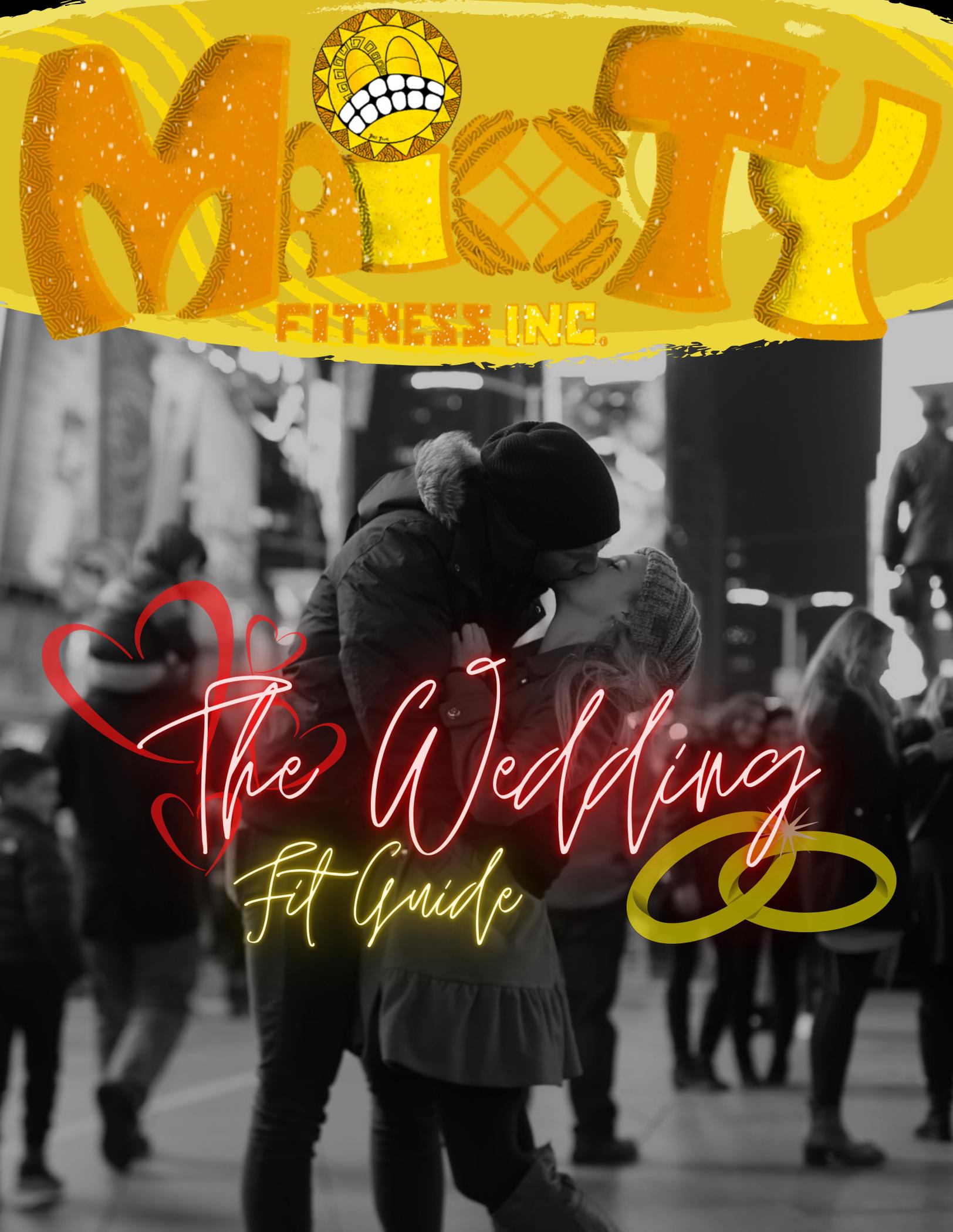


MARATHY

FITNESS INC.



The Wedding
Fit Guide





HAPPY PRE-NUP

**Imagine: Walking down the aisle feeling radiant
You experience pure bliss on your wedding day,
honeymoon, and create your dream life.
You are enjoying the journey of life and LIVING and
CREATING your dream life.**

**Imagine yourself on your wedding day and beyond. You are
glowing with radiance and confidence. You have YOUR
dream body and you are in the best shape of your life. You
feel sexy and confident in your skin.**

**We know that planning a wedding feels like a second full-
time job, and taking the time to focus on how you want to
feel on your wedding day feels impossible.**

**This is your quick start guide to feeling your best on your
wedding day!**

In this guide:

- *Our story*
- *Our top Do's & Don'ts*
- *Top tips for fitness & health*
- *Package options & benefits*
- *How to work with us*



MAI-TY & TORY

Can we share a bit of our story on how we dealt with building our relationship and getting in the best shape of our lives, together?

Tyler: Flash back to a few years ago, having just taken a chance on each other to start dating: sparks are flying, it's an exciting time! As performers, it was challenging to find a contract together, so we took on contracts both touring and on ships that would divide us. This threw a wrench in our time together and the quality of communication we had with one another. Though we loved one another, the division and lack of communication drained us and the stress of our jobs, love, and plannign took a toll on our physical & mental health.

Through this stressful time, our habits started to shift, we weren't working out as we once loved to do. We would reach for junk food for comfort. For myself (Tyler) there was one moment that was the spark of change; I knew I wasn't living my optimal life, and I decided to put myself and Makayla first. The pandemic hit, and while we could no longer plan our dream day together (at least for now, as our families straddle a closed border), we used this time to get our dream bodies together.

From that we built a toolkit to break down mindsets and limiting beliefs to not just have a wonderful relationship but reach our goals of getting in the best shape of our lives. I was barely 170lbs which was underweight and far from my dream body, and now I can proudly say I am 200lbs of mindful mass!

Makayla: I was struggling with an extra 10-15 pounds from having a fatal accident, surgery, and not being able to workout and really struggling with food during that time. After my accident a few years ago, the depression of watching my career dissipate over night, and not being able to move my body really packed on the pounds.

There was a pivotal moment where I knew I could use this as an excuse, or I could choose to come out of this experience better than before. Tyler and I worked together, created a beautiful system that helps couples like you achieve their dream body for the big day and beyond.. From that, I can now proudly say that I have gained a lot of muscle, and lost fat during covid! I fit back into my clothes before my accident (which I could not wear from the time I started gaining weight). I feel confident and sexy in my dance classes.

And this didn't become possible because we got lucky or because we are some kind of extraordinary couple. It became possible when we put our stake in the ground and built a framework that supports one another. Now, our couples find ease in having a personalized plan for their goals, and they don't have to guess whether it is working.

So, that's our story. This story may relate to you because...

You might struggle with how to workout when your gyms are closed and fitness studios are closed. This may also relate to you, because you now share your space with your partner 24/7. You find planning a wedding stressful and you don't know how to make a plan that helps you feel sexy on your big day. You might be struggling with gaining weight in lockdown. You may not know how to workout in a way that increases muscle and decreases fat. You might find one another enabling one another's bad habits, when you know you really want to be in the best shape of your life to feel confident and sexy with your partner, to travel the world, or dance until you're 90.





WEDDING GUIDE

BEST PRACTICES

Pro Tip: You want to aim to have your final gown fitting a month before your big day. We also plan the end of your cut to be around this time, so you have as little stress as possible the month of your wedding (being in a deficit is a stress) and your body does not change much right before the wedding. This gives your dress ample time for any last minute alterations. The LAST thing we want is too much change after your final fitting that your dress doesn't fit perfectly on your special day!

Tuxes are a bit easier to adjust & resize before a wedding. If you like to feel a "pump" for your big day, make sure you work out prior to any tuxedo fitting for optimal fit.

What's the best way to "lose fat & tone up" for a wedding?

A Combo of Strength Training & Cardio:

Most wedding dresses show off the upper body, so in order to create that sculpted look, strength training to build muscle is optimal. This is what gives the "toned look". If you want to feel a pump in your tuxedo, strength training is the kind of training for building muscle to fill out a suit.

Want to lose fat? Strength training builds muscle, and also sends signals to your body to hold on to muscle and burn fat. This is what creates the "tone" look instead of endless amounts of cardio. You may lose weight, but it won't create a sculpted look for your big day!

We use cardio training to feel good, sweat, move lactic acid through the body, and it aids with fat loss if that is your goal! Also, who doesn't wanna tear up the dance floor no problem on your wedding day?

Sculpted Core? [Pilates 5 Sequence](#)



WEDDING GUIDE
BEST PRACTICES

**BEST TIPS FOR
TRAINING FOR YOUR
WEDDING**

Sleep

First and foremost, sleeping is a pivotal part of our body's healing process. When we sleep, our body switches to "**repair mode**"; our muscles relax due to hormones released by the brain promoting tissue growth, our heart pressure slows and blood vessels are able to repair. There is little taxation on the body like there constantly is when we are awake and active. Once the muscles are relaxed they are able to properly repair any muscular damage caused by the day, your workout, or any physical activity (or inactivity in some cases) you've done. **Rest is where the muscle growth happens.** We cause micro-tear in the gyms that only proper rest can repair.

When it comes to getting fit, *working out is only half of the equation.* **Recovery days are where you build muscle and repair the body.** These are JUST as important. Otherwise, you only break down muscle and do not rebuilt. If you continue to put on stress without adequate rest, you will get slower, more tired, and possibly injured. No one wants that for the wedding day!

Set realistic & process-centered goals

Create tiny habits to build on: This could look like x number of workouts a week, a specific food portion goal, hours of sleep, walk 10,000 steps a day

"The planning process has begun and sometimes, included in that process, are goals to look your best on your wedding day," says Robia Smith-Herman, LCSW, The Renfrew Center of Radnor. (The Renfrew Center has long promoted healthy body image and largely treats patients with food-related disorders.) "These objectives can become overwhelming and add to the stress of planning because often, if you're on a diet, it's restrictive. If you have a workout plan, it can be excessive. Set goals that feel genuine rather than overwhelming."

WEDDING GUIDE

BEST PRACTICES

HYDRATE

One of the frequently underestimated needs for anyone looking to be in optimal shape is hydration. Many functions of the body depend on water:

- Water serves a number of essential functions to keep us all going
- A vital nutrient to the life of every cell, acts first as a building material.
- It regulates our internal body temperature by sweating and respiration
- The carbohydrates and proteins that our bodies use as food are metabolized and transported by water in the bloodstream;
- It assists in flushing waste mainly through urination acts as a shock absorber for brain, spinal cord, and fetus forms, saliva lubricates joints.

Move More

While exercise burns some calories, your body uses more energy the more you move! The more you move, the more your joints and muscles are activated. Sitting is the new smoking. Prolonged sitting leads to alignment issues, compromised posture, compressed joints, injuries, and lethargy. None of these feel great on your wedding day! On your days off from the gym, get outside and walk around in nature. Walk on your lunch break. Play with kids & dogs.

"Often, a wedding is the ultimate motivation for people to feel and look their best," says Harley Pasternak, MSc (Master of Science in Exercise Physiology and Nutritional Sciences). "Too often, however, people do things that are extreme or too intense only to peak on the day of the wedding. From there, they're unable to continue the overly-stringent eating plan or intense workout programs they did leading up to the wedding. I'll tell everyone that I work with, who is getting ready for their wedding, that they are getting ready for their life."

WEDDING GUIDE

BEST PRACTICES

Consistency is KEY

What do you think is better?

A) The person that goes all in crash dieting/working out multiple times a week with no breaks, cutting as many calories as possible, only to get burnt out after two weeks and quit for a month.

B) The person who works out 3-4x a week, enjoys food they love from time to time, makes working out a part of their life but doesn't take OVER their life, if they miss a workout or eat a dessert, they move on and don't dwell on it. They have some tough days, miss a few, win a few, but they stick with it because it's enjoyable.

Consume Mindfully

"A 2019 study published in The Lancet found that your diet can result in life or death situations over time. Researchers reviewed diets across 195 countries, factoring in stats about household income and more, and found that more people die from poor dietary consumption than from smoking. "Our assessment shows that the leading dietary risk factors for mortality are diets high in sodium, low in whole grains, low in fruit, low in nuts and seeds, low in vegetables, and low in omega-3 fatty acids; each accounting for more than two percent of global deaths," the study explains.

With a background in nutritional science, Pasternak explains why certain fad diets are detrimental to overall well-being. "There are programs that aren't healthy in the long-run," he notes. "It is so important to eat a balanced diet to ensure you're getting the right amount of protein. But also, carbs, to keep your energy levels up."

What does this mean? How we eat is more important than what we eat. When we eat in a place of mindfulness, we make conscious decisions to fuel our body instead of eating emotionally. This can be a challenge when planning a wedding (or even forgetting to eat) with the extra to-do list. We help couples with emotional eating.

TO AVOID

FOR THE BIG DAY!

DON'T consume alcohol



DON'T drink soda, carbonated beverages



DON'T consume white sugar



DON'T be inside 24/7



DON'T go to a new crazy workout : soreness = inflammation = swelling, or even potentially pulled muscles



DON'T CRASH DIET (hormone changes = moodiness. cortisol elevates = more swelling & belly fat)



DON'T JUICE CLEANSE - you will not make it through your wedding feeling AMAZING



DON'T Pull all-nighters



DON'T eat out the week-of



PG.



TO PREPARE
FOR THE BIG DAY!

DO

go outside

DO

meditate

DO

journal

DO

drink water

DO

eat all your meals & cook at home

DO

practice good posture

DO

get a massage or melt/roll out

DO

add a green juice

DO

dry brush

DO

laugh

DO

eat according to your hormones

DO

check your cycle



AS YOU LOOK INTO YOUR FITNESS KNOW THAT WHERE YOU START WILL GIVE YOU DIFFERENT OPTIONS FOR THE SCHEDULING STRUCTURE, THE EARLIER YOU START THE LESS STRESSED YOU'LL FIND YOUR COMMITMENT.

LET'S BREAK IT DOWN!

12 MONTHS OUT

Optimal time to start program

Why?

- 3 Full Cycles - 3 Months in a deficit/gain + 1 month break (3 Times)
- This allows your last month to be at maintenance before the wedding = amazing for mental health & wedding attire

*****Optimal - Least stressful & most time for desired change!**

***** For those with ___ Check out your menstrual cycle. Is this new to you? We recommend to start tracking if you haven't already.**



9 MONTHS OUT:

- 3 Full Cycles of 2 months in a deficit/gain + 1 month break (3 times)

This allows your last month to be at maintenance before the wedding = amazing for mental health & wedding attire

6 MONTHS OUT:

- 2 Full Cycles of 2 months in a deficit/gain + 1 month break (3 times)

This allows your last month to be at maintenance before the wedding = amazing for mental health & wedding attire





3 MONTHS OUT:

- 1 Cycle of 2 months in a deficit/gain + 1 month break
- This allows your last month to be at maintenance before the wedding = amazing for mental health & wedding attire

***This is optimal for those with 5-10 pounds of change or those who want to feel strong & radiant on their big day!



WANT MORE SUPPORT?

Thank you for downloading our wedding guide! If you are serious about achieving your dream body for the big day, it will take more than a short e-book.

The **good news**, is that by getting in the best shape of our lives during quarantine, we have created a program that helps our clients achieve their dream bodies for the big day with a plan that works. We also continue to model that for our clients, embodying the program and being one another's biggest cheerleaders, even on the days we do not feel motivated or the gyms are closed.

The **best part** is knowing that we are changing people's lives while enjoying the freedom of living a pain-free, fatigue-free, adventurous life. We do not work out 24/7, and do not believe in diets. We play video games, dress-up, and hike whenever possible.

The **bad news** is there are many people who still think motivation and willpower are the requirements to having a dream body. They think they need crazy crash dieting methods or tons of cardio classes to get there.

We care so deeply about transforming your life so you do not spend your whole life stuck in endless cycles of dieting, injuries, fatigue, guilt, shame or hospital bills, but feel radiant & healthy & vibrant on your big day.

Now, we are sharing this because we know how to transform couples' lives so that you do not need to spend money on a personal trainer for the rest of your life, or live in the shame of thinking you cannot reach your goals because you lack motivation or have bad genetics. You can! We believe in you and we can help you get there.

The **Together Strong** program is an online program for couples dedicated to getting in the best shape of their lives together, combining the expertise of fitness, nutrition, and relationships.

**WE DON'T LIST OUR PRICES HERE, AS WE CREATE PERSONALIZED PACKAGES
DEENDING ON YOUR SPECIFIC NEEDS AND BUDGET.**

START HERE

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