**Get your Faith**

**in Shape**

Daily Devotions for the Fit Girl to Help Build your Spiritual Muscles

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*Dedicated to my parents, my husband, and my late dog Spirit. All whom I believe are my angels sent from Heaven.*

**Introduction**

Well hello, beautiful… yes, YOU! Do you think of yourself as beautiful? Do you see yourself as confident and inspiring to others? Do you feel gorgeous and full of unlimited potential?

If your answer isn’t a loud “Yes Ma’am!” then we are going to have to work on that. The good news is, you have this book in your hands right now… which tells me you must be very motivated and ready to step into your greatness.

Are you tired of seeing the ridiculous standards this world has set for women? The unrealistic, perfect bodies that flood our social media news feeds? The constant feelings of not measuring up? You must be, or you wouldn't be here right now. You are done spinning on that hamster wheel of dieting and insecurity. You know there is more to life than trying to live by society’s ideals.

You want to feel good about yourself again! You want to look in the mirror and LOVE what you see. You want to feel strong, confident and capable of anything you put your mind to. You’re tired of feeling like you try everything, and yet nothing works. You are here, right now, with this book in your hands, seeking a better way.

I am so honored to be able to share this journey with you. I love surrounding myself with strong, positive and empowering women. I am so PUMPED to have you in my circle of sisters!

This book is more than just a 30-day devotional. This book is your training manual for becoming fit… not just physically, but mentally and spiritually as well.

You *SAY* you just want to lose some weight. But what do you *really* want?

I think I know. You want to feel confident! You want to stop feeling insecure about your body. End the battle against cravings and anxiety. Do away with the emotional eating and the guilty feelings about food. You want to quit weighing yourself every day and obsessing over calories. You want to stop hating your body and all its stupid cellulite and jiggly parts. You want to be happy, truly happy, deep down inside. You want to *believe* someone when they say you look beautiful.

Am I right? Then *that* is where we need to start.

There is an epidemic in society today. All the photoshopped bodies on the internet and in magazines bombard us with an idea of beauty that is unattainable. We are being sold weight loss tea, patches, shakes, pills and 90-day miracle workouts that will only leave us discouraged and feeling worse about ourselves when we don’t lose the weight and grow a J-Lo booty.

Women are coming to me with pictures of fitness models, stating that it’s their “goal body” and asking me what they need to do to look like “them”. We are forgetting our own unique beauty! We run households and have careers and birth little humans, and yet still feel insecure… we have forgotten our strength!

I am here to remind you of the crown you wear on your head. You are a daughter of a King. God made you beautiful with your own unique talents and gifts.

***“A rose can never be a sunflower, and a sunflower can never be a rose. All flowers are beautiful in their own way, and that’s like women too.” - Miranda Kerr***

As we spend these next 30 days together, you will begin to see a true transformation. You know how everyone in fitness talks about how “mindset” is so important to your success?

Well, what does that mean anyway? What kind of “mindset” do you need to have and how the heck do you get it?

You start with the basics. You start with an understanding of where your true value lies. You start with small daily actions that build a foundation for lasting results. You start with simple changes that add up over time to create a whole new way of life for you.

As a personal trainer and health coach, I see the same thing time and time again. I can design the perfect training and nutrition plan but if someone doesn’t have the right mindset, they will never see lasting results.

That is because most of us know *WHAT* to do… we know we should eat healthier and exercise daily. The problem is that we don’t *DO* it. We play mind games with ourselves. We tell ourselves we need motivation. We tell ourselves we will start Monday. We tell ourselves we are too busy, it’s too hard, or it’s not the right time. We convince ourselves that we are destined to always struggle. It “runs in the family” and so we blame it on genetics.

These excuses for why we can’t get fit, healthy and happy are not coming from a place of laziness (well, not *always* haha). You are simply searching for reasons why you can’t seem to make it happen!

***“Do the best you can until you know better.***

***Then when you know better, do better.”***

***- Maya Angelou***

I am here to show you the “better”.

You can throw all those old excuses out the window (along with that stupid scale!) because you won’t be needing them anymore. You are about to enter into a new way of living where you *only* see possibility and potential.

It’s a lot like The Matrix… once you have discovered this new way of thinking, feeling and living, you can never go back. So, do you choose the red pill or the blue pill?

***“You take the blue pill, the story ends. You wake up in your bed and believe whatever you want to believe. You take the red pill, you stay in wonderland, and I show you how deep the rabbit-hole goes.”***

***- Morpheus, The Matrix***

Ahhhh, you chose the red pill. You want to end the cycle of fad diets, weekend binges and obsession with the scale. Perfect. No going back now!

Before we jump in, I want to mention one final thing. I am not only writing this book for you, I am also writing this book for myself.

When I began working on this, I had thoughts of self-doubt. “Who am I to write a book like this?” I wasn’t sure I was worthy. But that is *exactly* why this book needed to be written! As women, we need to remind each other daily that our value and our worth is not determined by the number on the scale or the size of our jeans.

Your worth comes from Christ, who died on the cross because you are THAT important, you are THAT loved! You are a princess, the daughter of your Heavenly King. We are strong and when we come together, we are a force to be reckoned with. You deserve to surround yourself only with people who love and respect you, and nothing less.

So as we embark on this journey together, I want you to set aside 10 minutes every morning to spend time here. For the next 30 days, we will take steps together that will help you discover your confidence and true beauty.

Are you ready for a transformation!?

**How to use this guide:**

This 30-day training manual is more than just a daily devotion. Each day will have an *action* for you to take. That action will strengthen your mind, feed your spirit, build your confidence and deepen your faith. You will develop discipline, and learn how to keep the fires of motivation burning strong to create lasting change.

IMPORTANT NOTE: You may feel you need more than 1 day to implement some of these daily actions. That is TOTALLY ok! Take your time and really do the homework. There is no “right way” just do what works for you.

Each day will have a positive affirmation that you will speak out loud 3 times. You may feel silly at first, but this is a scientifically proven brain training technique!

When you speak power over your life daily, it begins to *literally* change your brain. You start to build connections, essentially rewiring your brain to think positively. You begin to see life in a new light, and you start to see yourself differently.

Those critical thoughts you have of yourself will start to disappear. You will feel less anxious and stressed. Your cravings become almost non-existent, and your energy will skyrocket. You'll begin to actually enjoy healthy food and exercise. (gasp!) Everything becomes easier! Just as we train our bodies, we must train our minds as well.

***“Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it.”***

***- Oprah Winfrey***

Let’s change our lives, ladies. Here’s your red pill…. See you inside the rabbit hole!

**Day 1:**

1 Timothy 4:8

For physical training is of some value, but Godliness has value for all things, holding promise for both the present life and the life to come.

We need to remember God is the REASON for our fitness journey. Our faith is our most important muscle. Commit to this journey with Him as your center. Make it your top goal to read His word and spend time in prayer daily. THEN, set your physical goals. We will only truly succeed when He is first.

Instead of thinking, “When I reach my goals, then I’ll be happy and fulfilled” we should be saying “When I am happy and fulfilled, *then* I will reach my goals!”

When our confidence and joy comes from an outside source, it is very easily lost. We must first connect with ourselves, creating our own confidence and joy from the inside. As a result, we will start to achieve amazing things.

***“Each one has to find his peace from within. And for peace to be real it must be unaffected by outside circumstances.”***

***- Mahatma Gandhi***

**Daily Affirmation: “I am strong and fit in my body, my soul and my mind.”**

(Remember, you are to repeat the daily affirmation out loud at least 3 times. When you do, really focus on what you’re saying. Notice how you *feel* as you speak the words. Close your eyes and say it with confidence! Experience how it feels to speak about yourself with such assurance!)

**Daily Action:** Below, write down 3 things that you are thankful for today!

**Day 2:**

1 Corinthians 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God.

Train yourself to start asking, “Is this God’s best for me?” So many times we settle for less than His best. Sometimes, His best may be snuggling with your kids (or your dogs) on the couch with some popcorn. Sometimes His best is getting up early and going for a run. God did entrust our bodies to us as a vessel for us to use to do His work on earth. If you’re new to this healthy living stuff, whenever you’re faced with a decision, ask yourself “Is this Gods best for me?” Then pray. He is listening and He cares. Nothing is too small to take to Jesus.

***“Look to your health; and if you have it, praise God and value it next to conscience; for health is the second blessing that we mortals are capable of, a blessing money can't buy.” - Izaak Walton***

**Daily Affirmation: “I love my body. I treat it with love and respect by fueling it properly, so I can be the best that I can be.”**

**Daily Action:** Start today by treating your body with love! Drink a glass of lemon water this morning and do this 5-minute wake-up workout:

* 30 second forearm plank hold
* 30 seconds of pushups (do these on your knees if you’re a beginner)
* 1 minute of bodyweight squats
* 30 seconds of jumping jacks
* 30 seconds of jogging in place

Great work! Now take a moment to write about how that little workout made you feel:

**Day 3:**

Hebrews 12:1-2

Let us run with perseverance the race set before us; Fixing our eyes on Jesus, the pioneer and perfecter of our faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

If you’ve ever chased perfection in life, you’ve suffered an empty and meaningless pursuit. While we do value working out and eating healthy, we will be exhausted if we are always trying to be perfect. Commit to chase only Jesus, He will always lead you in the right direction. He loves you just the way you are, with all your perfect imperfections.

**Daily Affirmation: “I try my best and that is good enough. I do not need to be perfect, nobody is perfect. I am awesome just the way I am.”**

**Daily Action:** Write down 3 things about yourself that you love! What are your strengths? What do people often compliment you on? What gifts do you feel God gave to you?

**Day 4:**

Psalm 139:14

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

Repeat after me: I am not working out to become beautiful. I am working out to be healthy. God already made me beautiful!

It’s hard to stay positive when someone is always coming down on you. And when that someone is YOU, that’s a dark cloud that will follow you around 24/7. Would you talk to your friends the way you talk to yourself when you look in the mirror and are critical of what you see? Of course not! And remember, when we criticize ourselves, we are belittling our creator. God made you just the way you are for a reason, and He is pleased! He considers you His beloved, priceless. Read this verse often to remind yourself of how valuable you are and to remember how *God* sees you.

***“To love oneself is the beginning of a life-long romance.”***

***- Oscar Wilde***

**Daily Affirmation: “I am made in His image, the daughter of a King. I am beautiful, strong and confident!”**

**Daily Action:** Put on your favorite outfit today! When we dress in ways that make us feel good, do our hair and brush on a little mascara, we start to FEEL confident! Take time today to dress up and feel beautiful!

Take a moment and write below about how you are going to make yourself feel beautiful today! Then tonight before bed, come back and talk about how that changed your day:

**Day 5:**

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit within you, whom you have received from God? You are not your own, for you were bought with a price. So glorify God with your body.

Our bodies are temples because of who lives inside of us – Jesus in our hearts – not because of what they look like. A flat stomach doesn’t make your body a temple. Toned arms and cellulite-free legs don’t make it a temple. Jesus does.

Working out just to look a certain way is a shallow goal that is easy to let go of. This is why so many times we lose our motivation… we need a deeper, more meaningful reason to keep going.

What if instead, we focused on what our bodies can do? What if we *smash* our workouts so that no matter what assignment God gives us, we don’t have any physical limitations holding us back?

Let’s take care of ourselves so that we have the energy and strength to fulfill his call on our lives!

***“Better to hunt in fields, for health unbought, than fee the doctor for a nauseous draught, The wise, for cure, on exercise depend;***

***God never made his work for man to mend.”***

***- John Dryden***

**Positive Affirmation: “I am in the best shape of my life. I take care of myself as a way to praise and thank the Lord for this body He has given me.”**

**Daily Action:** Take time today to take care of your body and mind. Take a walk, or take a warm Epsom salt bath with candles and music. Get a massage! Do something today to relax, destress and recharge.

Write below what you plan on doing today or this week to take care of your body and mind. Then come back afterwards and describe the way you feel and the impact it made (were you able to sleep better, did you feel less irritable, did some of your body aches and pains go away?)

**Day 6:**

Proverbs 31:17

She dresses herself with strength and makes her arms strong.

Living an active life for Christ requires strength. It requires discipline. Are you seeing a familiar theme here? Our workouts are a training ground because life is a spiritual battleground. This verse also says STRONG, not SKINNY, just sayin’.

Developing discipline in your fitness life will transfer over to the rest of your life, and you’ll be more disciplined in other areas like your job, or your commitment to your personal relationships. When you can conquer that killer workout, you build mental strength to conquer life’s challenges as well.

***“The pain you feel today will be the strength you feel tomorrow” - Unknown***

**Positive Affirmation: “I train like an athlete so that I can conquer anything this life throws at me. I fight like a girl and I can defeat any challenge!”**

**Daily Action:** Sit down and write out your workout schedule for the week. Plan your meals and schedule in when you are going to exercise. This is part of being disciplined! Make the commitment by writing it down and keep that appointment with yourself.

**Day 7:**

Matthew 19:26

Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

Limiting beliefs hold us back in life like nothing else.

When you say things like:  
- "I can't do that"  
- "I'm just not good at that"  
- "That's just not my thing"  
- "No one in my family is good at that"

Often times, what we think we can't do we don't even bother to try. Or, we do try it but we go into it already dismissing it with these thoughts of "I can't" or "I won't be good at it". So we never really give the experience a chance.

People often say "well I tried it and I wasn't good at it… so I was right, it's just not my thing". That is almost always a false statement. When you go into something already convinced you're not going to do well, that is exactly the conclusion you will come to in the end.. even if you DID JUST FINE!

Usually, the anxiety you have about trying something you think you will fail at is the actual cause for you to fail, or to THINK you failed, even if you didn't.

When you make your mind up about something, it doesn't matter what the actual reality of the situation is… your mind has you convinced otherwise.

Start telling yourself you *can* do it... whatever it may be!

**Positive Affirmation: “Nothing is impossible, I can do anything with God on my side. I am well on my way to crushing every goal I have and smashing the barriers that have held me back in the past!”**

**Daily Action:** Write down 3 goals, and dream BIG! Do you have a dream to quit your job and open an animal rescue? Do you have a dream of traveling the world? Or do you dream of one day competing in a fitness competition? Nothing is impossible with God! Don’t limit yourself here. If it lights you up inside, write it down!

**Day 8:**

Hebrews 12:11

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

Let’s prepare for this.. there will be days when you won’t want to choose discipline. But from what I know to be true in my own life, when I allow myself to become undisciplined in one area, it becomes harder to stay disciplined in every other area of my life. And when I aim to be disciplined in a wide spectrum across my life, it feels much easier to keep my life in order.

Train yourself to become disciplined. Not just in the gym and with your nutrition, but as a woman who prays instead of panics. Who looks to Gods word for wisdom. Who chooses to serve others rather than herself. A woman who is thankful and doesn’t complain.

**Positive Affirmation: “I accept the challenge to become better every day. I am determined to persevere and stay disciplined in my thoughts and actions.”**

**Daily Action:** Becoming a dedicated and disciplined person isn’t a cake walk… in fact, taking the cake for a walk is part of your daily action today! That’s right, take the cake (all your junk food) for a walk out to the trash can today!

Help yourself by removing temptation. Your willpower won’t be strong every day, so making it difficult to access those temptations can be pivotal to increasing self-discipline. This can be true in other areas of your life as well, not just your fitness life.

If Facebook is a weakness and causes you to procrastinate or compare yourself to others, turn off your notifications or delete the app from your phone. If overspending is a problem, only leave the house with cash, no credit card. Create an environment that assists you in reaching your goals, rather than hindering you.

Take a moment to reflect below and write about some ways you can eliminate your temptations and create and environment for success!

**Day 9:**

Galatians 6:9

Let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Results do not happen overnight. Anyone who tells you that you can get fast results, run from *THEM* fast. Getting healthy is a result of consistent work over time. It may take weeks before you notice a change in how you feel. It may be months before you can see a difference, and even longer for others to see it. Just stay the course.

Results will come as long as you keep going and keep making healthy choices. Try setting your goals according to what you *can* control. Instead of saying you want to lose 10lbs, (when you can’t control what the scale will say) make it a goal to workout 5 days a week… you *can* control that!

You can’t control what size jeans you’ll be able to wear next month, but you can control how many servings of fruits and veggies you get a day. Set realistic, action-based goals and don’t give up.

**Positive Affirmation: “I will not give up. I will keep pushing toward my goals and each time I reach a new level, I will aim even higher. I will not be discouraged, I will persist passionately toward my dreams.”**

**Daily Action:** Write down one goal that you want to work towards right now. I am not talking about long term dreams here, but short term goals. Some examples would be to drink a gallon of water a day, exercise for 30 minutes a day 3 days a week, or commit to 10 minutes a day of a stress-relieving activity like meditation or a walk in nature. Write that goal down and stay consistent!

**Day 10:**

Proverbs 27:17

As iron sharpens iron, so one person sharpens another.

Please don’t try to embark on your health journey alone. God created us to be better together. Celebrating small wins is not as much fun when you’re alone, and when you are struggling it’s always easier to get through it when you have someone by your side. Accountability is key. Research shows that simply telling someone about your goals doubles your chances of reaching them! Don’t miss out on the power of encouragement!

***“When women come together with a collective intention, it’s a powerful thing”.***

***- Phylicia Rashad***

**Positive affirmation: “I am worthy of good relationships. The Lord is sending positive people into my life that will encourage me to be at my best.”**

**Daily Action:** Find an accountability buddy today! Do you have a friend who is also trying to stick to a healthy lifestyle? Or a family member who will help support you on your journey?

You could always reach out online, there are plenty of great Facebook groups dedicated to women supporting one another!

In fact, if you haven’t joined *my* group already, we would love to have you!

Just go to: <https://www.facebook.com/groups/FitChickMembersClub/>

Our group is super supportive, and someone would be happy to be your accountability buddy! Agree to one day a week when you’ll check on each other and hold each other to your commitments.

**Day 11:**

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good, pleasing and perfect will.

The worlds’ way, society’s way of doing health and fitness can destroy you. You may be skinny, but you’ll feel empty.

This verse talks about the renewing of your mind, and that once you do so, you will be able to determine what is good for your soul, and what is toxic. You will gain good judgment and discernment. You will no longer be swayed to believe you need to look a certain way, wear a certain size or hit a certain number on the scale to consider yourself beautiful and amazing.

We can be, as this verse says, *transformed by the renewing of our minds* through brain training. Each day we are practicing different forms of brain training, but today we are talking about meditation. I HIGHLY recommend meditating every day (and apparently, so does the *Bible!*). All it takes is 5-10 minutes of sitting still and envisioning your dreams and goals coming to life. It’s actually really fun!

I have recorded a guided meditation just for you today. It is part of your daily action. It only takes a few minutes and is a great introduction into *how* to meditate, if you’ve never done it before.

**Positive Affirmation: “I feed my mind every day with positivity, inspiration and abundant prosperity. I have a limitless mindset, a strong will that cannot be shaken by the things of this world.”**

**Daily Action:** Listen to the guided meditation today! It is only 5 minutes, so go find a quiet space where you can be alone. Put in some headphones to drown out other noise. Close your eyes and really focus, following my directions.

The meditation is on YouTube, at this link:

<https://www.youtube.com/watch?v=8rnRApdekaE>

**Day 12:**

Job 37:5-6

Gods voice thunders in marvelous ways. He does great things beyond our understanding. He says to the snow, Fall on the earth, and to the rain shower, Be a mighty downpour.

***“Be who god meant you to be and you will set the world on fire”.***

***-St Catherine of Siena***

Just look at God’s creation… The snow, the rain, the oceans and mountains. Yet you are His greatest work! You have unlimited potential. We each have a unique calling in this world. Yours may be to start your own company, or maybe it’s simply to raise a family. Maybe your calling is to adopt a child or to go overseas as a missionary. It can be big or small, but you better believe it’s important!

Don’t ever think you are insignificant. We all have greatness within us. Straighten your crown girl, and remember who you belong to!

**Positive Affirmation: “I am unique. God has given me special gifts that I am meant to share with the world. I am connected deeply with my calling and always strive to be walking in my purpose.”**

**Daily Action:** Celebrate your achievements! This is something we often forget to do. We are very good at punishing ourselves for things that have gone wrong, but we don’t always thank ourselves for a “job well done”.

Make it a point to give yourself a pat on the back every once in awhile. Today, write down one thing that you have accomplished. Don’t be afraid to celebrate the small wins! Maybe you have gone an entire week without caving to the free bagels at work, or you haven’t smoked a cigarette in 3 whole days. Then, start rewarding yourself monthly for your small wins. Treat yourself to a new workout outfit, or set aside one day just for some relaxation and “me” time.

**Day 13:**

Isaiah 64:8

You, Lord, are our father. We are the clay, you are the potter. We are all the work of your hand.

How cool is it that we were literally made by the hands of God? Yet we are still so hard on ourselves at times.

Learning to love and accept yourself completely, all your perceived flaws included, comes down to action. After all, love is a verb, right? Start taking action to show love to yourself! What are your hobbies, what do you enjoy doing? Start doing more of those things today.

For example, I love being in nature. I often feel guilty taking time away from my child (ok, she’s a dog but she is like my kid, so… don’t judge) or taking time off work just to go to the beach, but it restores my soul! It is important to take time to do the things you love. Maybe you love kiteboarding, or gardening, or taking cooking classes. Don’t neglect the things that make you feel good inside. God gave you those desires because He wants you to enjoy life!

**Positive Affirmation: “I am the beautiful handiwork of God. When I look in the mirror, I smile because I love what I see. I accept myself deeply and completely.”**

**Daily Action:** Do one thing today (or schedule it for this week) to indulge in your favorite hobby!

**Day 14:**

Matt 10:29-31

Are not 2 sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. And even the very hairs of your head are all numbered. So don’t be afraid, you are worth more than many sparrows.

What you accept from others teaches them how to treat you. Do you know how worthy you are? If you did, you would never allow someone to treat you with disrespect.

You are valuable, and you deserve to be treated as such. When you know your worth, you will start attracting other people who also see you as worthy.

You will begin to form relationships with people who honor you, love you, encourage you, support you, lift you up, respect you and challenge you to be your best. Don’t accept anything less.

**Positive Affirmation: “I am worthy of being loved by others, and loving myself. I am deserving of kindness and respect from others. I welcome success and happiness into my life.”**

**Daily Action:** Take a step back and really consider the people in your life. Not everyone deserves a seat at your table. It may be time to let go of toxic relationships and people who don’t see your worth.

If they aren’t making your life better, it’s time to move on from that relationship. Delete them from Facebook, and distance yourself from them in your daily life.

You can still be kind and forgiving, but they need to know you have boundaries. Not everyone is deserving of your time and energy.

Take a few moments to journal your thoughts on this here.

**Day 15:**

Isaiah 40:29-31

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall. But those who hope in the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint.

We all go through struggles in life. This verse talks about how even the young and strong grow tired and stumble at times.

What separates the successful woman from the average woman is her perseverance. She knows that there is no such thing as failure, only lessons that teach her how to be better. She hopes in the Lord during times of struggle, and He renews her strength.

When you fall off track or hit a road block, don’t give up. Don’t even allow it to stress you out! Just pray, give it to God and say, “Not today Satan!” Keep walking forward with your head held high and trust the Lord to bring you through it. Learn from life’s hard lessons and let it make you better.

***“Success is stumbling from failure to failure with no loss of enthusiasm.”***

***- Winston Churchill***

**Positive Affirmation: “I am perfectly flawed. I am an overcomer. I believe in myself and I am capable of defeating any struggle. In hard times, God will give me the strength I need to slay the dragons and come out stronger than ever.”**

**Daily Action:** Write about a time where you struggled in life, yet came out of it a better person. What lessons did you learn through that storm?

**Day 16:**

Philip 4:13

I can do all things through Christ who strengthens me.

Get Out of Your Comfort Zone!

Think of your comfort zone as a prison you live in – a self-created prison. It consists of telling yourself “I can’t” and other untrue beliefs formed from all the negative thoughts and decisions you have accumulated and reinforced during your lifetime.

The good news is that you can change your comfort zone. You can create a “new normal” for yourself. But how?

- You can use affirmations and positive self-talk to affirm having what you want, doing what you want, and being the way you want.  
- You can create powerful and compelling new beliefs of having, doing, and being what you want.  
- You can simply change your behaviors.

Putting these actions into place daily (which is what we are doing here, in these transformative 30 days) will put you well on your way to busting out of your comfort zone and smashing the limitations you have placed on yourself. This verse doesn’t say “I can do some things…” It says you can do ALL things, through Christ who gives you the strength!

Can I get an AMEN!??

**Positive Affirmation: “Never again will I confess ‘I can’t.’ I *can* do all things through Christ who strengthens me. I can do anything I set my mind to.”**

**Daily Action:** Do something today that puts you outside of your comfort zone. Have you been wanting a raise? Ask for it! Have you felt too intimidated to go to the gym? Go with a friend today or sign up for a session with a personal trainer who can show you the ropes! Go out dancing, or compliment a stranger. Do something today that scares you and pushes you to a new level of confidence! Write about it here:

**Day 17**

1 Cor 9:25

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

It can be easy to get caught up in our weight loss goals for all the wrong reasons. We can develop an unhealthy relationship with food, trying to look a certain way in order to feel loved by others, or to love ourselves. It can become an obsession.

Are you dieting and exercising because you *hate* the way you look? Or because you love your body and want to take care of it?

Are you working to see a certain number on the scale? Or are you doing this because you want to be strong and healthy?

As a personal trainer, I have had clients who are already thin but they have a lot of soft, “jiggly” spots they want to get rid of… so they think they need to lose weight. In reality, they need to build lean muscle to tone up those spots! But when they do that, the number on the scale goes up, because lean muscle weighs more (but appears smaller). They see that number, and they freak out! They have placed their value on their weight, not on their health.

I have had clients lose a healthy 2lbs a week, (about 8lbs a month, which is very good) and give up because they feel they are not losing the weight “fast enough.” I have had clients show me their food logs where they barely eat 1,000 calories a day because they are afraid food will make them fat (anything less than 1,200 calories a day is very unhealthy). I have even shown clients a side by side comparison of their progress pictures and they literally cannot see the changes in their bodies because their brains are so well trained to be critical of themselves.

You must fix your eyes on the “crown that will last forever”, or you will forever be fighting with dieting and weight loss. You must start exercising out of *love* for your body, because you want to keep it strong. You must start eating healthy because you want to treat your body like a temple rather than a trash can. Take care of yourself because you respect yourself, as a way to give thanks to the Lord for the health he has given you.

So why are you on this fitness journey now? If it’s because you hate your love handles or some other superficial reason, you’re headed down a path to nowhere. Here are some great reasons to live a healthy lifestyle:

* You will ward off sickness and disease as you get older
* You will have more energy
* You will be in a better mood
* You will become more confident
* You will be less stressed and you’ll sleep better at night
* You will be able to run and play with your kids (and grandkids!)
* You will be able to do all the things you want to do, like hiking mountains and running marathons, riding the bike paths in your city, kayaking, skiing and swimming, etc
* Eating right and exercising daily fights off depression and eases symptoms of PMS
* It reduces anxiety and boosts creativity
* It strengthens your heart, bones and adds years to your life
* Improves your self-esteem
* Helps you look and FEEL younger
* You will be a good example for your kids, friends and loved ones
* It manages chronic pain
* It boosts your immune system and gives you energy
* It reduces cravings for junk food

And so much more!

Make sure you are doing this for the right reasons, and you will succeed beyond your wildest dreams!

**Positive Affirmation: “All my choices are in alignment with my goals. Every day my will power becomes stronger and I create new, healthy habits. I do this because I love my body and want to celebrate my life.”**

**Daily Action:** Start a journal/log to chart your progress, both fitness and spiritual. Write down the little blessings you are thankful for each day. It could be something as simple as your morning cup of coffee! This will help you grow your spiritual muscles as you focus on gratitude.

Also, keep track of how you’re feeling each day as you continue down your path toward a healthy lifestyle. Do you notice you have more energy? Has your anxiety decreased, are you sleeping better at night? Were you able to carry that laundry up and down the stairs without getting out of breath? Have you noticed you are in a better mood lately and don’t lose your temper as much with your kids? Focus on the things that really matter, not what the scale says.

You can start by writing about some of these things below:

**Day 18**

Romans 12:1

Therefore, I urge you brothers and sisters, in view of Gods mercy, to offer your bodies as a living sacrifice, holy and pleasing to God. This is your true and proper worship.

How often do you dread your workouts? It’s not something many of us look forward to doing. We often associate exercise with sweat and pain. But what if it could be something we actually enjoy?

Being active can be a great way to praise the Lord! Whether you’re dancing, hiking, running marathons, walking your dog or lifting weights, you can be thanking God all the while for the ability to do so.

There are people in this world bound to beds and wheelchairs who would give anything to be able to run, lift and dance! Make your workouts a time of worship and see how much you can actually enjoy it. (or even look forward to it!)

**Positive Affirmation: “I thank the Lord every day for the body that He gave me by being active, and fueling my body with nutritious foods. With a strong body and mind, I can be a better example of His love. I can climb mountains and dive oceans and better explore His wondrous creation.”**

**Daily Action:** Turn your workouts into your private worship time with the Lord! Create a praise and worship playlist that will pump you up for your workouts and keep your focus on thanking God for your body and health. You could listen to this while you go for a run, a walk, or just dance around in your living room! However you choose to exercise, the important thing is to get your body moving at least 10 minutes today.

What is on your playlist? Write down some of your favorite songs here. What do you plan on doing today or this week to get in at least 10 minutes of exercise?

**Day 19:**

Hebrews 6:12

We do not want you to become lazy, but to imitate those who, through faith and patience, inherit what has been promised.

I am always telling my clients, “Trust the process” and “Be patient.”

We live in a world where everyone wants results like, yesterday! But all good things take time. God works to build our faith muscles by putting us through the test of time. Are we going to trust Him to provide for us, or are we going to get stressed and give up?

Each time you trust in the Lord’s promises and stay patient, your faith gets a little stronger. In the same way, you must be patient in your fitness goals. To lose weight and get healthy it takes consistency, hard work and time. It can take months and even years depending on your goals and your starting point.

Even when it gets hard, or you feel like you’re not seeing results, you must stay the course. This is not a short term quick fix, it’s a lifestyle change!

**Positive Affirmation: “I wake up every day full of energy and gratitude. I am living a life of action and purpose. I am patient with myself and others. I continue to pursue my dreams each day with renewed inspiration and faith. Each day takes me one step closer to my goals.”**

**Daily Action:** Today, make patience your goal for the entire day. Make an intentional effort to take your time and think about everything you do. Be mindful and live in the moment. At the end of the day, observe all the ways in which you've made smarter decisions and got along better with others. Learn to do this on a daily basis. Developing patience is much like physical exercise because it requires persistence and effort.

At the end of the day today, journal below about the changes you made and how you acted patiently with others:

**Day 20**

Psalm 46:5

God is within her, she will not fail. God will help her when morning dawns.

Muscle must break down in order to grow stronger. Contrary to popular belief, you don’t become stronger in the gym… you become stronger while you’re resting! During exercise, you are creating small tears in your muscle fibers. After your workout, your body repairs or replaces damaged muscle fibers through a cellular process where your muscles become thicker and stronger.

In this life, you will experience tough times. But God promises us He is with us, and He will not let us fail. When God is your teammate, who shall you fear!? Remember these hard times will pass, and when they do you will come out of it stronger and better prepared for the next challenge.

***“Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness.” – Oprah Winfrey***

**Positive Affirmation: “The Lord of all the earth is a friend of mine. I lean on Him through all hard times. I rest easy knowing He will bring me through it all, coming out better than before.”**

**Daily Action:** Listen to a motivational YouTube video this morning while you’re getting ready for work, eating breakfast or driving your kids to school. There’s also tons of great podcasts you could listen to while you’re working out. Choose something motivating, inspiring and faith building. I do this every single day and it has greatly increased my resiliency to stick it out during the roughest of life’s storms.

**Day 21**

Proverbs 31:25

She is clothed with strength and dignity, and she laughs without fear of the future.

An important concept that successful people understand is that you are never “stuck.” You can always do *something* to move yourself forward toward your goals and dreams. The problem is, we often stay “stuck” in a rut by thinking the same thoughts, maintaining the same beliefs, speaking the same words, and doing the same things.

As long as you keep complaining about your present circumstances, your mind will focus on it. By continually talking about, and thinking about the way things are, you are reinforcing those very same neural pathways in your brain that got you to where you are today.

*“I can’t seem to lose weight no matter what I do”.*

*“I am an emotional eater, I have always been that way”.*

*“I am just too busy to meal prep and workout every day”.*

*“I wish I had the body to wear the clothes I want to wear”.*

To change this cycle, you must focus instead on thinking, talking, and writing about the new reality you want to create. Feed your dreams by focusing on what you want, and starve the negative thoughts and emotions by never speaking about them.

No longer will your outcomes be predetermined by an endless cycle of reinforced self-doubt and negative self-talk. You will be free to pursue your goals with new determination and confidence!

**Positive Affirmation: “I have the God of angel armies on my side, whom shall I fear? I am strong and confident, and capable of anything I put my mind to!”**

**Daily Action:** Become aware today of all your thoughts and words. When you have a negative thought (say you walk by your reflection and notice your flaws, or you see a photo of yourself and start to think about all the reasons why you hate that picture) change the channel in your brain. Stop yourself, and say “Wow, I am gorgeous!” when you walk past your reflection. Or when someone tags you on Facebook, comment on the photo and say “Well don’t we look good!?” Practice becoming aware of your thoughts and words. Practice changing the channel to something positive.

**Day 22**

Philippeans 4:6-8

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

You can’t have fear AND faith at the same time, they completely contradict each other. When you are experiencing anxiety, stress or fear over a situation, you are basically telling God you don’t trust Him to take care of you! Maybe you lost your job, you don’t have enough money for rent, your car broke down, or you’re being audited by the IRS. \*shudder\*.

These things can easily put us in a state of fear and anxiety if our faith muscles aren’t strong. And chronic stress causes an increase in the hormone Cortisol, which is responsible for abdominal fat storage. \*double shudder\*

When you start to feel stressed, practice deep breathing. Close your eyes and take 3 big, long deep breaths in through your nose and out through your mouth. While you are breathing, give your problems over to God. Then go about your day with a big smile on your face, knowing God’s got your back!

**Positive Affirmation: “I will not worry, stress or get anxious. I have replaced my fears with FAITH!”**

**Daily Action:** Practice what to do when feelings of stress or worry come upon you. Close your eyes, take 3 deep breaths in through your nose and out through your mouth. Then say, “I surrender all. I surrender all. I surrender all.” Give your worries to the Lord and then let them go. Allow the deep breathing to calm your nerves and trust that it will all work out.

**Day 23**

1 Peter 3:3-4

Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes.Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.

Just scroll through social media for a few minutes, and you’ll see countless images of what society considers “beauty”. You’ll see girls with faces full of makeup, hair extensions, eyebrows stamped on, fake nails, fake eyelashes, perfect lighting, and photoshopped curves.

A 2016 study found that a staggering 94% of teenage girls in America feel ashamed about the way their body looks. Another study of women ages 18-44 showed 97% admit to having AT LEAST one “I hate my body” moment every single day. Those numbers make my heart drop into my stomach.

We must remind ourselves daily that our beauty and value is not determined by society. Whether you are overweight or super skinny, have thighs that touch or thighs that don’t, are tall and lean or short and athletic… we are all beautiful in our own way.

You are beyond valuable in God’s eyes. You are His beloved. You are compassionate. You are a good friend and a good listener. You are great at your job, ambitious and funny. You are strong and independent, kind to the less fortunate, genuine, honest and loyal. You have a million things about you that make you beautiful and special.

Let’s join together as sisters and CHANGE these statistics! Let’s build each other up rather than compete with one another. Start today by *BEING* the change you wish to see.

**Positive Affirmation: “My beauty and my worth does not come from my outward appearance or the number on the scale. I am uniquely beautiful, priceless, and worthy of love and respect.”**

**Daily Action:** Reach out to 3 women today. They can be family members or friends. Ask them this, “What are 3 of my best qualities?” Then, in turn, tell them 3 things you love about *them*. Tell them 3 qualities they have that make them beautiful.Then write down what they say about you below:

**Day 24**

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

If you could physically see Jesus and your guardian angels walking next to you, I bet you wouldn’t be afraid of much of anything! Although we can’t actually see them, God promises us that he is with us wherever we go, and that we need not be afraid or discouraged.

Making big life changes can be scary and overwhelming. Creating new habits and letting go of old ones is not easy. We often fall off track, and that can lead to feeling discouraged. You must remember, you’re not perfect! You will make mistakes, you will fall back into old patterns at times. But what matters is that you get right back on that horse! Dust yourself off, learn from it and keep going.

**Positive Affirmation: “I will face all challenges with confidence. I am capable of anything. I will not be discouraged, I will never give up.”**

**Daily Action:** Write down some of the small wins. What can you do today that you *couldn’t* do a few months ago? Maybe you can walk into a gym today, when a few months ago you were too intimidated? Or do a real pushup, when last month you were still doing them on your knees? Maybe you can walk by the bakery and resist the temptation to buy something sweet?

Personally, one of my wins was to do an unassisted pull up. The day I could do one, I was thrilled! I could only do 1, but it was more than I could ever do before. Write these small wins down and when you get discouraged, look back and read them to remind yourself how far you’ve come!

**Day 25**

2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Take time to tap into your soul. Spend a few minutes every morning or before you crawl into bed at night to just sit with yourself and reflect. Pray, write in a journal, or read a chapter of a book on self-development. When you work on yourself, you’ll discover how much endless potential you have!

You can reach all your goals, you can be successful at anything you put your mind to! Get rid of any self-doubt, that’s just your past talking. Your past thinks you can’t do it, because you’ve never done it before. But you are in control, you own 100% of the responsibility for your life. Go out with the Spirit that God gave you!

***“Don’t join an easy crowd; you won’t grow.***

***Go where the expectations and the demands to perform are high.” – Jim Rohn***

**Positive Affirmation: “I am bigger than my fears. I am stronger than my doubts. I am powerful and disciplined.”**

**Daily Action:** Get a self-development book and read one chapter every day. This will help you develop a spirit of power, love and self-discipline. Some great authors to check out would be Tony Robbins, Jim Rohn, Napoleon Hill, David Allen, Kyle Cease, Norman Vincent Peale, and Lisa Bevere.

**Day 26**

Song of Solomon 4:7

You are altogether beautiful, my darling; there is no flaw in you.

When God’s word describes you as His masterpiece, how do you react? Do you think, “On, not me! He must be talking about someone else”. Your personal identity is shaped by your early experiences in life. Maybe you experienced a lot of rejection or abuse. If so, you may be searching for love and acceptance from people and things, but your identity can only be found in Christ alone.

Saturate your mind with the truth of God’s Word. It’s filled with reminders of His unconditional love for you. He says you are fearfully and wonderfully made (Psalm 139:14). He says that nothing can separate you from His love (Romans 8:35). Don’t let this world steal your identity. You are made in the image of God, *Believe* it!

**Positive Affirmation: “I embrace my imperfections! Even my flaws are beautiful, they make me who I am. I am one of a kind.”**

**Daily Action:** Stand in front of a mirror. Take a good hard look at yourself, and note aspects of your appearance that you like. Say them out loud! I bet it’s been a while since you noticed things you like about yourself.

As soon as you catch yourself pointing out your double chin or the size of your thighs, stop. Those thoughts are doing you no good. Instead, say things like, “I like my curvy hips, the strength of my legs, and my high cheekbones.”

Write down some of those positive things you noticed below:

**Day 27**

Proverbs 18:21

The tongue has the power of life and death, and those who love it will eat its fruit.

Your words have power. Try adding this phrase after everything you say: *"and that's just the way I like it".*

For example, if you look in the mirror and say to yourself, "I look fat!" follow that up by saying *"and that's just the way I like it".*

Or, "I'll never be able to fit into that!" ... *and that's just the way I like it.*

Or, "There's no way I will ever get out of debt" ... *and that's just the way I like it.*

"I'll never be good at that, it's just not one of my strengths" ... *and that's just the way I like it.*

Really changes your perspective, doesn't it?

You're creating your own reality with the words you speak.

Mark 11:22-24 says, “And Jesus answered them, ‘Have faith in God. Truly, I say to you, whoever says to this mountain, Be taken up and thrown into the sea, and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.’

Start speaking positive things from your mouth and believing them whole heartedly!

Say, "I'm going to get that promotion, I just know it". Or say, "I look beautiful today and I know I am loved by God, my friends and family and I am in the best shape of my life!" ... *and that's just the way I like it.*

Or, "I will be debt free and own my own home!"

Start speaking powerfully today. Your words can describe your life or they can CHANGE your life!

**Positive Affirmation: “I am in control of my life. I am living the life of my dreams. I am happy, energetic, motivated, healthy and fit!”**

**Daily Action:** You have been speaking power into your life every day now for 27 days with our daily affirmations. Now it’s time to write your own! Think about the things you struggle with… are you insecure? Do you struggle with anxiety or depression? Are you always putting yourself down and hating the way you look in pictures? Turn it around into something positive! For example: “I am confident. I have the joy of the Lord in my heart, I don’t stress easily. I am beautiful and photogenic, always wearing a big smile!” Really *feel* it, don’t just say it. Talk about it like it has already happened. Write your own affirmations and say them daily, and watch your world change!

**Day 28**

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted,He will also provide a way out so that you can endure it.

When we are trying to create a new healthy lifestyle, temptations seem to be everywhere. Holidays and birthday parties are full of sugar-laden treats. Rainy days make you want to avoid the gym, stay home and cuddle on the couch.

Each day you go to work you’re in a mental battle over those free bagels and doughnuts in the break room. But you are stronger than your cravings. You are stronger than your bad habits. They don’t control you. But you have to believe that…. Do you?

**Positive Affirmation: “I am committed to a healthy lifestyle. I am stronger than my cravings. I will not give into temptation. I will reach all my goals.”**

**Daily Action:** Meal Prep! When we fail to plan, we plan to fail! Preparation is the key to sticking to your plan and not giving into temptation. Cook your meals today for the next 5 days, box them up in Tupperware and have them ready in your fridge to grab and go!

**Day 29**

James 3:3-6, 11

When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. Can both fresh water and salt water flow from the same spring?

I don’t think we always realize what a big impact we can have on others (as well as ourselves) with our words and actions. Little things we say in passing or that we post on Facebook without much thought can influence others, positively or negatively. The life you live can be inspiring to others, if you are mindful of your actions and your words. You can make a difference.

**Positive Affirmation: “I am secure in myself. I love my body. I accept myself where I am now and I will enjoy the journey. I trust the process and become better every day.”**

**Daily Action:** Be mindful of the things you post on social media today, and the words you speak to your family and co-workers. Are you complaining about your job, the fact that you’re tired and have a headache, or how you just want to go back to bed because everything has gone wrong today? Stop, and only allow yourself to speak victory and positivity into your life and the life of others. Write joyful and encouraging Facebook posts today. Compliment someone at work, and tell your family how much you appreciate them.

**Day 30**

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

The power of positive thinking comes straight from the bible. We are told to meditate on the word of God and to practice filling our thoughts with only things noble, lovely and admirable. You can program your mind for success and happiness this way, and when you focus on the good things in life you start to attract more abundance!

**Positive Affirmation: “I focus on the good things in life. I am a positive person, and I am an inspiration to others.”**

**Daily Action:** Create a vision board! This is so much fun. If you already have a vision board, review it and make sure it’s up to date! Get a piece of cardboard or white board, a magazine, and start cutting out pictures that represent your dreams and goals! I had one client who wanted to get her pre-baby body back. So she put up a photo of herself before she got pregnant, and that was her goal! When she reached it, she took a current photo and put it up next to the old one as a constant reminder that she did it!

On my vision board, I put short term AND long term goals. Me and my husband wanted to get a camper (he travels for work) and I wanted an SUV. We put pictures of the exact make and model we wanted, down to the color and the features. (Get specific! The more specific you are, the clearer your goals will be) Stephen needed a new truck as well, and our dream truck was a Raptor. It seemed way out of our league but we put it down anyway! I also put down what kind of house we want to live in one day. I put a picture of a barn style wedding and some of my favorite inspiring quotes.

Well we got the camper, my new SUV *AND* the Raptor all within a year. We also got married in a barn! So now we have pictures with us standing next to our new cars, the new camper and at our barn venue and we put them right next to our dream pictures. It is a constant reminder that we actually made those things come to life!

Now get to work on YOUR vision board!

**“And suddenly, you just know it’s time to start something new and trust the magic of beginnings”.**

These 30 days may be over, but it’s not the end! You have trained your brain to be happy, grateful and to think positively. You have created new habits and made a crucial mindset shift.

But just like any muscle, you must continue to train your mind consistently in order to keep your faith and confidence strong. You must practice perseverance and discipline daily. Keep up with all the techniques you learned in this book.

Say your affirmations every morning. Keep a journal where you write about gratitude and all your small wins. No matter how you feel, get up and be active every day, even if it means just going for a walk.

Pray, and stay in the word of God so that you never forget where your worth lies. Surround yourself with people who lift you up, challenge you and encourage you toward your goals.

You must act with intention and purpose each day if you want to live an extraordinary life. If you want to reach those goals and be an inspiration to others, you must work day in and day out to be just as strong on the inside as you are on the outside.

Lastly, please share this book with someone who needs encouragement.

Do you know someone who struggles with confidence? Do you have a mother, sister or friend who battles with their weight? Do you know someone who often says, “When I lose the weight, *then* I’ll be happy”? Or maybe you know someone struggling with an eating disorder?

Reach out and share this book with someone today. Let’s spread the love and the good news! We are all beautiful, made in the image of God. When we become confident and happy in our hearts, that is when we will reach our goals.

Thank you for allowing me to share this journey with you! Please keep me posted on your progress, and feel free to reach out anytime for support.

Join our private women’s only Facebook group where you can talk about anything, get support and encouragement from other women on a similar journey!

<https://www.facebook.com/groups/FitChickMembersClub/>

Did you love this devotional? Did it help you create healthy habits, a positive mindset, a new acceptance of yourself, a stronger faith, or something else?

I would LOVE to hear about it! Tell me all about what this book did for you by emailing me at: [LeiasFitness@yahoo.com](mailto:LeiasFitness@yahoo.com)

**“My self-esteem is pure when it is based on the opinion of my Creator.”**

**About Leia**

Leia is a personal trainer and health coach specializing in behavior change and body image. She works exclusively with women to help them achieve not only physical fitness but mental, emotional and spiritual fitness as well.

Leia is the owner of Leia Nicole Fitness where she provides online coaching for women all over the world. Leia’s programs have helped countless women achieve stunning transformations inside and out.

Leia focuses on techniques backed by science to help women reach their fitness goals as well as to create lasting changes in their lifestyles. Her clients have quit years of bad habits, conquered bad relationships with food, erased negative thought patterns, let go of anxiety and insecurity and become confident, happy, success stories!

Oh, and they also lost the weight… and KEPT it off!

You can find out more about how you can partner with Leia at [www.LeiaNicoleFitness.com](http://www.LeiaNicoleFitness.com)

Leia currently resides near the beaches of Galveston Island Texas. Born and raised in Madison Wisconsin, she decided one day to pack up and follow her heart to the ocean. She loved the island, and although she didn’t know a single person there she reveled in the adventure of it all. She spends her days taking care of her clients, playing with her pit bull rescue dog Haylow, and lounging on the beach. Every so often when her wandering soul calls, she travels the country with her husband in their 30 foot camper.