

Tone It Up 28 Days To Fit Fierce And Fabulous By Karena Dawn

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"Über den Autor und weitere Mitwirkende **Katrina Scott and Karena Dawn** are certified personal trainers, nutritional coaches, and best friends living a healthy, active lifestyle in Southern California. Together, Katrina and Karena founded Tone It Up in 2009 and have built it into a vibrant community based around friendship, accountability, motivation, and inspiration. They live in Manhattan Beach, California. Leseprobe. Abdruck erfolgt mit freundlicher Genehmigung der Rechteinhaber. Alle Rechte vorbehalten. Part 1Becoming Fit, Fierce, and FabulousQuick: What do you think of when we say the word fit? Having a toned booty? Killer abs, sleek arms, sexy legs? Absolutely, those are all part of what you get when you commit to being fit, and you'll achieve those (and more!) over the next 28 days. But being fit goes way beyond looking smokin' hot in a bikini. Working out isn't just about vanity. It's about building confidence and how you take that into the rest of your life. True fitness is so much more than just the shape of your booty or the flatness of your abs, or even how fast you can run. It's a whole-body, whole-life way of being that comes from respecting your body and making the unshakable commitment to take care of your beautiful, amazing self,

inside and out. Being fit allows you to feel strong and sexy in your skin. When you're in shape and healthy, life is just so much sweeter, because you can be the spontaneous, always-ready-for-adventure babe that you are! You can do all the things you want to do in life, from dancing all night with your BFFs to trying a new exercise class you might never have dared to before. And let's not forget how much fun it is to be able to rock your favorite pair of jeans! When you're fit, you feel good expressing yourself in the clothes you wear, and as you know, that's a big deal for us as women. In the days to come, through your BE FIT workouts and your new healthy eating plan, you're going to see some incredible changes in how you look. That's a promise! Your entire body will tighten and tone, and your skin will glow. But even more astonishing will be how you feel. You'll wake up with a clear mind and energy that's off the charts. You'll feel fan-frickin'-tastic, ready and raring to take on any challenge life throws your way! The most amazing thing about fitness is how it transforms your mind-set. It ignites the fearlessness within you and empowers you to dream big and live boldly. You can flaunt, flirt, and freely express yourself. No more hiding, no more feeling self-conscious, no more holding back. Imagine the power in that! You may not know it yet, but you are a fierce lioness, filled with daring and confidence. All we need to do is awaken and unleash it! And that's exactly what you're going to do with the BE FIERCE Challenges in this program. One last piece of the story is every bit as important as being fit in body and fierce in mind, and it is sparked by lighting up all the beauty that lives in your heart and soul. That's the essence of fabulous! Fun, friendship, laughter, creativity, generosity . . . these things give you that unmistakable glow. Being fabulous is all about taking good care of yourself and your inner universe so you can joyfully share your beautiful, loving, happy self with the world. With each BE FABULOUS Challenge you take on over the next 4 weeks, you'll become even more gorgeous and radiant. Your whole life is about to change on every level. It starts with what you see in the mirror, then expands to how you feel and think about yourself, ultimately rippling out to how you light up from within and live your biggest, most fulfilling, most spectacular life. You're about to become a Fit, Fierce, and Fabulous goddess! Our Stories

Neither of us just woke up one day and found ourselves living a Fit, Fierce, and Fabulous life. Just like you, this was something we had to make happen within and for ourselves! We've had our fair share of struggles with body image, confidence, and more, and we both discovered the power of fitness to transform our lives. We want to share our stories here with you, so you can see that when we say we get what it takes to make big changes from within, we REALLY get it! Karena's StoryFitness saved me. That's a bold statement, and it's really true. It showed me what I was capable of at a time in my life when I was convinced the answer was 'nothing.' My teenage years were pretty rough. Life at home was complicated, and I kind of gave up on myself, on my career goals, and on the idea that I could ever accomplish anything. I found myself on an unhealthy path to self-destruction, eating crappy food and basically treating myself terribly. Seeking an escape from the anger and misery inside me, I turned to drugs. I'm far from proud to admit that I believed that magic mushrooms and ecstasy would deliver what their names implied. Of course they didn't, and I continued to search for the substance that would enable me to escape my reality, only to find myself digging a deeper hole. I may have appeared to be in good physical shape, but I certainly wasn't healthy on the inside, and my poor outlook and even poorer lifestyle choices showed in my dull skin and eyes that had lost their luster. The stress I was creating in my system eventually caused my body to break out in dry, flaky rashes all over. It was ugly and embarrassing, and I hid under layers so no one would see. Eventually I

found myself at a breaking point. After a doctor suggested I go to therapy and start doing yoga to relax, I got the message that I needed to make a change. I was unhappy and unhealthy, but I didn't want to be. I was tired of being depressed. I knew that I was facing one of only two choices: I could stay as I was and continue on this path to a life darkened by addiction and failure, or I could find the strength to overcome my past and break free of being a victim. Deep down, I knew I wasn't meant to give up on my life just yet. I finally got it that no one else had the power to make me happy or make me feel strong and confident; I needed to take control of my life and do it for myself. So I chose the harder route and began the work to free myself of the past and find the good life I was meant to live. I thought back to the time in my life when I was happiest, as a kid, and what brought me joy. I'd always been interested in health and fitness, and I remembered running half-marathons with my dad and loving the feeling of freedom it gave me, so I decided to sign up for a triathlon. It was scary, for sure. I'd never pursued anything like that before with all my heart, because I'd always been sure I would fail, but I signed up anyway. It was make-or-break time, and I needed to prove something to myself. It was intense and hard, and more than once I thought about backing out. Right up until the morning of the race, I was terrified. But I just kept telling myself, 'You can do this. You're not a quitter anymore.' No matter how much I didn't want to jump into the ice-cold ocean water, tie up my laces, or push through the last mile, I was determined. I knew that when I got through it, I would feel invincible. So I stuck to the promise I made myself and kept going--not without fear or doubt, but despite it. I overcame through the sheer act of doing. I started crying when I crossed the finish line. In that moment, I knew I was beginning a whole new phase of my life. I finally believed I could do something. Scratch that: I finally believed I had the power to do anything I set my mind to! After that, I started racing and competing in more triathlons. I got into personal training; began working as a sports and fitness model and an on-camera spokesperson for major brands like Oakley, Adidas, and New Balance; and appeared in magazines like Runner's World, Triathlete (on the covers!), Shape, Women's Health, and Self. I found myself traveling the world, living this incredible life, doing what I loved. But I still knew there was more for me to accomplish. I wanted to use my life experiences to inspire other women to go after what they want and show them that--just like I learned-- they're capable of anything and everything. I wasn't quite sure yet how I'd get there, but I knew that I would if I continued to believe in myself, do good work, and keep the vision of my dream alive. In 2008 I...".

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