

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, I help driven women reignite their confidence.

This 5 step 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 5 easy steps.

I know after helping hundreds of women that 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 people judging their weight and shape.

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

If you're like most 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 your 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 really 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 normal work pants get loose. How much more confident you would be try buying the next size down with your tops.

Thats what happened with 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 girls doing this! Did you know that every month women are dropping clothes sizes by following the steps in this document.

Here are the 5 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 runners physique over a sprinters. A marathon runners 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 sound 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 over to the food bank.

Ingredients are listed in order of amount. If sugar is in 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 14 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 tops in 14 days! :).

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 you feel if you actually did all this stuff?

Do you want to find out?

Would you like me to help you tone up, lose weight & ignite unstoppable confidence for *FREE*?

I'm looking for a "dream" client that I can help buy a new wardrobe for. (Not actually buy 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 one-on-one to help you tone up, feel more confident & fitter than you have for years.**

You Pay Nothing Out Of Pocket, Ever.

Here's why.

The first thing I'm going to do for you is to personally help you create a strategic plan to ditch baggy tops for good.

There's no charge for this and it only takes about 45-60 minutes for us to do together.

(After doing this type of thing for almost 3 years straight, helping hundreds of women I've gotten pretty good at fast results).

Anyway, **I'll even do most of the heavy lifting for you...**What to eat & why, when to eat & how to train.

At the end of this initial planning session **one of these three things will happen:**

1. **You love the plan** and decide to implement it on your own. If this is the case, I'll wish you the best of luck and ask that you keep in touch with me to let me know how you're doing.
2. **You love the plan and ask to become my client so I can personally help you execute & maximize results ASAP & keep you accountable so you don't give up.**

If that's the case, we'll knock it out of the park ...And that's a promise.

3. In the unlikely and unprecedented event that you feel like I wasted your time, **I will send you £20 as payment immediately.** No questions asked. Your time is your most valuable asset you have, and I respect that.

It really is that simple and there's no catch.

Think about this.

The "worst" that can happen is you get "£20 for "wasting" 45-60 minutes of your time.

The best that can happen is we work together one on one to finally ditch baggy tops and build electric confidence with yourself!

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, I help you come up with a strategic plan of action to **immediately kick start your health & fitness routine.**

There are a number of ways I might do this for you.

For example, I might show you the best way to train for **toning up**, how to make the **best choices for your lifestyle**, or how to find time & routine to get **the best results.**

And if you have tried loads in the past and feel like you can't lose weight I will explain my secret formula to **kick start your weight loss journey** which few people talk about!

And like I said, there is no charge for this

So Why Would I Offer It?

Two reasons:

First of all, I enjoy it. This type of thing is what I do best, and it makes me very, very happy to help people who have been failed by many people before such as other programs and gyms.

Second of all, it's how I attract new clients.

Here's how that works:

Assuming you're happy and you want me to crank out these types of plans for you all the time, you'll probably want to continue working together long term so I can help you implement them.

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

My "fee" is £150 a month over 90 days...but if you think about it, that's only £5 per day!

I can spend £5 a day getting to work with a cup of coffee from Costa!

£5 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.*

In fact, here's my "PROMISE" to you:

**You Find Our Conversation To Be Incredibly Valuable Or I'll Pay You £20
Immediately To Compensate You For Your Time.**

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 generating a success plan for you to lose weight, tone up & build electric confidence with no guesswork up front - for free - and then letting you pay me later if (and only if) you decide to work together long term.

Plus, I'm taking it one BOLD step further by guaranteeing you'll find this free plan immensely valuable - or **I'll pay you £20** just for wasting your time.

Just tell me, and it's 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 get to a gym or find somewhere to follow the routine set out. Don't worry, I know gyms can be off putting & boring....Having a plan will make the gym less boring and over time less off putting.
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 high level client, great! We can talk about it.

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

And if you tell me I've wasted your time, **I'll give you £20 immediately over the phone.**

So you literally can't lose.

(By the way - I've never had anyone feel like their time was wasted. EVER. That's why I can make this offer. I DELIVER. Would anyone else take such a risk?)

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 a handful of 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