

Sexy In Your Skin

5 Rules Of Becoming Empowered Through Fitness



By Angie & Scott Tousignant
www.FatLossQuickie.com

Sexy In Your Skin

We all have different reasons for transforming our body. What motivates and inspires you to put forth your very best effort toward eating healthy and working out may not be the same things that drive me to do whatever it takes to achieve my fitness goals.

Some women may be driven to transform their body and health in order to reduce the risk of a disease that caused a parent or relative to pass away prematurely. Others are driven to exercise as a means of reducing stress. Many are driven to take care of their health, because they want to be the best mom that they can be. This list could go on forever and although some reasons would motivate many women, there will certainly be reasons that are not inspiring to you at all.

But, I am certain there is one reason that drives us all to transform our body. That reason is feeling sexy in your skin.

What does feeling sexy in your skin mean to you?

Is it how appealing and attractive your body is to men? Is it how you view yourself when you catch a glance of your body in the mirror? Or is it a state of mind? Does feeling sexy begin within?

The purpose of this report is to demonstrate how the act of transforming your body through fitness, will not just make you physically sexier, but more important, emotionally and mentally sexier. **You may catch the attention of men with your appearance, but you will totally have them melting like butter from your sexy confidence and zest for life.**

I believe that feeling sexy in your skin is a state of mind that is enhanced through fitness. I believe that giving your very best effort toward a workout program will result in an amazing feeling of empowerment. That sense of empowerment will radiate sexiness from the inside out. It will accentuate your physical sex appeal and have you dancing on cloud 9.

If you want to look and feel your sexiest at the end of your transformation, there are five rules that you must follow...

5 Rules Of Becoming Empowered Through Fitness

Rule #1: Embrace Your Potential

Believing that you are capable of greatness is incredibly sexy. Whether you are just beginning your body transformation or have been working at it for a while, it's important to set aside some quiet time to explore **the results that you truly desire**. Those deep down feelings of what you sincerely want to achieve. These results are individual to YOU. This is not a time to settle for mediocrity. It's also not a time to aim for the expectations of others. How far do you wish to take your transformation? Do you wish to have a physique sexy enough to grace the cover of a fitness magazine? That's a goal that is achievable to many women... even if you have in excess of 100 pounds of fat to release from your body.

Your potential is magnificent! Embrace it. Love yourself for the potential that you possess. Become fascinated with your ability to continually improve your health and fitness.

If you want to look and feel your sexiest, you must be **confident in your abilities**. Become certain that **you have what it takes** to sculpt a sexy body, both inside and out. Feel the power that you possess. It's time to put your abilities to full use and allow your sexy to shine!

Rule #2: Shape Your Body With Resistance Training

A very big part of your fat loss success is going to come through nutrition... Reducing the **quantity** of food that you eat, while increasing the **quality** of the foods that you consume. But in order to make your transformation spectacular and avoid the result of simply becoming a smaller version of your current self, you must incorporate resistance training into your lifestyle.

As you are releasing fat from your body through nutrition, you can use resistance training to shape your body, revealing **sexy curves** along with a tight, firm physique. It may not be possible to **spot reduce** when it comes to burning fat, but it is possible to add shape to specific parts of your body through resistance training. You can lift and build a rounder, tighter butt. You can create arms and shoulders that look stunning in a strapless evening gown. This is the beauty of resistance training. This is where you can become completely fascinated with your body and your ability to sculpt

it. You are an artist. Your body is a masterpiece. Embrace your ability to gain lean and sexy muscle. It will give you the shape that you truly desire, resulting in a very **feminine and athletic look**. When your body feels tight and firm, you will feel sexy in your skin!

Rule #3: Strength Does A Body Good!

When it comes to resistance training, a common mistake among women is to only lift light weights for high repetitions. The thought process is that this will result in a leaner and ‘toned’ look. If you are stuck in this mindset, you are truly missing out on several key factors that enhance how sexy you look and feel.

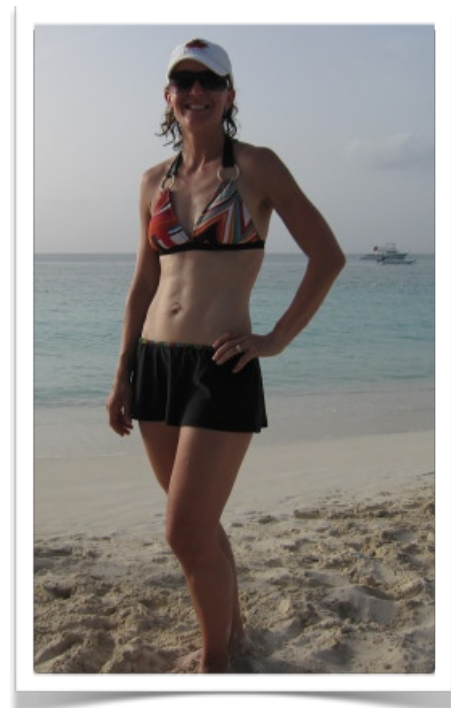
The fear that is often associated with lifting heavy weights is that you will become big and bulky. Do me a favor and take a good look at this picture of me on the beaches of Turks and Caicos. Do I look big and bulky to you?

Incorporating some strength training into my workouts has played an important part in breaking through plateaus and shaping my body. But adding strength training to my workouts does much more than shape my body and make me look sexy... it makes me feel sexy too!

How can lifting heavier weights make me feel sexy? When I feel strong it boosts my confidence in my abilities. Strength helped me carry my children around in my arms when they were toddlers. Strength gives me the confidence that I can take care of myself or my children if I’m faced with a challenging situation. Strength gives me a great sense of **empowerment**.

Incorporating strength training into my workouts is a great way to challenge myself... and I thrive off of challenges.

Strength carries over into all areas of my life. There are moments where I feel like, *“If I can lift this weight, I can do anything.”* Strength also gives me



confidence that I will live a great quality of life as I age. It's because of this that strength gives me a sense of independence.

Strength allows my sexy to shine!

Rule #4: Celebrate The Smallest Of Victories

Confidence is sexy! One surefire way to gain confidence is to achieve a bunch of short-term goals and celebrate every time that you accomplish one. Achieving a short-term goal reinforces your belief in your abilities. It gives you something to build on. Achieve a few short-term goals in a row and you will find yourself thinking, ***"I can do this!"*** That's confidence.

A short-term goal could be as small as drinking one more glass of water today, consuming an extra serving of vegetables, avoiding junk food and alcohol while out at a party, emptying your cupboard of junk food, increasing the weight that you lift for an exercise, writing in your journal, getting quality sleep, creating an action plan for your success, holding yourself accountable to your goals in a forum, taking your before picture even when you would rather not, making it through a 24 hour fast, writing out a plan for what you will do if you are faced with any common obstacles and challenges that have held you back in the past, or simply asking for help.

A short-term goal could also be as big as releasing 3 pounds of unwanted fat in 7 days, following a workout plan for an entire week, putting together 3 days of eating healthier and eating less, going down a belt notch in 14 days, or documenting your food intake for an entire week. When you achieve any of these short-term goals it's important to pat yourself on the back and celebrate your success. Share the small victory with a close friend who supports you or share them with many friends in an online support community. It's also a great idea to write these small victories in your journal for future reference. **The next time that you face an obstacle or challenge and begin to experience those feelings of hopelessness, you can reflect on all the small victories that you have achieved and realize that you have experienced way more success than you have setbacks.**

Focusing on your successes will turn your transformation journey into a very positive experience. Focusing on your successes reinforces Rule #1, where you become confident in your abilities and embrace your potential.

Setting short-term goals and celebrating your victories will keep your eye on two major factors of fat loss success... Progress and Consistency.

Rule #5: Focus

This is not a dress rehearsal. The show has begun. It's time to perform at your best! Focus on the prize.

Focus is the difference between **a)** blindly going through the motions, hoping to reach your goal, and **b)** Having an absolute clear vision of exactly what you are going to achieve, putting a plan in place to accomplish your desired outcome, executing the plan to your greatest abilities, and **EXPECTING SUCCESS!**

Focus begins with the clear vision of your expected outcome and executing the detailed plan to get you there, then it branches out into every task that you take part in each day.

How you approach and perform your workout says a lot about **how serious you are about transforming your body and life**. If you are half-heartedly going through the motions with each exercise it's a sure sign that you don't want to achieve your goals bad enough. It shows lack in commitment and dedication toward your health and fitness. If your eyes are wondering around the gym as you perform an exercise, you will never experience the potential that you possess.

During your workout you need to put the blinders on. Block out all distractions and focus on the task at hand. Each rep should be performed as if it's the one that will take your physique to the next level. I encourage you to **develop an appreciation for each rep that you perform** within your workouts. Become fully involved in the movement and experience a deep awareness of everything that's involved in the movement. Feel the muscle fill with blood as you briefly hold the contraction. Feel the muscle stretch as you lower the weight to the starting position. Becoming aware of your breathing and "In-Tune" with your thoughts. This is a mind body connection, make the most out of it.

This intense awareness and focus will give you a sense of control and confidence in your ability to harness your body's potential. That mind-body connection will give you a new appreciation for the power that your body possesses. Becoming more "In-Tune" with your body is a huge contributor to feeling sexy in your skin.

Your focus and awareness carries over to every eating experience throughout your day. When you take the time to focus on how you feel while you are eating certain foods and how you feel after you eat these foods, you will have a deeper understanding of how these foods impact your daily life. Do they make you feel sluggish? Or do they fill your body with boundless energy, helping you make the most out of every experience and live life to the fullest?

Focus is sexy! Men love a woman who knows what she wants and how she's going to get it.

Now let's take a moment to recap the **5 Rules Of Becoming Empowered Through Fitness...**

Embracing Your Potential empowers you through the confidence that you possess... knowing that you have what it takes to experience an incredible transformation.

Shaping Your Body With Resistance Training empowers you through the awareness that you can develop sexy curves by adding even small amounts of lean muscle to your body. As you firm and tighten your body with resistance training you WILL feel sexy in your skin!

Strength Does a Body Good and empowers you through the sense of independence and confidence in your abilities.

Celebrating Your Small Victories empowers you through the continued sense of achievement and pride.

Focus empowers you through the awareness of what makes you feel your absolute best and becoming completely "In-Tune" with your miraculous body. The clarity in your goals empowers you by taking the guess work out of what needs to be done. Follow your blueprint and expect success!

The rise in confidence that you experience from embracing your potential, shaping your body with resistance training, increasing your strength, celebrating your small victories, and fine tuning your focus, is guaranteed to take your sex appeal to a whole new level.

With this physical and mental transformation men will find you sexier than ever and you will feel sexy in your skin.

You deserve to feel sexy in your skin. Scott and I are willing to do whatever it takes to help you **look and feel your absolute best**. We're here to support you and we even have an online community where you can gain the support of like-minded people who are going through a similar journey as yourself.

We would be honored to watch you transform your body while following our line of Fat Loss Quickie programs. These are the exact programs that Scott and I have followed to shape our physiques and they are the same programs that are transforming the physiques of many women around the world.

You can find our extensive list of workout programs on the following pages. Each of them are a blueprint for shaping your body, while having fun at the same time. We believe that the process of transforming your body and feeling sexy in your skin should be enjoyable.

It's time to bring your sexy back!!!

To achieving your limitless potential,

Angie and Scott Tousignant

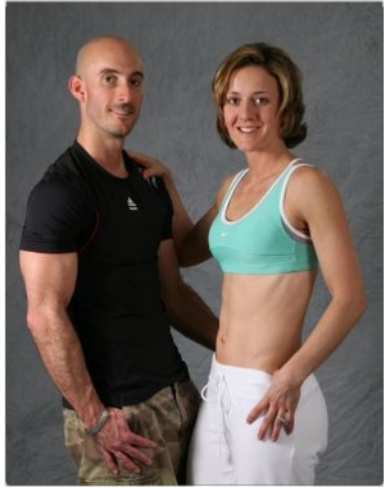


*If you enjoy the "Sexy In Your Skin" report,
please share it with your friends and family*

Affiliates can find details about rebranding this report here:

[Fat Loss Quickie Affiliates](http://www.FatLossQuickie.com)

Get To Know Scott & Angie



Scott, and Angie have been helping busy women and men, just like you, improve their #1 asset – their health – for over a decade.

Angie, in addition to being a busy work-at-home-mom, operating a daycare in the family home, is also an ISSA certified fitness trainer. An integral part of the success of Fat Loss Quickie, Angie is also the author of [Sizzlin' Circuits](#), [Core Plus More](#), [More Love, Less Fat](#), and [Girl Empowered](#).

Scott is a Certified Fitness Consultant with a degree in Human Kinetics. His education coupled with his years of experience, has allowed him to create [ROCK That Body](#), [Pyramid Pandemonium](#), [Metabolic Maverick](#), and [Fat Loss Quickie](#).

The couple's balanced and practical approach to fitness helps others get more done in less time, leaving you more time to do the things you enjoy most in life.

Angie and Scott recently celebrated their 11 year wedding anniversary and are proud to be called Mom & Dad by their two adorable kids, Shayne and Noelle. A pretty simple family who enjoys relaxing camping trips, the Tousignant's make their own fun in life and encourage creative thinking and expression within their home.

They are proof that when you put your health as your #1 priority, great things will come your way!





Connect with Scott and Angie on Facebook...

Scott's [Facebook Profile](#)

Angie's [Facebook Profile](#)



Be sure to stay informed and up to date with more fat loss information at the [Fat Loss Quickie Blog](#)

The Fat Loss Quickie blog is a great place to interact with Scott and Angie, ask your most pressing fitness questions, and gain support from your fellow Fat Loss Quickie friends.



The [Fat Loss Quickie YouTube Channel](#) is a constantly being updated with top notch fitness tips, video demonstrations, recipes, and motivation strategies. Be sure to subscribe to our YouTube Channel updates.

Scott & Angie's Body Transformation Programs



Sizzlin' Circuits

Sizzlin' Circuits is a challenging, fun, and engaging workout program designed for women and gives a little extra attention to many of the problem areas that women would love to firm and tighten up... specifically, your butt and thighs.

To learn more and see everything that is included in this workout program designed for women, please visit [Sizzlin' Circuits](#) ...Only \$9.95



ROCK That Body!

ROCK That Body has been Scott's go to program for the past several years whenever he wants to experience the best results possible.

To learn more and see everything included in this workout program, please visit [ROCK That Body!](#) ...Only \$9.95



Core Plus More

Core Plus More is an invigorating home workout program designed for women. Core Plus More emphasizes movements that develop a strong, tight, and sexy waistline, while shaping your entire body.

To learn more and see everything that is included in this workout program designed for women, please visit [Core Plus More](#)...Only \$9.95



Pyramid Pandemonium

Pyramid Pandemonium is an intense gym workout program designed for the more intermediate to advanced trainee. Pyramid Pandemonium takes pyramid training to a whole new level, increasing your strength while burning fat and sculpting your body!

To learn more and see everything included in this workout program, please visit [Pyramid Pandemonium](#) ...Only \$9.95



Fat Loss Quickie 10-Minute Metabolism Blaster

Fat Loss Quickie is a 6 month fast, fun home workout program designed for busy people. It includes 30 home workout videos, 30 home cardio videos, 42 motivational audios, meal plans, and more.

To learn more about this fat loss program please visit [Fat Loss Quickie](http://www.FatLossQuickie.com)



A Couple's Guide To Transforming Your Body and Relationship

More Love Less Fat

More Love Less Fat is a workout program designed for couples. It includes strategies to help couples transform their body and relationship, along with quick workouts to sculpt your body.

To learn more about this workout program designed for couples, please visit [More Love Less Fat](http://www.MoreLoveLessFat.com) ...Only \$19.95



Girl Empowered

Girl Empowered is a gym workout for women designed to boost your metabolism, increase your strength, burn fat, and skyrocket your confidence.

To learn more and see everything that is included in this workout program designed for women, please visit [Girl Empowered](http://www.GirlEmpowered.com) ...Only \$9.95



Metabolic Maverick

Metabolic Maverick is an intense gym workout program designed specifically for a maximum metabolic boost. With this program you can expect to burn fat, gain strength, and sculpt your body.

To learn more and see everything included in this workout program, please visit [Metabolic Maverick](http://www.MetabolicMaverick.com) ...Coming Soon!