy into triumph
- 12 She lifted herself back up
- 13 More stories in their words
- 16 How to feed your muscles while starving the fat
- 19 Increase strength by exercising less
- 20 How to tap into an endless source of energy with the sustainable mindset
- 22 How to create more time for everything meaningful in your life
- 23 How to eliminate endless hours of aerobics and get a lifetime of success
- 25 How to gain control of your body and life – once and for all



THE BREAKTHROUGH

Jared's life changed forever in November of 2015. He had gone in for his annual checkup, only to find that his health was getting worse and worse.



Already a type 2 diabetic on blood sugar and cholesterol medication, his doctor now wanted to add in blood pressure medicine as well.

With a history of diabetes in his family, including his father having several heart attacks, he made the decision to change before he suffered a similar fate.

That's when Jared started searching on the internet for solutions. (By the grace of god) he happened to run into my YouTube channel and started watching it. He told me he liked my approach on fat loss and how to treat people in general.



One that stuck out to him the most (he later went on to tell me) was the anti-fat-shaming video where I discussed the need to help people trying to change their physical appearance and not to judge them.

Jared reached out to me and we had great discussions about his goals and dreams. He had a similar background to me (engineering) and I could tell right away he was a very smart guy. He just didn't understand the nuances of nutrition and exercise quite yet.

While his focus was getting into shape for health reasons, he also expressed that it was hard for him to talk to girls because of his confidence (or lack thereof). He knew he was smart and was already successful in his profession, but with girls it was different.



I discussed with Jared the strategies necessary to take the steps he wanted. I told him not only would we get him his health back, but we would get him his confidence back as well — enough confidence to talk to girls and find one perfect for him.

With Jared's preferences in mind, we went on to build a sustainable fitness system just for him, one that incorporated foods he loved, exercises he enjoyed, and that fit into his busy lifestyle.

Extreme diets or workout programs never work because while fat will melt off initially, you'll be miserable in the long run. No one ever sticks out with a program they don't enjoy long term. So, Jared and I had to make something sustainable together, and we did.

Jared went on to lose over 100+ lbs. with the strategies we implemented together. He was 264 at his heaviest (found me around 232) and he ended up at 148 lbs.



Since that time (2015 to now 2018), Jared has not only gotten off all his medication, but he has **KEPT THE WEIGHT OFF** through sustainable means.



The goal for us was to not simply lose body fat and pray for the best. The goal was to find a sustainable way to keep the weight off for the long term. It's 2018 and Jared still has not put any of his previous weight back on.

He eats and trains the way he wants. He is no longer on any medication of any kind, and because of his increased confidence, he is now married to the girl of his dreams.

I have continued to be friends with Jared to this day and wouldn't change it for the world. Fitness isn't just about the physical. It's about all the mental changes you make along the way. Just ask Jared.



JARED'S WORDS

“In November of 2015, my doctor had me classified as a type two diabetic. I was on blood sugar medicine, I was on cholesterol medicine, and he wanted to put me on blood pressure medicine. With history of diabetes in my family, and my dad having several heart problems, I just decided that’s not where I wanted my life to be.

I did a lot of searching on the internet, came across Tanner’s YouTube channel, and watched a lot of his vlogs. He talked about how he wanted to help people, how fat shaming is not appropriate because you don’t know where people come from. And instead of shaming people, why not help people?

So I reached out to him, we did a 30-minute Skype call, he talked about what he thought he could do for me, and I talked about what I wanted from him. So I signed up for a 12-week program, that turned into another 12-week program, that turned into a year.

My weight at the beginning was 232 pounds, and I got cleared down to 148. He even taught me how to try to gain weight correctly, so I could put on some muscle and increase my

size, so that I would be even healthier. He taught me about macros, which to me is not a diet, but a way of life, a lifestyle.

He wasn’t just a coach; he actually was a teacher. He taught me how to do these things so I could sustain this for the rest of my life.

Because of him, I’m not on any more medication at all; my doctor’s taken me off everything. I don’t have to monitor my blood sugar on a regular basis. It’s amazing. My confidence in my physical appearance has increased. I’ve always been confident in my intelligence, but the appearance wasn’t there. Because of this, I’ve met a girl, she’s the girl of my dreams, and I’m going to marry her one day. I can’t tell you how happy that makes me.

Tanner changed my life, and I can’t ever thank him enough for what he did, because without him I wouldn’t be where I am today.

Talk to him. He can help you and teach you about how to do this in a sustainable fashion that will last the rest of your life.”

Jared Tatum



NOW SHE'S LOVING LIFE



Teresa was a busy mom with a rare medical disorder, Hashimoto's hypothyroidism. Her weight fluctuated anywhere from 10-15 lbs. at a time on a consistent basis.

For a while, she started to lose hope that nothing would work and that her condition would always be the one thing holding her back from the body she desired.

Not to mention the fact that every program she ended up trying usually was way too time-intensive or too difficult to do. She needed something that would be sustainable in the LONG term and EASY to implement.

After connecting with me and discussing her wants and needs, we game-planned together what it would take for her to get results, but not kill herself doing so.

We all know that we should eat better and move more, but the key is to eat and train in a way that you enjoy. When you can do those things AND

still get results, that's when the door to a fulfilling life can truly happen.

Teresa went on to lose 18 inches (even with her underactive thyroid) without long or strenuous workouts or restriction to certain foods. She wanted to get to her goal without suffering to get there.

Since that time, keeping the weight off has been easy for her because of the healthy habits she has built and the ease of implementation of her blueprint.

[SCHEDULE YOUR FREE CONSULTATION](#)



@tannerchidesterfitness

TERESA'S WORDS

"Before I met Tanner, I was kind of in a weird situation. I have Hashimoto's hypothyroid disorder, and had watched my weight fluctuate about 10-15 pounds up and down constantly. The first time I talked to Tanner was about December 2016. I had just gone through some major losses, and I was in no position to take on anything new at the time.

He disappeared off the circuit about that time. I had touched base with him sometime middle of the year. Then he came back into the circuit doing his fitness programs and things like this, and he reached back out to me.

It was at that point where I was really hesitant about jumping in feet first with any kind of online training, because I was still dealing with the mess of my father's estate.

Time constraints were a huge, huge issue, plus I was still dealing with the thyroidism and everything else (and I still deal with it to this day). It's been something I've dealt with for 16 years. I'm raising two kids, running a business, and working full-time, on top of everything else.

With that in mind, he really was able to work with me according to my schedule and on a program that worked for me. My biggest struggle was "okay, do I want to do this? Will he be able give me a program that works, given my time constraints?"

He came to me and said, "Okay, we can do this to where you won't have to give up 2-3 hours to be in the gym. You can do this in an hour a day."

Once you get the routines down, it's like 30-45 minutes, and you're in and out. It's not spending all day long trying to do this. You've got three days a week you're doing cardio. Big deal. 20-25 minutes, you're in and out. I've actually increased it to about 30 minutes.

I do my cardio, no problem. Weights, I do my routine. I've gotten it down to the point where I've practically got it memorized. I change it up a little bit. I may switch out one or two of them.

The nice thing about the whole program is you get that capability. It really makes sense to be able to get in there and do these programs.

Food-wise, I eat what I want. I've always been a healthy eater because of my thyroid, but it really adds in to it because I can adjust as I need to for "do I want to eat this today? Do I want to eat that today?" I don't have to stick to some kind of strict diets.

He's helped me build habits and given me a sustainable program that I can continue on. I'm not going to be doing something like "Okay, I'm done. I've done my weeks, I've lost X amount of weight, X amount of inches."

In my case, I've lost over 18 inches, and that's been huge for me. I'm not watching the yoyo-ing weight thing anymore. With my thyroidism, that is absolutely huge to see this drop and know it's not gonna come back because I've got something I can sustain it with."

Teresa Schumacher



After 6 months of grueling chemotherapy, he finally entered remission. That's when he decided that he wanted/needed to be healthier, but he wasn't sure how to start.



Initially he started off just trying things on his own, but when that didn't work, he started down the path of finding the perfect trainer. After a few of those and with little to no results, he started to wonder if there even was a good solution anymore.

As fate would have it, Todd and I connected soon after through social media, and had some great discussions about his past and what he wanted in his future.

Sustainability was the first word that came to his mind, and so we set off on a path to obtain just that – no crazy diets or workout regiments, just flexible and sustainable methods that Todd could implement with ease and do long term.

Since that time, Todd has been able to increase his strength, lose body fat, and stay out of the hospital (I'm sure his biggest reward).

Staying healthy doesn't just affect you. It affects all of your loved ones as well, and being here long term for them is something you can't ever put a price on.



TODD'S WORDS

"Over the years, I've done all the fad diets and my weight has yo-yo'd up and down many times. But then in 2015, I got diagnosed with AML (Acute Myeloid Leukemia), so I went through six months of chemotherapy.

After going through all that process and while in remission, I decided I needed to try to be healthier. So I started working out on my own, just mostly doing cardio, but I wasn't getting anywhere.

Nothing was really working very well. So after about a year, I started looking for online trainers and I tried a couple of different ones, but I didn't see a lot of progress and was just kind of floating along.

Then fast forward to September of 2017 is when I started working with Tanner. I'd been following his Instagram page for several months off and on and just kind of seen what he was doing I decided to reach out to him.

I'm really grateful I did. Tanner's taught me a lot about why to work out, how to make sure I understand what I'm doing, and what the advantages are of working out and eating right and not having to just cut everything out of my diet.

So it's been really good for me to get an understanding of how it works and what works for my body and for me. I've been able to drop most of the weight that I've wanted.

Continuing to work forward, I look forward to getting stronger and building on that progress. So it's been really exciting for me to be able to understand so that I can see what works in what I eat and in what I work out.

So the greatest thing, I think, that has helped me with Tanner is he really works to help me to understand the system and understand why I'm doing that, so that I can be successful going forward on my own. I understand the exercises and I can start looking at building a program in the future that I can continue.

I know I don't have to just eat beans and rice or starve myself to try to keep the weight off, but I can eat sensibly. I understand what calories are and what I can have in order to maintain my weight and continue to build muscle.

I've really appreciated the education that he's shared with me."

- Todd Ashton



SHE LIFTED HERSELF BACK UP

Karen's story starts off with a traumatic brain injury back in 2014 when she was involved in a horrible car accident.

While she had been successful with her fitness in the past, she knew things would be different this go-round and she'd be limited in ways she couldn't do before. Not to mention the fact that she was going through a very emotional time in her life due to personal relationships and circumstances.

For Karen, I believe the mental changes were even more important than the physical ones. One of the best things about fitness is that physical changes make us learn qualities such as hard work, determination, perseverance, and discipline.

As we achieve our physical goals, we realize that a lot of our other goals take the exact same steps to reach.



Whether it's a job, relationship, or personal goal, they all require the same disciplines. The only difference is that we can see physical changes, while mental and emotional changes we cannot.

After setting up a plan catered for Karen, one that centered around her lifestyle, she was able to work her way towards her goals in a sustainable fashion.

Getting started, we talked about a lot of the things that were of a concern for me, like some of the limitations I was going to have with the different exercises that I could do, as well as the menu planning and really having it be a simple thing for me to be able to follow and comprehend.

Tanner will work with you and help you adopt a plan that fits your needs and your style. It was "You can, but let's learn how." He has a considerable amount of knowledge and experience, and he's very passionate about what he does.

After my first four weeks on the program with Tanner, I lost 10 pounds and a little over five inches. Personally, I'm more excited about the inch loss than I am about what the scale says.

This has been the best decision I have made in a long time."

Karen Broussard

[SCHEDULE YOUR FREE CONSULTATION](#)



@tannerchidesterfitness

MORE STORIES IN THEIR WORDS

ADAM'S WORDS

“Before I met Tanner, I had zero confidence in myself. I hated taking my shirt off. I hated looking at myself in the mirror. And especially with me being gay, I always felt like I was lesser if I wasn't in good shape.

I met Tanner through Instagram. He commented on a few of my pictures and stuff and I ended up following his page. I commented, “Wow. You look great. I wish I looked like you.”

And then he messaged me back, asking to work with me, which I thought was

really cool because he kind of showed that he wanted to help me, which was awesome.

So Tanner would send me macros every week for my diet and then he would make me work out four days a week, do cardio three days a week.

It was really doable with my schedule, especially because I'm in school and really busy all the time.

The results: I lost 20 pounds in eight weeks. I gained so much confidence. The day I posted my transformation pic was actually one of the greatest days of my life because people were asking me, “Oh, Adam, what did you do? You look so great.”

And Tanner is just like very empathetic, very outgoing, and very interested in helping you. And he's not just in it for the money; he's in it to build the greater good and to make you the best version of yourself that you can be.”

Adam Laliberte



[SCHEDULE YOUR FREE CONSULTATION](#)



@tannerchidesterfitness

JUDITH'S WORDS

Before I met Tanner, I had low self-esteem, I had no direction going for working out, and I over-ate constantly.



I met Tanner through Instagram. The hesitation to get an online trainer was vast. How would I know I was gonna get end results and that he wasn't just gonna take my money and run?

After chatting with him a couple of times, I realized that he really did want to help people and that I needed help.

Tanner gave me three days of weight training a week and three days cardio. I'm not big on cardio, so he kept it minimal. I had no food restrictions and the calorie intake he gave me was decent so I wasn't hungry.

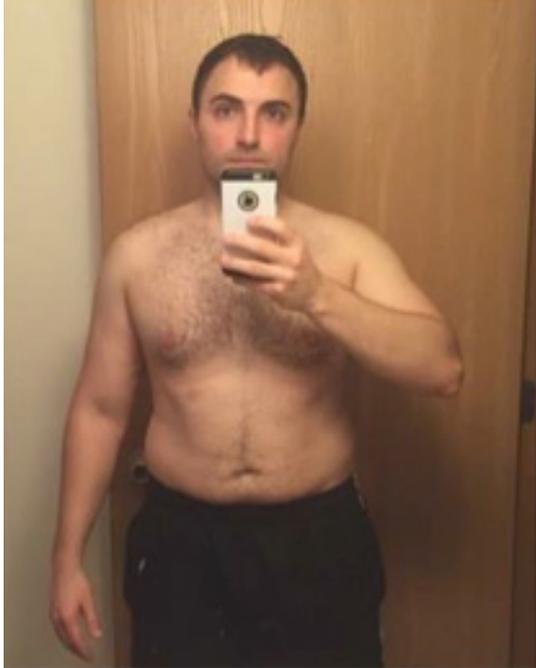
It was tough in the beginning. It was very hard to lift the weights. But I pushed through and I actually met my goal early. I wanted to be at 130 pounds, a size 6; I'm actually under 130 and a size 6.

I don't mind trying on clothes now and I actually do have confidence. It's fantastic. Guys, if you're ready to change and want your confidence back, just do it.

Judith Dineen



JOHN'S WORDS



“Before I met Tanner, I was 30 pounds heavier. I was binge-eating my feelings, and I hated my life at the time. Because I couldn't even fit into my suit, I had to go buy a fat boy suit.

I got with Tanner. I found him online and we just started connecting and putting together a diet plan that was actually tailored to what I love eating. I never had to sacrifice anything. I could eat what I wanted. He guided me through every step of the process. When I hit plateaus, he was there for me.

I never even had to do a ton of cardio. I got up in the morning maybe two to

three times a week and did cardio. I loved working out, so that was kind of my go-to at night. It just helped me release the stress. I got stronger in the gym because when you eat clean, your body just responds so much better. I was seeing gains in the gym, which I love. Overall, I was so close to hitting my goal of 10% body fat, but I actually ended up at about 12.

I love how Tanner helped me with the diet process for the rest of my life. I highly recommend Tanner. I can't tell you enough. He is just an incredible guy. I hope that you, too, get to see the results that you want, because it is worth it.”

John Feldhouse

[SCHEDULE YOUR FREE CONSULTATION](#)



@tannerchidesterfitness

HOW TO FEED YOUR MUSCLES WHILE STARVING THE FAT



One of the biggest misconceptions in fitness today is on nutrition and how you're supposed to go about it.

When you saw the title of this section, I'm sure you thought it would be about some insane diet or workout program that no one has ever heard of before. But if it was, how would it be sustainable?

You see, sustainability starts and ends with things that you can do long term. not something that just brings quick results.

There are plenty of methods and trainers out there that are all geared around starving you to death. Most people are okay with this, for a few weeks at least. But when life hits and you realize happiness doesn't revolve around just being in shape, it becomes a lot less appealing.

Feeding your muscles and burning the fat only comes down to a few basic principles.



STARVING THE FAT

This will give you the “more ripped and toned” look. That has 100% to do with body fat. Lower your body fat and you **HAVE** to look better.

Most individuals want to see their abs or get close to seeing their abs. For most men, this is around 10% body fat. For most women, this is around 18%.

For those of you reading this who don't know, NUTRITION is 90% of your results. What you choose to eat (or not eat) is directly correlated to how you look. Working out is a very small portion of the results.

To lose body fat, you must be in a caloric deficit. To be in a caloric deficit means eating less food than your body needs to maintain its weight. When you do this, your body will look to stored fat to use as energy. It's as simple as that.

You should try to eat in a caloric deficit, with 35% of your calories coming

from fat, 35% from carbs, and 30% from protein.

To ensure you're eating in a caloric deficit, I use the Katch-McArdle formula as shown:

$$\text{BMR} = 370 + (21.6 \times \text{LBM}), \text{ where}$$
$$\text{LBM} = [\text{total weight (kg)}] \times (100 - \text{body fat \%}) \times 1.2$$

BMR (Basal Metabolic Rate) is the number of calories your body burns in any specific day. Once you have your BMR, subtract 200 from it, and that should put you in a caloric deficit to start with.

You lose body fat 100% of the time if you follow this formula. Then as the weeks go by, you adjust your calories based on your results.

For example, if you lose 2 lbs. in the first week, then stay there. You are still in a caloric deficit and burning body fat. If you stayed the same weight or even gained some, you either are no longer in a deficit or you're eating too much. There is no other explanation. (Women's monthly periods, stress, and other factors can affect this but not significantly.)



FEEDING THE MUSCLE

Once you have lost enough body fat and are happy with how lean you are, you'll want to start adding muscle. Keep in mind that if you're new to lifting or haven't lifted in a long time, you can gain muscle and lose body fat at the SAME time for a SHORT time period.

For everyone else, you need to focus on one thing at a time. It takes two completely different environments for the body to lose body fat or gain muscle (caloric deficit for fat loss & caloric surplus for muscle growth).

To start adding muscle, you'll want to eat in a caloric surplus. This will give your body extra calories to add lean muscle tissue.

If you don't eat enough, it doesn't matter how hard or how long you work out for. You must give your

body extra calories to ensure it has something to build muscle with.

Use the same formula as above and add 200-500 calories to start with. Aim to gain 1-2 lbs. a week. If you're not gaining weight, then you need to add in more calories. If you're gaining more than 2 lbs. a week, you need to cut back.

Anything over 2 lbs. in a week is typically going to be pure body fat. Make sure you are lifting weights as well. Without stimulus, the muscles will not grow even with extra food intake.

You can see from my pictures that I wasn't always the biggest kid on the block. I was ultra-skinny. The results I achieved came from a mix of the gym and nutrition. BUT nutrition was, by far, more important when it came to my results.



Your body uses what you eat around the clock 24/7. If you are not consistent with eating right and staying on point with it, all the hours in the gym won't do you any good. You HAVE to start with what you eat.

In fact, you don't even have to do cardio if you don't want to (or do the minimum for heart health) as long as you stay on top of your nutrition. If you like it, have at it, but it isn't necessary. Nutrition is #1.



INCREASE STRENGTH BY EXERCISING LESS



If I were to take a show of hands while you were reading this, I bet most of you would have assumed that you'd have to kill yourself to get stronger, working out an insane number of hours per week to get a nice body.

Well, that couldn't be further from the truth. The reality is that after a certain amount of work, your body literally can't add on any more muscle. So, most gym rats pound themselves into the ground needlessly.

Less is better in this scenario, and while there are thousands of training programs out there, the principles of EFFECTIVE ones remain the same.

A basic rule of thumb is to make sure you're hitting each muscle group a minimum of 2 times a week and you're completing 40-60 reps per body part.

For example, if I did bench press for 4 sets of 10 reps, that would equal

40 reps and get me in the minimum range of 40-60 reps per muscle group.

You would then repeat this one more time during the week to make sure you stimulated it twice.

Make sure you are following your nutrition to the T while working out, or you will waste a lot of time spinning your wheels. Your workouts only equate to about 10% of your results but they are important to stimulate muscle growth.

If you don't lift weights, your body will not magically build muscle. You don't have to run yourself into the ground but you do need minimum lifting to change your physique.



HOW TO TAP INTO AN ENDLESS SOURCE OF ENERGY WITH THE SUSTAINABLE MINDSET



Have you ever been so excited to get into better shape that you just can't wait to start?! Then you get your plan from your trainer and you are left speechless because it looks like it was made for Hercules?

There are so many programs out there that promote quick fixes and results, and in all honesty, they usually provide just that.

The issue is after the program has been completed, you're left wondering what you should do next and how.

There's rarely any teaching involved and there's rarely any explanation as to why you're being told to do what you do.

When you find sustainability, you'll feel a weight lifted off your shoulders. You no longer have to let your life revolve around a specific food or training regimen. You can live life on your own terms. You can eat what you want, when you want, without sacrificing results.

But all that is just a bonus.

The real benefit to a sustainable mindset is how it improves every other area of your life.

[SCHEDULE YOUR FREE CONSULTATION](#)



@tannerchidesterfitness

What do I mean by this? If you want to change your body physically, it usually takes a few attributes to do it.

Discipline
Consistency
Hard Work
Dedication

This just doesn't get you a banging body. When you do these things, you also improve the other areas of your life.

Relationships
Work
School
Sports

All of the traits you learn in fitness can be carried over into other areas of life. I know it did for me and it did for my clients.

As your body improves, so will your capacity to work harder in other areas of your life. This leads to improved results, which leads to higher levels of happiness.

There is a certain calmness and energy that comes from these things that you just can't describe. Sure, as you become healthier and more fit, your physical energy can improve. But it almost just becomes a bonus once you see the other areas of your life improving.



That was the reason I was so attracted to fitness in the first place, because of the benefits I saw throughout my life. It became contagious and gave me ENDLESS energy to continue to go after my goals.

Habits in life create a snowball effect, whether they are good or bad. Creating good habits leads to amazing results which leads you to continue to work hard and go after new goals.

Finding the sustainable mindset goes far beyond fitness, but it does start with it. My hope for you is that you can find that and live the life you deserve.



HOW TO CREATE MORE TIME FOR EVERYTHING MEANINGFUL IN YOUR LIFE

Everyone has a different idea of what's important to them. But everyone agrees that they wish they had more time for those things.

Time is the most valuable thing we have. You can't get any more or less time than anyone else. Spending it on the things that are most valuable to us is crucial to our happiness and success in life.

By focusing on your fitness goals, your health will automatically get better. This will lead to increased energy, stamina, and productivity.

You would think spending a few hours a week to train and eat correctly would really dip into your time, but the opposite of that is usually true.

Studies show that people who work out at least 3 times a week are happier, more productive, have more energy, and get more things done than the average person.



If you are being more productive, then you'll more than likely make more money, or at the very least finish the mundane tasks of the day more efficiently. So then you get to spend more time on the people/things that really matter.

By focusing on our health, we may even add years to our lives. How many of you know someone who passed away in their 50s or 60s due to poor health decisions?

Part of having more time for meaningful things in our lives is simply creating MORE TIME. By focusing on health first and foremost, you can ensure this happens.

[SCHEDULE YOUR FREE CONSULTATION](#)



@tannerchidesterfitness



HOW TO ELIMINATE ENDLESS HOURS OF AEROBICS AND CREATE A LIFETIME OF SUCCESS

While there is nothing wrong with aerobics or cardio, I think it's safe to say that most people would prefer not to do it if they could get away with it.

When you ask someone what they need to do to lose weight, it usually sounds a little like this: "I have to eat healthy and do lots of cardio."

Now while you can absolutely induce fat loss this way, it isn't necessary to make it happen. In fact, some of my best photo shoots as a fitness model was when I went into doing absolutely ZERO cardio.

Why you might ask? Because I hated it, disliked it, loathed it even. I refused to revolve my training around something I knew I didn't want to do long term.

Sure, when I played football there was a ton of running and I put up with it because at the time that was what was required of me. I was an athlete. But for most of us, after we've gotten older, had a couple kids, a steady job, and we become super busy, the thought of running on a consistent basis is less than thrilling.

[SCHEDULE YOUR FREE CONSULTATION](#)



@tannerchidesterfitness

So instead of cardio, the focus should be on THE FOOD you eat and not on how much you move around. Contrary to popular belief, exercising doesn't give you the FREE pass to go throw down an XL pizza.

You can't make up for poor eating with exercise UNLESS you're an Olympian training 8+ intense hours a day. Not possible in any way shape or form.

So, does this mean we can't enjoy life and we're confined to chicken and broccoli? Of course not. But this should give you an idea that aerobic activity outside of minimum heart health is really a waste of your time unless you enjoy it.

Your results will come from your eating, so instead of focusing on cardio, simply focus on what you put into your mouth. For those of you still skeptical, let me give you an example.

Let's say you are in a 500-calorie deficit each day with the goal of losing 1-2 lbs. each week. You've been doing great all day when your friend decides you should be healthy and go to SUBWAY for lunch.

So you order the foot-long chicken teriyaki and smother it with vegetables, feeling very satisfied with yourself. There's only one little problem: it's a 700-calorie sandwich! That's the equivalent of 4 chocolate chip cookies in most cases. So much for being healthy. Am I right?

But wait! You did 30 minutes of cardio on the treadmill today, so you should be good, right? Wrong again. On average, a person will burn anywhere between 300-500 calories in that time frame.

Now while you might think 200 calories isn't a big difference, it is. Multiply that by 7 for every day of the week and you overshoot your caloric total for the week by more than 1,400 calories.

Even if you did do cardio EVERY DAY for 30+ minutes at an awesome pace, do you really think you'd only ever overeat by just a sandwich?

Think about when you eat poorly. What do you usually end up eating? Pizza, brownies, ice cream, rib-eye steaks (again, you can have all this with planning) and the list goes on. We will overshoot by much more than that, and then we won't progress.

The whole thing can get very frustrating very, very quickly.

So if you want to create a lifetime of success and stay away from aerobics, focus on your food first and foremost, and the body of your dreams will follow.



HOW TO GAIN CONTROL OF YOUR BODY AND LIFE — ONCE AND FOR ALL

THE SUSTAINABLE FITNESS BLUEPRINT THE LESSON

The biggest mistake most individuals make is based on the fact that they have no real understanding of how to lift weights or of nutrition.

They neglect their diets and think it can be overcome by putting in extra time at the gym. That simply is not true.

You will never get the results you want if you ignore what you eat. You have to know what is going inside your body (yes, you can be flexible but you still have to know).

If you just start guessing, there is no way to ensure you will reach your results because you have no idea whether or not you are being consistent.

If you're serious about changing your life forever while still being able to enjoy it, you have two options:

You can either try to apply the knowledge in this e-book on your own and go through your own trial and error.

You can take out all the guesswork and get guaranteed results by working with me. I'm not saying it's impossible to do on your own, but it could take months or even years if this is all fairly new to you. That journey can be full of frustration. I know because I've experienced it myself (took me from age 12-23 to figure everything out).

I would like to give you a special offer for just taking the time to read this book. I'm offering you the chance to work with me one-on-one. My team and I will personally help you go from where you are now to exactly where you want to be.

No more fad diets or workout plans. It will just be us, simply using science.

You will get a customized sustainable fitness blueprint made just for you and your specific needs.

[SCHEDULE YOUR FREE CONSULTATION](#)



@tannerchidesterfitness

Not only will this improve your health and the way you look, but this will help you hone the skills needed to be successful in all other aspects of your life as well.

According to a study done by the US Department of Health, poor health affects individuals in 4 ways:

- Decreases productivity
- Lessens usefulness at work
- Lowers survival probability
- Increases medical spending

It's time you start to live life with more confidence, higher self-esteem, feeling comfortable in your own skin, loving who you see in the mirror, and living life with more energy.

I will help provide you with all the support, accountability, tools, and resources to give you the best chance to be successful.

Click on the link BELOW to get started today and let's work together on the "after" picture of your transformation!

<https://calendly.com/tannerchidesterfitness/ebook-call>



SCHEDULE YOUR FREE CONSULTATION



©tannerchidesterfitness

LET'S CREATE A SUSTAINABLE LIFESTYLE TOGETHER

This is a LIMITED OPPORTUNITY I am offering you to work one-on-one with me and my team to help you reach your fitness goals and finally have that confidence, self-esteem, and energy level that will elevate you to live up to your potential.

I will provide you with a customized sustainable blueprint, resources, tools, and support. If you follow the plan, you are 100% guaranteed to get results.

With that being said, I only want to work with highly driven individuals who are action-takers. You can keep putting your health on the back burner and suffer later, or we can take care of that area in your life once and for all!

Click below and apply for the Sustainable Fitness blueprint and schedule a coaching call with me to discuss a customized strategy to help you reach your fitness goals.

APPLY NOW!

<https://calendly.com/tannerchidesterfitness/ebook-call>