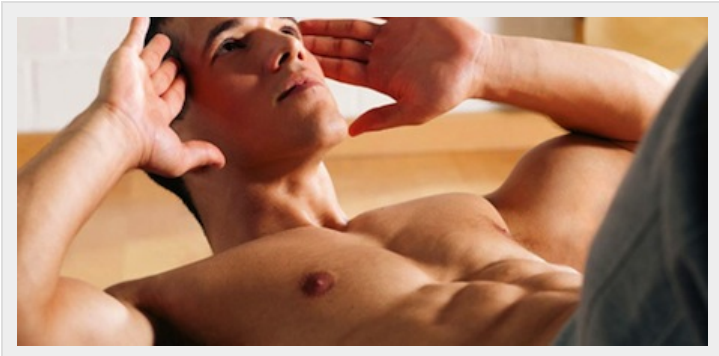


Randy Boissonnault



The proof is in the results: One decision, one action at a time

by R A N D Y B O I S S O N N A U L T 2 0 1 2
in L I S B E O N T A R I O



As the end of summer approaches and I look to fall travel, I am compelled to double down on my fitness goals.

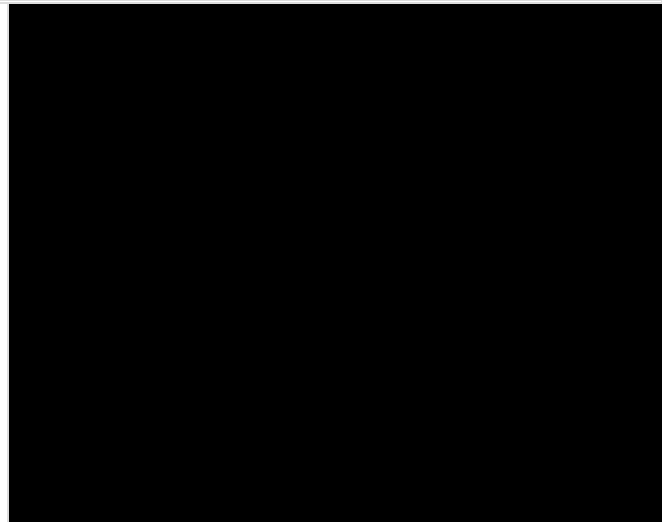
Over the past two years I have worked with an outstanding individual and entrepreneur, Adam Gilbert, who founded and runs MyBodyTutor.com. He is an award-winning entrepreneur, a devoted fitness and nutrition expert, and a man committed to helping other achieve their fitness and nutrition goals.

I will be heading to Argentina in November to do two presentations to the Argentina/Canada Chamber of Commerce. As part of this trip I will be taking in the International Jazz Festival, the International Polo Championship, and Buenos Aires Gay Pride. I want to be beach ready, fit, and healthy for this month of travel. I want to look and feel great.

In my business life, my company Xennex, and our strategic alignment process, Ignite, serve as an external accountability framework for success. Adam and his company serve as an external accountability source for my nutrition and fitness success. I still have to do the workouts and choose to eat well and remain consistent, he is there to spot behavioural trends or my tendencies to stray from the path and enjoy one too many gelatos in a given week.

I have recently engaged Adam's services once again, and have 11 weeks to achieve my goals. I logged in and sent in yesterday's nutritional intake and workout details for his comment. I will do this every day until I achieve my goals, and Adam will respond, poke, prod, cajole and encourage me to my goals from his office in New York.

Earlier this week, Adam sent around a motivational email to his clients on the theme of results. It so parallels the work that I do with corporate clients and so clearly spoke to me from a fitness goal perspective that I have asked him to serve as a Guest Blogger here. The following is his email to clients.



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Please check out Adam and his company at MyBodyTutor.com. Should you have some fitness and nutrition goals you would like to achieve and you have the commitment to get it done, Adam is the man to have on your side.

Enjoy his email and drive to your own results whether they be corporate or personal. I know I will!

From Adam Gilbert
of MyBodyTutor.com to
Clients, August 21 2012

Pierre Reverdy said, "There is no love; there are only proofs of love."

I love that quote.

When I first read that it immediately made me think, "There is no being healthy and fit; there are only proofs of being healthy and fit."

We can say we are something - but unless we act, and ultimately do, we're not anything.

Ugh! But it's so much easier to just say we are than it is to do, right?

If we want to be a certain way, then let's focus on acting a certain way. Eventually, if we act that way enough - we'll wind up being that way.

When I got the inspiration to start this service (over 5+ years ago now), I realized something:

Everyone wants to be healthy and fit.

But, not everyone is.

Instead of focusing on being healthy and fit this week, let's focus on proofs of being healthy and fit.

As I always say, it's not a question of if - it's a question of when we'll get to where you want to be - IF we take this meal by meal, workout by workout and day by day.

And that means focusing on proofs of being healthy and fit choice by choice.

When we're faced with a challenging choice, it's important to.....pause, and question ourselves so we can remember what it is we really want (but sometimes forget).

By pausing we're giving our long term / rational mind a chance to answer. Not our short term / irrational mind.



(Part 1 of 3)

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So, for the rest of the week, let's try asking ourselves this question:

"What would a healthy and fit person do right now?"

Then do it.

Boom.

There is our proof.

-Adam

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Steph

I've been reading your blog for quite some time now. I first heard you speak at a Chamber of Commerce event two + years ago. You were fantastic, and I've been following your blog ever since then.

I wanted to thank you for sharing this terrific blog post.

I checked out My Body Tutor and I'm so excited because this is exactly what I need. Daily and personal accountability is the key to success, otherwise, it's just too easy to rationalize my poor choices. I love how Adam says, "If consistency were so easy, every one would do it." He's right on the money.

I plan on signing up later today. Thanks again for sharing this wonderful post, and also bringing to light a wonderful company that clearly gets it – based on your glowing endorsement.

Thanks,

Steph

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