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Behavior Modification



COACH MARNIE

D4G-FIT

Behavior Change



In order to make lasting change you need to know the different stages of change.

The Change Stage Model.

This model demonstrates that change is rarely easy and often requires a gradual progression of small steps toward a larger goal and relapses are an inevitable part of the process of making a lifelong change. People are often unwilling or resistant to change during the early stages, but eventually develop a proactive and committed approach to changing a behavior.

The Elements of Change

In order to succeed, you need to understand the three most important elements in changing a behavior:

- Readiness to change* - Do you have the resources and knowledge to successfully make a lasting change?
- Barriers to change* - Is there anything preventing you from changing?
- Expect relapse* - What might trigger a return to a former behavior?

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Stages of Change

Stage 1: Pre-Contemplation

Stage 2: Contemplation

Stage 3: Preparation

Stage 4: Action

Stage 5: Maintenance

Stage 6: Relapse

If a person is unaware of an issue or is in denial, feeling poorly or a yearly physical from their doctor may prompt them to become aware of a health issue such as obesity or predisposition to an illness. This will lead them into a contemplative stage of considering making a change. This is where D4G - Fit comes in...

Coach Marnie's Method:

D4G-Fit has an OWN IT - CHANGE IT - MAINTAIN IT Online program that offers clients at various stages of readiness to progress through the Stages of Change with support and guidance towards a healthier lifestyle. This program offers support at every level to ensure lasting change occurs for Team Members.

The OWN IT - CHANGE IT - MAINTAIN IT Program consists of:

- Direct Daily Contact with Coach Marnie
- Support, Education & Motivation
- Membership in the Online D4G-Fit PT Hub
- Membership into the exclusive, private Facebook Membership Group
- Individualized meal plan based on goals
- Individualized workout plan based on goals and level of abilities
- Nutrition guidance and support including healthy recipes
- Camaraderie and support from other team members
- Progress tracking
- Logging tools to track daily exercise and nutrition
- Most importantly, direct daily contact with Coach Marnie
- and much much more....

What separates D4G-Fit from other programs is the continued caring support from Coach Marnie backed by experience and education.

If you're just not ready to make the jump into Coaching, these are some things you can do before starting the Coaching process. Being in the right frame of mind is crucial for you to achieve lasting success.

First, you must embrace change.

You must begin with a positive outlook and not one of fear or dread. Think and list all the positive things that can happen if you begin to lead a healthier existence.

Second, address and acknowledge your feelings.

Own it, all of it. You must allow yourself to feel and process feelings. Start journaling to help you work through emotions. Identify areas of change and write the pros and cons to needed change.

Third, set realistic expectations.

Be realistic in your approach to change. Is it realistic, relevant, reasonable, and or rewarding.

Fourth, stay connected.

Stay connected to your support system and don't isolate yourself. Change can be very difficult and scary, so surround yourself with people that are positive and want to see you become better. Remember, once you connect with me, Coach Marnie, I will always be available to you, because I care. Just simply reach out.

Please contact me, Coach Marnie, if you have questions or need support navigating through the beginning stages of change.

Contact information:

coachmarnie@d4gfit.com

[d4gfit.com](http://www.d4gfit.com)

<http://www.d4gfit.com/Packages.html> (page for signup)

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THANK YOU

