

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 Healthy Self-esteem for women everywhere. As a team we have hosted this conference for six 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 reach this goal by getting weight loss surgery and in the process of time, I loss my job. This put a halt to all my plans. In January 2013, I started on a course to transform my life. In time, 15 months to be exact, I managed to take off 115 lbs. and counting. This brings me very close to my total goal of loosing 154 lbs. It has been such a journey and I am blessed more than ever that God chose to take me down this road of healing and dealing with my

past. He is restoring me simply to be used for his glory. – Jeremiah 29:11

“When you dream, you allow others to dream.” - Rhonda Hammond



For more information about “I Simply Love Her” Women’s Conference: www.isimplyloveher.com

My goal is to help women get free and live out their Purpose!

Tell someone if “weight” is holding you down or back. God has called you to be special, unique, and thriving, not just surviving. Let us help you get to work, because honey, we have a lot of living to do!

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

T. R. A. C. K

I listened intently to the women in our weight loss group use the word “Track” often. 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?” With these questions hovering over our efforts, it inspired the tool below. This tool allows us to simply stay the course and stay on track.

1. T – Track



Track everything you eat and your workouts. One of the greatest tools you can have costs only \$1.00, and that is a journal. The Bible says to “Write 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 are eating and keep track of your workouts. When weight loss slows down, you can go back and look at what you have recorded on your journey and make changes as needed.

Resources:

- **Apps**
[Myfitnesspal](#)
[Livestrong](#)
[Mynetdiary.](#)
- **Website Resources:**

[Ohlife.com](#) (email journal)

[Sparkpeople.com](#) (buddy site)

[ihealthlab.com](#) – Tracking pedometer

2. R – Research and Review



Go to the Library OnPurpose

Research every food 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 available: weekly, bi-weekly or monthly. Review your plans make changes where needed. Try to not make drastic changes instantly, only once a month so you can see your progress and results of your work.

“Even though you are on the right track - you will get run over if you just sit there.” ~ Will Rogers

3. A – Action and Accountability

Action Kills Fear!!! ~unknown



Action-Take action as I often say works every time. 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? It’s 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.

App Resources – [mapmywalk](#), mapmydogwalk, charitymiles and runkeeper

Accountability – Find a buddy!! Find a work out group in person or on online –

Facebook.com/groups/teamburnituponpurpose is a great group on facebook to support your goals. (I am a bit bias) lol.

Support is a huge catalyst in staying the course in your weight loss efforts. When God led me to start Team Burn it Up Onpurpose I knew that I would have to be accountable to the group by showing up. It has been abundant for me, it helps me stay consistent in my goals and have a great time with many women. See our page [Team Burn It Up Onpurpose](#)

Hebrews 3:13- NIV

But exhort one another daily, while it is called Today; lest any of you be hardened through the deceitfulness of sin

Article Source: <http://EzineArticles.com/1411954>

4. C – Clean eating and Commitment



A

Create a diet for yourself that is clean, free of additives, sugars, high fructose, and MSM (Methylsulfonylmethane)

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](#)

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](#)

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 else but you.

(SIMPLY LOVE YOURSELF)

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

Weight Loss Contract

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.

5. K – Keep at it and Don't give up



This process will not be easy. Even when you work really hard at your work outs, you eat all the right foods and sometimes, the scale won't budge. Remember Rome was not built in a day and you have to keep at it 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, instead 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?

Resource: [Made to Crave by Lysa Terkeurst](#)

“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 10:31 -Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

Article Source: <http://EzineArticles.com/1411954>

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

- "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..."

~ Scott Reed

- I was the conductor of the Underground Railroad for eight years, and I can say what most conductors can't say--I never ran my train off the track and I never lost a passenger.

~Harriet Tubman

****If** you are just starting or have been on the journey to great health we hope this resource will serve to assist you and bless your efforts at the same time.

Be Blessed Onpurpose!

For more information to contact us for speaking or coaching.

Contact us at

Rhonda Hammond

www.isimplyloveher.com

info@isimplyloveher.com

856-347.0731

[Facebook.com/Rhonda.ferebeehammond](https://www.facebook.com/Rhonda.ferebeehammond)

[Twitter.com/isimplyloveher](https://twitter.com/isimplyloveher)

[Instagram.com/isimplyloveher](https://www.instagram.com/isimplyloveher)

[Youtube.com/positivewithpurpose](https://www.youtube.com/positivewithpurpose)

Disclaimer: This book is a source for tips and suggestions are based on our experience during our journey. We do not promise quick or large weight loss results by you using this book. It is only a resource and none of this information may be reproduced on photocopied unless authorized by Simply Write Publishing, LLC

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