

# CHANGING COURSE

By  
Monsoon Fitness

MASTERING LIFE THROUGH MINDSET,  
FITNESS AND DISCIPLINE



# INTRODUCTION

Depression and degeneracy with no direction.

For years I allowed these things to dictate my life and drag me down a road of despair and self-pity. No accountability, no discipline, and a lot of blaming past life experiences for my actions, allowing that to determine my narrative and identity.

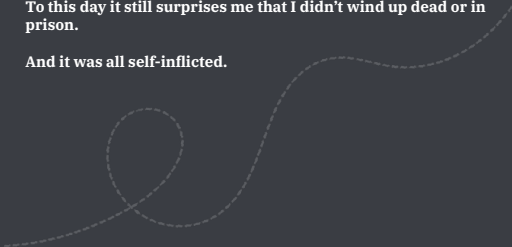
I refused the help I was offered, believing that I didn't need it, that I was fine. That could not have been further from the truth.

Living loosely felt great at the time but looking back it caused me nothing but problems and gave everyone the wrong impression of who I really am for far too long.

Mindlessly chasing pleasure to compensate for my lack of purpose. Filling myself with distractions to help cope with the void I felt. Living recklessly without a care for repercussion or consequence.

To this day it still surprises me that I didn't wind up dead or in prison.

And it was all self-inflicted.



**Finally, I came to the realization no-one was going to save me but myself.**

**So, I got my act together, rewired my brain to accept nothing less than success by any means necessary. Created a mindset that focused solely on growth. Instilled discipline beyond measure, signed up to the gym and got to work.**

**The gym became such a turning point in my life that I qualified as a personal trainer and landed the first job I applied for, of all places onboard a Royal Caribbean cruise ship with a capacity of nearly 5000. It was there I was able to hone my skills as a personal trainer, training a myriad of individuals from all around the globe.**

**Here I coached individuals in the gym using a variety of equipment and workout routines based on their needs. Gave consultations with personalised strategies they could take home and implement into their lives.**

**Conducted daily stretch classes to increase mobility and flexibility for up to 30, 40, sometimes 50 people. Regularly taught yoga on the beach in the Bahamas, instructed cycle classes designed to boost cardio and endurance.**

**And hosted frequent seminars educating thousands on the benefits of good nutrition and a healthy diet. All while visiting the US, Caribbean and Mexico.**




**Imagine if I had given up on what I was working so hard to achieve. None of that would have happened.**

**Now I live in Rio De Janeiro, leaving the gym floor and an office overlooking the ocean behind to continue my work as a coach online. Facilitating the global clientele I obtained from my many months of travelling.**

**Coupled with working as an English teacher. Educating individuals and groups alike, both locally and internationally.**

**Helping people just like YOU achieve excellence.**



# The Mental and Physical Benefits of Exercise

Physical activity helps to lower the levels of stress hormones in the body, such as adrenaline and cortisol which are directly linked to weight gain around the mid-level and face, acne, fatigue, diabetes and anxiety.

Additionally, it stimulates the release of endorphins and serotonin, natural chemicals in the brain known for their ability to reduce pain and increase mood.

Working out for as little as 45 minutes a day, 3 times a week will help to create a steady flow of these chemicals. Studies show that introducing regular exercise into your lifestyle can help alleviate feelings of depression by up to 25%.

Beyond the physiological aspects of exercise there are also behavioural and emotional elements too.

As your weight and waistline decrease, your strength and endurance will begin to grow. This will boost your confidence, pride and self-esteem.

You will establish a feeling of mastery and control over yourself, creating a sense of drive and purpose. Making you more capable of tackling challenges. The regularity of exercise will help to instil discipline that can extend to other areas of your life while simultaneously improving your character.

# Curating an Impenetrable Mindset

If you can train your mind, you can train your body. When you make discipline a part of your life you can achieve things beyond your wildest of dreams.

Not all circumstances are fair and most are unexpected but you need to be the individual who takes ownership of a bad or difficult situation and fashions adaption or an alternative. Don't be the person who succumbs to negative thought when the time calls for leadership and ingenuity.

Discipline, bravery, motivation, perseverance and honour. These are fundamental traits that will get you across that finish line.

Going hard isn't enough, you have to live hard. Test yourself, push yourself, make yourself as uncomfortable as possible. That is the only way you will grow.

Excel in everything you do and strive for more. Not because you want to, but because must.

Change isn't an easy thing, however it necessary in life.

Staying in your comfort zone and allowing fear to dictate your life will ensure you miss opportunities that could have limitless potential.

Success by any means is the ONLY mindset you should be operating with.

*“Hard times create strong men, strong men create good times, good times create weak men, and weak men create hard times.” - G. Michael Hopf*

# Conquering Fitness

My own transformation wasn't solely based on forging an impenetrable mindset or unshakable habits. It was driven by a desire to create a body I was proud of, one that kept me happy and healthy after years of neglect.

Crafting an aesthetically pleasing physique doesn't involve going to the gym and praying for the best. It involves planning – having a structured training program catered to your current physical capabilities, inclusive of your health and fitness goals.

My expertise as a personal trainer allows me to offer limitless exercises to work all muscle groups, to facilitate growth and endurance. Accompanied with cardio exercises to improve heart health and flexibility training to prevent injury.

Without the know-how it can be difficult to fashion a training program and see results.

Which is where a qualified coach like myself comes into play

To guide and challenge you, provide support and accountability to keep you motivated and on track.

My career has span from gyms in London to cruise ships voyaging around the US, Caribbean and Mexico. Teaching countless people of all ages, ethnicities and religious beliefs. By doing so I have helped them eliminate the guesswork, free up time and maximise progress.

# The Importance of Nutrition and Macros

Working hard in the gym alone won't cut it, you also have to go hard with your eating habits. Ever heard those expressions 'you are what you eat?' or 'what you put in is what you get out?' well they're right.

Training like an athlete is one thing, eating like one is another. This is the hurdle most people fall at when making a significant change in their lifestyle, they eat like shit and don't understand the importance of nutrition.

Diet is EVERYTHING and you CAN NOT out work a poor diet.

Macronutrients, commonly known as "macros" are the nutrients your body needs in large quantities in order to operate adequately. They consist of proteins, fats and carbohydrates, and each one of them play a pivotal role.

Protein is a crucial macronutrient as it vital for muscle repair, growth, function and cell reproduction. Making it imperative for individuals who want to increase strength and muscle mass.

Fats allow you store energy, absorb nutrients and produce hormones whilst regulating them. Despite what most people think not all fats are bad for you. So, managing your intake of the right fats is crucial.

Carbohydrates are the primary energy source for your body, and are burned to fuel physical activity.





**Understanding your macros is a good start, however, there are more to macros.**

**They will help you lose weight, gain muscle, tone and enhance overall health.**

**Which is why having a bespoke nutrition plan is paramount.**

**What works for you or I may not work for someone else, everyone has their own unique composition and individual goals. We will assess your body's calorific intake, micro + macronutrient requirements, along with meal timings to optimize health, performance or individual specific outcomes.**

**Regular monitoring and adjustments may be made on progress and changing circumstances to facilitate long-term success.**

**Many people know they should be eating better and healthier but don't. Preparing your meals will ensure that you keep on track with your goals, whilst creating structure and instilling discipline to your life.**

**Nutrition does not have to be boring, nor does it have to be restricting in terms of preference i.e., vegetarian, vegan. There are endless and exciting possibilities in the kitchen. So, let's find out what works best for you.**

**In order to see results at the gym, lose weight or even maintain overall health, there is an 80/20 balance.**

**Meaning 80% of your results comes from the food you eat, and only 20% of your results come from your workouts.**

***"Health is not about the weight you lose, but about the life you gain" - Dr Josh Axe***

# Conclusion

Hopefully you will have some takeaways from this eBook, but the power is now in your hands to make a change in your life. The choices you make will drive you down the road of either vice or virtue. Stagnation or transformation.

10 years ago, I was in the same place as you are today, with no direction, pleasing others and on a downward spiral with no end or sign of improvement.

Then I booked my ideas up and I wholeheartedly believe you can too.

Being fit, strong and healthy are fantastic, however they don't mean anything if you don't respect yourself or strive for more. It's about becoming unrelenting and never being satisfied with mediocracy.

The ball is in your court.

Are you prepared to embark on a journey towards a fresh start? Are you growing weary of the repetitive excuses holding you back? If that resonates with you, I encourage you to submit an application for coaching.

- If your application is successful, you will be advised to book a consultation call with me, where we can establish your current fitness level, dietary habits, determination and willingness to change your lifestyle.

**From there we can arbitrate the best course of action for YOU. Setting measurable and achievable goals to make certain you reach your desired physique, create an impenetrable mindset and rise above.**

**Within my program, you will receive a personalized training regimen, a tailored nutrition plan, assistance with meal preparation, and guidance on mastering habits.**

**Regular communication including email, Zoom/Skype and Whatsapp to ensure efficient correspondence between yourself and I – equipping you with all the necessary resources to kickstart your metamorphosis.**

**The moment has arrived to elevate your game, change course, and regain ownership of your life. Are you ready?**



**APPLY FOR COACHING**  
**NOW**