

THE 5 STEPS TO DITCH BAGGY TOPS FOR GOOD



Sean Leach

Fit & Vital Life
Igniting Unstoppable Confidence in Women

Introduction

My name is Sean Leach, and I help driven women reignite their confidence.

This 5 step download will help ditch the baggy tops in the gym and when out with friends. So you can feel less self-conscious about your weight. And more confident in clothes that make you feel more attractive.

I want to make this easy to understand and apply. So this is broken down into five easy steps.

I know that after helping hundreds of women, 75% of people who have joined my programs say they feel self-conscious in clothes, so they wear baggy tops to hide their fears of being judged by their weight and shape.

This fear is made even worse by the big commercial gyms that house lycra girls and show-offs everywhere and fail to help regular people. Which is making more and more people fear the gym and feel intimidated.

If you're like most of my clients, you don't like training around lycra girls and intimidating people when you feel self-conscious about yourself, and you don't know what you're doing.

So you hide away in classes that don't get the results you want or never go back to the gym, and you fall off the wagon month after month.

But despite the big commercial gyms failing hundreds & thousands of regular people who don't get the real help & support they need, some of them are gradually starting to see there is another way to get the help they need.

No matter where you are at now, how unfit and low on energy you feel. You can get the help and support you need to help you feel more confident, energetic, and healthier!

It starts with some simple steps, like the ones in this document.

Imagine how great you would feel if you started to see your work pants get loose. How much more confident you would be buying the next size down with your tops.

That's what happened with our client, Kerri, pictured on the cover of this E-book. She went from a size 16 top, which was baggy on her to cover her belly. To a more fitted size 12!

Kerri isn't the only girl doing this!

Did you know that every month women are dropping clothes sizes by following the steps in this document?

Here are the five steps you can take to ditch baggy tops for good.

Step 1 - Protein With Each Meal

A high protein diet helps build muscle tone & drop body fat. Resulting in a more toned, confident body. Without enough protein the body will use protein from the muscles for energy for someone who is exercising hard to try to get in shape...Which actually results in less shape & tone.

Think of a long distance marathon runner's physique over a sprinters. A marathon runner has a diet high in carbs for energy. A sprinter high in protein for muscle power, tone and strength.

Having a protein source at each meal ensures enough protein is coming in to support hard training to get in shape.

Below is a list of high protein sources:

Eggs
Chicken
Fish
Turkey
Red meat

Veggie choices:

Beans
Quorn meat
Nuts
Lentils

You can buy these foods at any supermarket. I advise getting meat from the butchers, free range and/or organic.

Step 2 - Eliminate 80% Packed Goods

Ok, that sounds specific...I know. I will break that down for you in a minute. First of all let me explain...

Packaged goods (even the "healthy" ones) are often loaded with added refined sugars. These added sugars can increase weight and slow weight loss down without you even knowing! (even the "healthy" ones)

Here is what to do...

Go into your cupboards, get out all the tins & packets...get a big box or bag. And put every product that has "sugar" in the first 5 listed ingredients inside the bag/box and hand it over to the food bank.

Ingredients are listed in order of amount. If sugar is in the first 5, that's too much sugar for someone who wants to ditch baggy tops.

Wouldn't that mean 100% of packet goods are gone now? You got me...

You can keep...Passata, chopped toms, puree & seasonings.

Step 3 - Move More Everyday

Heard this before? Well do it this time!

In 30 days you can ditch your first baggy top by spending more time on your feet than you are now!

Watches and phones even buzz at us to tell us to move...Listen! Do it!

Every hour move for 10-15 minutes, set an alarm or reminder on your phone/watch and do it!

Research shows that a couple thousand steps an hour can reduce the risk of heart disease.

If you can't every hour just make an effort to move more each day...Progress is better than nothing.

Step 4 - Eat Clean 80% Of Your Day

Clean foods are foods free from artificial added ingredients such as refined sugars, preservatives etc.

Eating clean keeps the body healthy, helps lose weight easier, helps lose weight quicker and makes you look and feel more attractive. Thus being able to ditch baggy! :).

Here is what you need to do...

Choose foods that come from the earth. E.g veg, nuts & fruits

Choose foods that eat the earth - Lean Animals. E.g chickens, cows, turkeys

Keep packet goods to a minimum - To help with keeping sugar low and clean foods high...

Limit yourself to 1 packaged good per day. Everything else from or eats the earth.

Step 5 - Cut Back On Fizzy Drinks

I have a client who quit fizzy drinks just like that! I have another client who had to be hypnotised to give up pepsi!

You may be on 1 end or the other or somewhere in between with fizzy drinks.

No matter where you are, a cut back will do you wonders for ditching baggy tops!

Less bloated belly resulting in loser belts. No more feeling uncomfortable after a meal, less gas and burps, better skin and health.

I suggest starting small...

Every week reduce your fizzy drink consumption by 1 every week. .

If you have 10 fizzy drinks per week, have 9 next week, then 8, then 7.

By the end you will find you dont miss them, can feel the benefit and will be motivated to keep going until you feel even better.

So those are the 5 steps to ditch baggy tops for good...

How do you think you would feel if you actually did all this stuff?

Do you want to find out?

**Would you like to guarantee you can ditch baggy tops for GOOD in 90 days OR LESS
RISK FREE?**

I'm looking for more "dream" clients that I can help buy a new wardrobe for. (Not actually buying the clothes, I know nothing about clothes. Certainly not female clothes) But help lose so much weight you have to buy a whole new wardrobe!

If you're that client, **I will personally work with you to help you tone up, feel more confident & fitter than you have for years.**

Here's how it'll work:

First, we get on the phone one on one and go over your routine, past attempts and current barriers.

I take a look at what you're doing or want to do, and what you want to achieve going forward.

Once we have that info, we can chat to see if my program can help you take action **immediately to kick start your health & fitness routine.**

Assuming you're happy and you want me to help you over 90 days, we can get to work so I can help you implement the steps needed right away.

If this is the case, I might invite you to become a client.

My "fee" is £99 a month over 90 days...but if you think about it, that's only £3.30 per day!

I can spend £3.30 on a metro ticket!

£3.30 per day is nothing!

And look. If you don't want to become a client, don't worry about it. *You won't get any sales pitch or pressure from me of any kind, ever.*

Now, obviously this is an amazing offer which you'll probably never see from any other "Health & Fitness coach" in the world.

Think about it.

I'm personally GUARANTEEING a success plan for you to DITCH BAGGY TOPS, tone up & build electric confidence with no guesswork and then letting you split the cost.

(and only if) you decide to work together.

Plus, I'm taking it one BOLD step further by guaranteeing you'll get a result or you can have your money back and keep the full program, learning materials & nutrition plan.

Just tell me, and everything is yours. No questions asked.

Who Else Would Do That?

NOBODY. (I checked).

But I'm happy to put it on the line like this because my clients send in great feedback, and report great results.

Period.

My stuff works, and I know that if we work together, you'll be thrilled with the results you get.

Consider this:

Over the past 3 years, I've helped hundreds of Women just like you feel more confident than ever, some of which have even improved their relationships with their husbands because of my coaching.

Anyway - as you can imagine, I'll get a LOT of interest from this offer.

And that's why I need you to read this next part carefully:

This Is NOT For Everybody. Here's Who I CAN Help:

I'm VERY picky about who I'll speak with and I've got a strict (but reasonable) set of criteria that needs to be met in order for us to proceed.

Here it is:

1. You must be highly driven to want to make a change. The reality is, this will take some work and effort on your part and mine. You have to be willing to put the effort in. This may sound obvious but I don't want excuses and complaints made

2. You can or are willing to train from home or find somewhere to follow the routine set out. Don't worry, I know gyms may not be operating, you don't need one. Having this plan will make your future gym workouts better and more focused on getting results.
3. You must be open minded to learn and try new things. After all, what I set out will help you get a great result
4. Willing to make time for yourself to prep and plan for the weeks ahead.

Here's What I Want You To Do Next

If you meet the criteria above and would like to talk to me personally about getting you incredible results, then I'll happily set aside some time for you.

Here's how the process works:

First, you'll need to fill in an application. Don't worry, it's simple and unobtrusive. **I just need to know more about you and get an idea of what you want to accomplish, and so forth.**

Here's What Will Happen After That.

Once I have your application, Jade from my office/home will txt you and set up a time for us to talk. She's been my "right hand" for a few months and my old ball and chain for 4 years and is my ONLY helper, and she'll be contacting you in about 48 business hours at the most.

Our initial call will be between 45 and 60 minutes. This is where we really begin working to figure out exactly what you want ...and how to **make it happen.**

I'll review your goals, your current situation, and so forth ...and I'll deliver a plan to bring in results immediately.

If you see the value in becoming a high level client, great! We can talk about it.

And if you don't want to become a client - that's OK too.

WARNING - TIME IS A FACTOR

This opportunity is extremely limited because of the intense one-on-one time needed in order to provide you with results.

Therefore, it is physically impossible for me to work with more than 10 people.

Also, you should realize there's a very large demand for personal one-on-one help from me, and what I'm offering to you is **unprecedented**.

So with that said, know that the window of opportunity won't be open long.

[If you feel like this is right for you, click here, leave your application and let's talk.](#)

Talk soon,

Sean

P.S

Here is an example of what you can achieve following our methods...



