

A woman with dark hair, wearing a red sleeveless dress, is hula hooping with a white hoop. She has a joyful expression, with her mouth open in a wide smile. In her left hand, she holds a slice of lemon. The background is a blurred outdoor setting with green grass and some structures in the distance.

# THE RIGHT FIT FORMULA

YOUR PERSONALITY + FIVE FOODS + LIFESTYLE =  
THE ONLY WEIGHT LOSS PLAN FOR YOU

CHRISTINE LUSITA, CPT

Christine Lusita

The Right Fit Formula: Your Personality + Fave Foods + Lifestyle = The  
Only Weight Loss Plan for You



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Good News! I felt as though I was the issue. As she points out, "For decades, folks have chosen diets based on what worked well for someone else—me personally"t about finding the next gimmick.t involve landing on some magic amount on the scale. There IS a Right Weight-Loss Arrange for You and YOU Only! All my entire life I 'supposed" But each time I 'failed,'— I knew something had to change, and it wasn' Wrong strategy! It had been about finding what worked well for me personally." In this highly-relatable and easy-to-follow guideline, Christine shows you how to achieve YOUR edition of personal success. Having battled for a long time with endless dieting, Christine has generated a distinctive, individualized weight-loss transformation system for people exactly like you—who've no time, a great deal of stress and a constant struggle with the mirror and the scale. You'll learn to: Pinpoint just what fitness and diet works for you Have a great time (really!) with your workout schedule Get rid of toxic people, complications and other energy-sucks Find guilt-free of charge "some celebrity they admire, or a coworker or friend. time Kick your internal critic to the curb Calm your sort of crazy--without the milkshakes! Like who you are, everything you are, and where you are Create a way of life that empowers you instead of defeats you Forget any suggestions you've had about how exactly you're "d been hearing approximately workouts and diets which were supposed to end up being good for me. Allow Christine show you how easy it really is to live life, and lose fat, too! THE PROPER Fit Formula shows you how to energy your aspirations and achieve your goals that don' Diet and fitness professional Christine Lusita provides been there. With personality-driven dishes, food plans, and workouts, you learn to live your best, fittest, and healthiest life, not someone else's idea of perfection. to lose excess weight.



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. This book generally is changing my life. I am a previous food addict and got the wrong vision about meals. Since I started reading the proper fit formula I have made drastic changes to not only my food options but to my entire life choices also. I now realize why I abused food and my body while trying to hide from my feelings and life. Being a supporter I usually put others first and got into a familiar downward spiral which usually was for me, comfortable, because I didn't have to focus on ME and I held busy in other things and people I am today making healthier choices with meals and personal goals. I am striving to be the very best me I can and end that familiar downward negative spiral! It's not in regards to a diet plan it's a way of living change and we are definitely on my way to living my best life! your personal trainer arrives. I am permanently grateful to Christine for starting my eyes and placing me on MY ideal path! CL has been there, done that--as have I, over and over and over. This book is so amazing since it provides so many tools to work with. This book is so amazing because it provides so many tools to work with. It made me feel so far better about who I am. Benefit from the delicious and healthy recipes, too! I especially like the journaling. It helped give me a reference to critique the goals that I originally wished to reach and then coming to terms with which goals were truly attainable and that it's ok to be flexible with my goals established. It allowed me to review my strengths in addition to my weaknesses and to make the required changes that has now created a steady routine for me. I realized that because I was unsuccessful in reaching my goals during the past, this did not make me a failure or be lacking in willpower. Each one of these traits concentrate on who you are as an individual and what workouts are greatest for you. Due to this book, I have become completely comfortable and satisfied with my entire life style and the decisions I am choosing to help me stay healthy and in shape. This publication also provides delicious recipes which I have been trying and I've yet to become disappointed with any of them. This book is a great resource for me personally. This book is a great resource for me personally! Yum! I love that she encourages you to find what works for you personally and doesn't provide a crap in what other diets tendencies people push. Then I came across THE PROPER Fit Formula which focuses on your personality traits like Head, Socializer, Supporter and Planner. I was simply choosing the wrong types of exercises or weight loss programs which were out of sync to my personality and needs. While taking the quiz, I've learned that my trait is certainly a Supporter. Beyond the most common eat less, burn more, it really depends on what type of plan matches your way of life and is definitely sustainable for you personally. It's simple to read with a lot of good details. The writer is witty and makes it very easy to read this book. It's about customizing what functions for you personally. This book is definitely a breath of fresh air and incredibly helpful in your brand-new healthy lifestyle. Her enthusiasm and knowledge is evident in her new reserve 'The Right Fit Method'. It had been something I had never noticed before. I am a total socializer type and the exercises are on stage! She seemed so beautiful, positive, down to earth and genuine and honestly, her easy to follow plan which includes personality-driven workouts, menus, dishes, meditations and life administration tools, was unique. The more I browse the book the even more I learn about my diet and workouts. It undergoes the ups and down of following a diet and how exactly to end with that battle, it helps you to accept yourself and use you not really against you. and what you prefer to do before to change your lifestyle I have already been dieting forever and this publication has totally changed the way I strategy what I'm doing! This book is not just for those looking to drop but anyone who wants a healthier lifestyle that's easily attainable. I love how refreshing this publication breaks everything down. Don't think of diets as beginning and ending; rather, "the proper fit" is a trip toward improved wellness that can help you improve your eating, exercise, motivation habits. control what you can control so that you

can be content and get fit in the process This is NOT a diet book, this is a become familiar with you book, control what you can control so that you can be happy and get fit along the way. The book will not go right into how to proceed to get exercise, instead it helps you recognize your weaknesses to convert them into your strengths initial. The very best plan includes a lot of food to ward off hunger, all food organizations, with regular exercise, and invite small portions of preferred foods..! She lists exercises according to your character, so you feel eager to workout!! Right Fit Formulation is a superb roadmap for me to figure out how to become healthier and happier in my (classic Planner Type) body. I've been doing this for almost a month and not just do Personally i think great, I've lost weight and even had a friend ask me "What exactly are you carrying out, you look good! I have found Christine's strategy to health and diet to become basic and kind and intuitive also. Just what a great and funny read What a great and funny go through. I really like that this writer has brought humor to this diabolical diet plan craze community. Then I came across The Right Fit Formula which focuses on your personality traits like Leader, Socializer While on my seek out learning how exactly to live a healthier lifestyle, I've come across many types of books that focuses mainly about either workouts or fad diets, which for me personally doesn't work. She says if it generally does not feel good,no matter and I really like that philosophy because I've spent years attempting to fit in from what works for somebody else. I love the meditations and the energy chapters. I've got some excellent tools on how to re-energize my entire life and as a mother of four, I must say i need this! I hadn't heard of this writer before and I'm really glad I came across this book!. Among my favorites is the breakfast chocolate proteins pancakes. I was getting so confused with all of the info out right now there, " the keto diet may be the only method" " the keto diet will kill you", that kind of a thing.. it was hard to know what was true significantly less what could function for me. Definitely a must read book. I simply love her approach and the publication has been so very helpful and I am feeling better every day. Grab one once you can.. for me It's been a casino game changer. I really like that its about me and what works for ... I am so inspired by this reserve. The quiz is definitely fun - I am a "Supporter.Its such a simple and fun read . The call to actions to lose excess weight is higher than ever surviving in South Florida where it really is bikini season all 12 months. Once you find out your personality type and adhere to her plan, you'll start to feel amazing! Valuable Information I've had the satisfaction of dealing with Christine Lusita on projects in the last 15 years. The PERFECT Match for Me! The book is a fun read, but simultaneously your getting valuable info and resources that may support a healthy and active lifestyle. I love all the advise and tips on how to work with my personality type and realize what's best suited for me. The authors writing style makes this book easy as well as enjoyable to read The authors writing style makes this book easy along with enjoyable to learn. I've never really carried out that well with books that basically convey information and let you know how to proceed. This book offers you insight into your own behavior and coaches you through the daily decisions you should make to really have the results you truly want. Finally! A healthy lifestyle plan that basically works! After reading so several healthy lifestyle, diet books and getting nowhere, We'm so grateful I purchased this after seeing Christine on Television talking about her book. I considered Christine's book on how to get in shape again, this is what I discovered:There is absolutely no such thing as one size fits all with regards to losing weight. After a foot injury I gained a grip of weight, over 40 pounds!! I recommend this book. I understand I do! Recommend! Christine gives recipes, workout suggestions and shares her personal encounter which everyone can Identify with. It makes so much feeling that you should consider who you are, and what you like to do before to change your way of living. I love that its all about me and what

works for my personality and lifestyle !" The author shows you step-by-step how to overcome what to consume, how to eat, how exactly to exercise, how to rest, and how you are going to fit all of this into your new lifestyle. She helps you determine what kind of food would fit your lifestyle and assist you to lose weight for good, and last but not least, she fills you up with a great deal of healthy recipes to start and revel in your fitness journey." Great book filled up with tons of great quality recipes and tips .Existence changer for sure! Certainly recommend this to anyone who would like to feel better, live healthier or eliminate weight! Great book filled up with tons of great recipes and tips for living a healthy lifestyle! Definitely an excellent purchase Approachable. Real. Helpful!!!. And once you reach that AHA second!! : ) It's fun to learn and I REALLY like that I can write in it--makes it more journal-like and keeps it present in my life and not on the shelf! Test it out for, you won't end up being sorry!



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