

Heather Morneau
August 31, 2015



Quick Start Tips

You've made the decision for better health



Quick Start Tips

You've made the decision for better health

Now that you are starting to take steps toward your better health goal it's time to actually head in the right direction.

We all make plans to do things, whatever the things are and then a week, two weeks, a month all go by and nothing has changed except that you were going to make plans to get started.

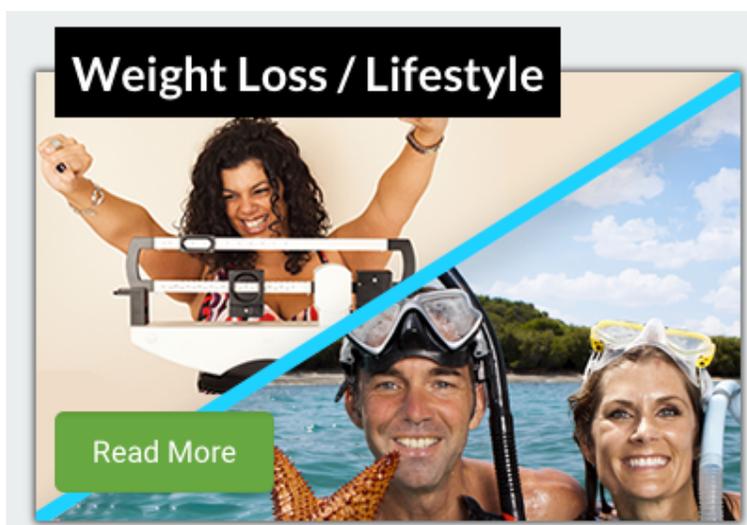
Lets look at this as a journey. The place you are now is not the place that you will finish, so why not treat it like a journey.

Here is a checklist that will hopefully put you in the direction of starting on the right foot and getting you the foundations to make sure you have a successful trip.

Just as with any other journey you take, there should be a few essentials, a map, a schedule, a budget, and a destination. As with any other trip, unless spur of the moment, some planning needs to happen before you begin. This journey will be no different. So lets begin the planning.

#1 - Failing to plan is planning to fail. Sit yourself down and think about what you are going to do. Are you planning to lose a few to look better for summer? Is there a dress you want to fit into? An event you want to look great at? Is this a greater health goal? Is there more than one goal involved. Get your 'trip' planned out.

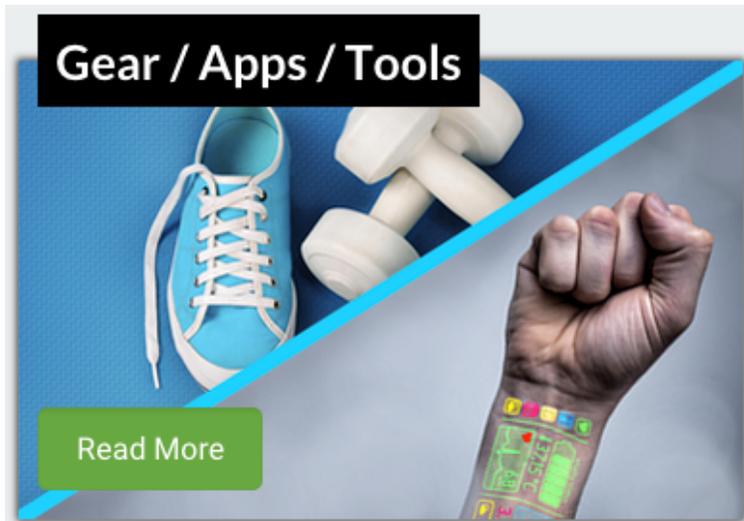
#2 - Create a series of goals. Have a final destination in mind. Either in pounds, size or inches, find a long term goal. Break that goal down. If you have a long trip planned, something that will take more than a few weeks, make smaller goals within reach. Each 10 lbs, each dress size, another inch, each new food you have tried, each food you have eliminated from your daily diet, a new exercise you have tried. Find small goals to reach for and then plan rewards for each goal.



#3 - Be bold, take a before picture and measures. You never have to show them. You never have to even share them. You just really need to remember where you started because you are never going back there again.

#4 - Find an accountability partner, a co-pilot. It can be in person, online, phone, or even journaling. This helps keep you on the right route without taking too many detours.

Ok, now that you are ready to take the journey, let's start.



#5 - The hardest part is the start. Now that you have done the first few things, let's make sure you are ready. If you are truly ready to make a change toward the new you, begin with being accountable to YOU. Keep track of

everything you are eating. For the first week, don't change your habits, don't do anything different, just keep track. Record when you eat. What you eat. How much you eat. How you feel when you eat. What you drink. Yup this is hard. Not physically, but mentally. Every time you put hand to mouth, you will begin thinking about what, how much, when, and how this makes you feel. This is a good thing. Difficult but crucial.

#6 - Keep track of how much you move each day. Be aware of how much you sit, do you get up and move each hour? Do you get out of breathe at all during the day, if so, what were you doing?

#7 - Can you find extra time in the day for either food prep or exercise? Would you be willing to give up that 30 min tv show for a walk? Could you get up a few minutes earlier in the morning to get some food ready for later? or even hit the gym?



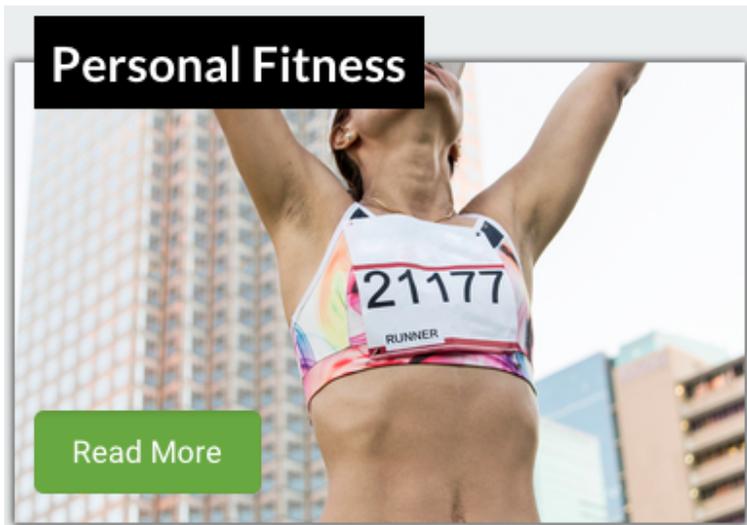
#8 - Drink water. This is crucial. Your body needs water. As you start to move, your body will require more. It is the thing that your body needs to help get rid of the waste that your body no longer needs and as you start to lose weight, it will help

your body flush out what you no longer want to hang on to.

#9 - Surround yourself with people who are going to support your journey. If you are tempted to have desserts, it's seems obvious, but don't go to the doughnut shop. If you want to be more active, then find places where active people hang out.

#10 - Start reading labels. This is really hard and super confusing. I know, I have been doing it for years and I am sorry to tell you that there are so many differing opinions on labels, but the biggest thing is to read them and learn. Look at more than calories. Look at portion size. How much is the actual size the manufacturers portion. You will be surprised at how small the portions are. Look at sodium, there are daily totals that we should stay under. The longer the ingredients list and the more complicated the ingredients, the more you should avoid that item.

#11 - Try to avoid the over processed foods. The outside aisles in the grocery store is usually where we should shop most. Its the produce, meats, dairy, and bakery. The freshest food in the store, usually, and



where the healthiest food is, generally.

#12 - Get off the couch, computer, chair, whatever keeps you seated. Be mobile, if you can go for a walk, do it. If you can go for a swim, go. If you can make it to the gym, yup, get there. Find something

to do everyday. If getting out is not going to happen, then do it at home. Go up and down the stairs. Find a video to watch on your computer or tv. Go outside and bounce the basketball. Just do SOMETHING. This is about energy consumed and energy burned. In the end you must burn more than you consume!

#13 - Start the day with breakfast. This is a must. No exceptions. Get out of bed and eat. For some people this will be tough, but essential. Coffee alone is not breakfast. Adding a doughnut is not the answer either. Within the first hour of your day, you need to get some fuel into your body to get your metabolism up and running so that it can burn calories all day.

#14 - Eat protein. You need protein in every meal. Even snacks are considered a meal. Without fail eat protein with each meal. There are lots of options for protein and you would be surprised where you can find protein. Contrary to popular belief eat a small meal of protein before bed. It's like stoking the fire in a wood burning stove. If you don't put fuel

into the stove before bed, the fire is out in the morning and it takes a long time to get warm again. Your body is the same. Let it work while you sleep. It won't keep you awake, it keeps your system from getting cold overnight and having to work hard to restart it in the morning.



#15 - Don't forget to start at the top of this list again every once in a while. We all have a tendency to get a little off track. We all need to remember where we started and then we can see how far we have come. Also, sometimes our destination changes. Life will get in the way too.

That's ok, just don't let life's challenges take over. Refocus and get back on the journey to the new you.

"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."

— Mario Andrett

I have one little favour to ask of you. You have taken the time to open this up and read it and I thank you, and congratulate you! As someone who has been there, done that, I would really like to be there for you. Please go to our facebook page www.facebook.com/Q4fit and let us know that you are ready to start your journey.

Just a short note; I am starting my journey; I'm in; Let's go; OK; whatever you are comfortable with and we at Q4Fit will do what we can to be your cheering squad.



Heather Morneau

Co-founder

q4fit.com

About us

Our desired goal is to meet you where you are, and help inspire you to reach your health, fitness and financial goals. Meet the co-founders of q4fit.com

Let me introduce myself. I am Heather Morneau. I'm a mom, wife, aunt and co-founder in Q4Fit.com.

I was an active kid and teenager. But as most people can relate to, after school ended, so did most activity levels. As I went through my twenties, I had babies and never really went back to pre-baby weight. So by the time I was in my 40's, I was a long way from my ideal weight and size. Over the years I'd tried all sorts of weight loss plans: Weight



Watchers, classes at the local Rec Centre and well meaning friends' diet plans. I even hired a personal trainer and worked with her 3-4 days a week.

Every time I tried something new, although I wanted support, I was never willing to put my family through the deprivation that I knew I would have to go through. So I would make two sets of dinners and resent them being able to eat the food I couldn't. Or I'd start another "activity program"

and then complain because of the time it took me away from my family.

Then the fall of 2011 arrived. We were crazy busy, I had a very sick husband, (Doug had pneumonia that lasted three months), a son getting married in a matter of weeks, a daughter studying abroad and yet another daughter just entering high school. My world was spinning too fast and so was my weight. (I was actually in the process of outgrowing yet another dress size.) As Doug was getting healthier, we came to the conclusion that we needed to put our health back of the top of our list of priorities. We hired a husband/wife team to help us get healthy.



My journey to health has been very different from Doug's. Although we both had a lot of weight to lose, we learned very quickly that men and women are extremely different in so many ways. While Doug's weight seemed to melt off of him, mine took a long time to move and I am still working on my journey of weight loss.



But we've learned so much more than we thought we needed to. We've changed so much more than we thought we would, are still in the changing mode and probably always will be.

So, here we are: I can shop in a 'regular' clothing store

for the first time in years. I don't get 'the look' from judgemental store clerks. I can buy more than just shoes and purses from the 'nice' stores. I am not ashamed to be seen eating something other than veggies in public.

My commitment to you is this:

I will continue to share what I've learned

I will continue to offer any and all support I can

I will share recipes, tips, advice and even have guests with their spin on the collective goal of achieving health and wealth.

Heather Morneau

Let me introduce myself. I am Doug Morneau, a husband, dad, uncle, and co-founder of Q4fit.com.

In 2011 I was FAT, out of shape, on six different medications for hypertension, high blood pressure, high cholesterol, and using a CPAP machine when I slept. Diabetes runs in my family, and my internal medicine doctor said if I were to get diabetes I was a dead man.

Well, in September of 2011 I came down with double pneumonia, was put on medication, steroids, and confined to bed by my doctor.

Three months. Three months I slept 20 hours a day and did not have the lung capacity to walk up a flight of stairs to get to our bedroom without a long rest at the first landing, followed by another long rest once I reached the top of the stairs. An ascent which left me on my hands and knees gasping for air wondering if I was going to die.

It nearly killed me, and the doctor later admitted that I was worse than she thought and should have been hospitalized.

Two months later (November), I was only allowed to work two hours per day including my commute.

By this stage I'd had ENOUGH! In the last week of November, against the doctor's recommendation, I said "I'm going to go to the gym and get healthy." I started by asking for references to a good trainer, one with a proven track record. Heather and I drove to the gym to meet our prospective trainers and basically said, "We're done being sick, overweight and unhealthy". We interviewed each other. At the end of our first meeting, I told Dean (one of the trainers) "I'll commit to do whatever

you tell me. I'll keep the schedule, do the work ... whatever it takes. I'm deadly serious!"

I'm not sure he believed that I could or would make it.

But, on December 1st, 2011 Dean showed up at our home at 7:00AM to train us in the home gym. (I will share the program I followed and what I do now at another time).



Fast forward to now ... I've reached my weight goal and am working on my body fat percentage goal of 9-10%, and specific lean muscle building goals.

I am 100% medication free - all gone, goodbye! The doctors are all shocked and keep asking me how I did it?

It's really simple. I've walked 1000 miles in the shoes of those fighting the same battles with weight, medication, struggles,

motivational challenges, the haters who don't want you to succeed plus the time and financial commitment to see this through.

Today, I pledge to make a difference in your life. Whether it's through educational information, motivation, someone in your corner cheering you on, guest bloggers, podcasts, social media, and whatever medium, I will do my very best to support your journey.

So, all I'd ask is this, won't you at least consider joining me on a journey, a lifelong journey that starts with one day? Just one day at a time.

I'll believe in you. Will you?

Doug Morneau