

Get Real!:

Inspiring Stories and lessons from the Michelle Bridges 12 Week Body Transformation revolution

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Extract

Introduction

Having read so many stories from participants in my 12 Week Body Transformation program (12WBT), I have to say they bring such a smile to my face. They take me right back to the reason why I created this program – to help REAL people get REAL results.

From one little seed of an idea, it's grown into something incredible. So far, in just four short years, 12WBT has helped tens of thousands of people lose more than 700, 000 kilos! I am so proud to have been a part of that.

The Michelle Bridges 12 Week Body Transformation started because everywhere I went people would come up to me and ask me to be their trainer. I would have loved to, but that is pretty much humanly impossible. So, I started to think about ways to connect with people all around the country. An online program seemed the ideal solution.

However, I didn't want to just stick something static on the web, some cut-and-paste job. No, this had to be done properly, to be all-inclusive. It had to be real.

I wanted to make the program as good as, in fact better than training with me face to face. It needed to be a sure-fire way to get results; a place where you could get everything you need to achieve your goals. Not just exercise plans, not just recipes, but advice to get through the tricky periods, lessons on what's in the foods we eat and tools on how to shift your mindset and habits. Most importantly I wanted it to be a place to get support, encouragement and the occasional kick up the backside.

From there I wanted the program to be a journey, where 12WBTERS could track their progress, share their achievements and feel a sense of momentum in their transformation. That's why it's a 12-week event. We all start together, we all finish together. You're not doing the same things day in, day out. Every week offers new information and new challenges to help you keep progressing.

The program has become a way for people to connect, support and motivate one another. I even met a group of women who lived in different states who have become besties from sharing their stories in the program, having never even met before.

My mission is to transform as many lives as possible, and I know that my 12WBT is already making a difference. It's only been four years and I feel like I'm just getting started! The amazing feedback I get from members is what spurs me on.

In the last fifty years the number of Australians who smoke has almost halved through concerted efforts by campaigners and lobbyists. What if fifty years from now we have halved the number of overweight or obese people in this country? Imagine the difference that would make, not just to our health care system, but to each and every individual's life. It's a big job but together we can make an impact.



I hope you enjoy reading about some of my awesome I2WBT members, learning some new skills, recipes and a few of my secrets! Most of the members in this book had no idea what they were capable of until they started. So my question to you is not about what are you are capable of, but rather, what is holding you back from finding out? It's time to Get Real ... and get started!