Simply Living Fit

 Hello my name is Rhonda F. Hammond and I am the founder of Positive With Purpose, LLC and host of “I Simply Love Her” an event designed to promote Self Love, Self Confidence, and Self Love with women everywhere. We have hosted this conference for 6 years and during this time my biggest dream and goal was to lose weight and come back feeling new and refreshed with less on my frame. I had planned to do with by getting weight loss surgery and loss my job in the process putting a halt to all the plans I had. In January, 2013 I started a process of life changing transformation and managed to take off 115 lbs. and counting and close to my goal of a total loss of 154 lbs. It has been such a journey and I am blessed more than ever for God to take me down this road of healing and dealing with my past and restoring me simply to be used for his glory. – Jer 29. 11



You can find out more information about the conference at – [www.isimplyloveher.com](http://www.isimplyloveher.com).

My goal is to help women get free, if weight is holding them down or back from who God has called them to be then let get to work because we have work to do.

 Be encouraged, stay in the fight and don’t give up. God loves you and so do we!

**“When you dream you allow others to dream”- Rhonda Hammond**

T. R. A. C. K

I listened intently to the women in our weight loss group use this word often “Track” and it made me think “why do we need to get back on track? What is making us get off track? When we get back on track how long do we stay on track? Well with those questions hovering over our efforts, it inspired the tool below gives us a tool to use to simply stay the course and stay on track.

1. **T- Track ![C:\Users\rhonda.hammond\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FLECEB31\MP900442339[1].jpg]()**

**Track everything you eat and your workouts. One of the greatest tools you can use for $1.00 is a journal. The bible says to “writhe the vision and make it plain” it will be important to use a tool whether a journal or app to help you keep track of the food you have eating and your workouts. When weight loss slows down, you can go back and look at what you have been doing and make changes as needed.**

 **Resources:**

* **Apps**

[**Myfitnesspal**](http://www.myfitnesspal.com)**,** [**Livestrong,**](http://www.lifestrong.com)[**Mynetdiary,**](http://www.mynetdiary.com/)

* **Website Resources:**

[**Ohlife.com**](http://www.ohlife.com) **(email journal)**

[**Sparkpeople.com**](http://www.sparkpeople.com)**, (buddy site)**

[**ihealthlab.com**](http://www.ihealthlabs.com/)**- tracking pedometer**

1. **R- Research and Review ![C:\Users\rhonda.hammond\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DOY1UUU5\MM900303469[1].gif]()**

**Research everything that you question putting in your body, even the work outs that you do. Now is a great time to ask questions and take things serious. If something does not feel good and your body is not regular, then make changes. Research and review!!! Always review your plans according to the time you have either: weekly, bi-weekly or monthly and review your plans make changes where need be. I would try to not make drastic changes but once a month so you can see your progress and results of what you have been doing.**

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| *“Even though you are on the right track - you will get run over if you just sit there”* |
| *http://thinkexist.com/i/sq/as4.gif*[*Will Rogers*](http://thinkexist.com/quotes/will_rogers/)  |

1. **A- Action and Accountability ![C:\Users\rhonda.hammond\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FLECEB31\MP900430490[1].jpg]()**

*Action Kills Fear!!!~unknown*

**Take action as I said on the call, go for a walk, it cost you nothing to do it and its two fold. You are able to talk to God and walk for your fitness goals at the same time. Do you say you want to lose weight? But fear failing? Its okay failure helps you grow, so continue with the same momentum you had in the beginning when you were excited and remember action is going to help you with your fear.**

**Resources- mapmywalk, mapmydogwalk, charitymiles and runkeeper all apps on IOS**

**Accountability- Find a buddy!! Find a work out group in person on online – Facebook.com/teamburnituponpurpose is a great group on facebook to support your goals.**

**Support is a huge catalyst in staying the course in your weigh loss efforts. When I started Team Burn it Up Onpurpose I knew that I would have to be accountable to the group by showing up. It has been great for me, but it helps me stay consistent in my goals and have a great time with many women. See our page** [**Team Burn It Up Onpurpose**](http://www.facebook.com/groups/teamburnitonpurpose)

***Hebrews 3:13*** *But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin*

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1. **C- Clean eating and Commitment ![C:\Users\rhonda.hammond\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DOY1UUU5\MP900448567[1].jpg]()**

**Create a diet that is clean for you free of additives, sugars, high fructose, and msm. A diet with rich veggies, fruits and fibers will prove to be very filling and will keep you from sporadic craving.**

**Here is a list of 50 foods from** [**The Gracious Pantry**](http://www.thegraciouspantry.com/50-clean-eating-super-foods/)

**You have been complaining of being tired and having low energy and it could be your diet. Diets with high sugar and preservatives will have your moods on a continuous roller coaster ride. See more here at** [**Livestrong.com**](http://www.livestrong.com/article/462118-do-blood-sugar-levels-affect-mood-swings/)

***Stay committed*!!! There was a reason you started on the journey to lose weight. What was your why? Is it big enough to stay committed?**

* **Maybe you received a doctor’s report that made you change your diet to stay healthy.**
* **Maybe you want to have children or you are going to become a grandparent.**

**Whatever the reason, get fit, stay fit, and stay committed if for no one but yourself.**

**Make the commitment to you and to God today to take care your temple**

[**Weight Loss Contract**](http://www.freewebs.com/wwfriendship/weightlosscontract.htm)

***1 Corinthians 6:19-20*** *What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*

1. **K- Keep at it and Don’t give up ![C:\Users\rhonda.hammond\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FLECEB31\MP900422560[1].jpg]()**

**This process will not be easy, you will work really hard at your work outs, you will eat all the right food sand some times the scale won’t budge. Remember Rome was not built in a day and you have to keep at to see results. David had to encourage himself in the Lord and so will you. When you don’t see the results you want, please promise me you won’t eat over it, but pick up the phone and call a friend, this is where your accountability partner is key to you talking things out and you not eating over your emotions. Talk it out, pray about it and stay in the game! Weight loss has many rewards and giving up too fast is too easy. It takes work to win and you are committed right?**

“The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won't”. ~Henry Ward Beecher

***1 Corinthians 10:3****1 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*

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Walking proved to be one of my weapons of warfare in losing the weight. It was free, it felt great and it gave me time to talk and pray as I walked through my neighborhood.

If you are just starting out and looking for a soul mate work out then walking maybe your choice.

Get your printable walking guide here.

T. R. A. C. K

On Track quotes!!

Be dedicated and eat right. It’s normal to miss your old eating habits but you will love the new you. Stay on track. You can do it!!!~unknown

“Don’t get sidetracked by people who are not on track”-unknown

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| **“With a definite, step-by-step plan - ah, what a difference it makes! You cannot fail, because each step carries you along to the next, like a track…”** |
| http://thinkexist.com/i/sq/as2.gif [Scott Reed](http://thinkexist.com/quotes/scott_reed/) |