

**FIT RESPONDER**

**FINALLY  
FIT  
GUIDE**



For first responders and the busy professional who needs a doable and sustainable way to lose fat, build muscle, and reach and maintain their fitness goals long term.

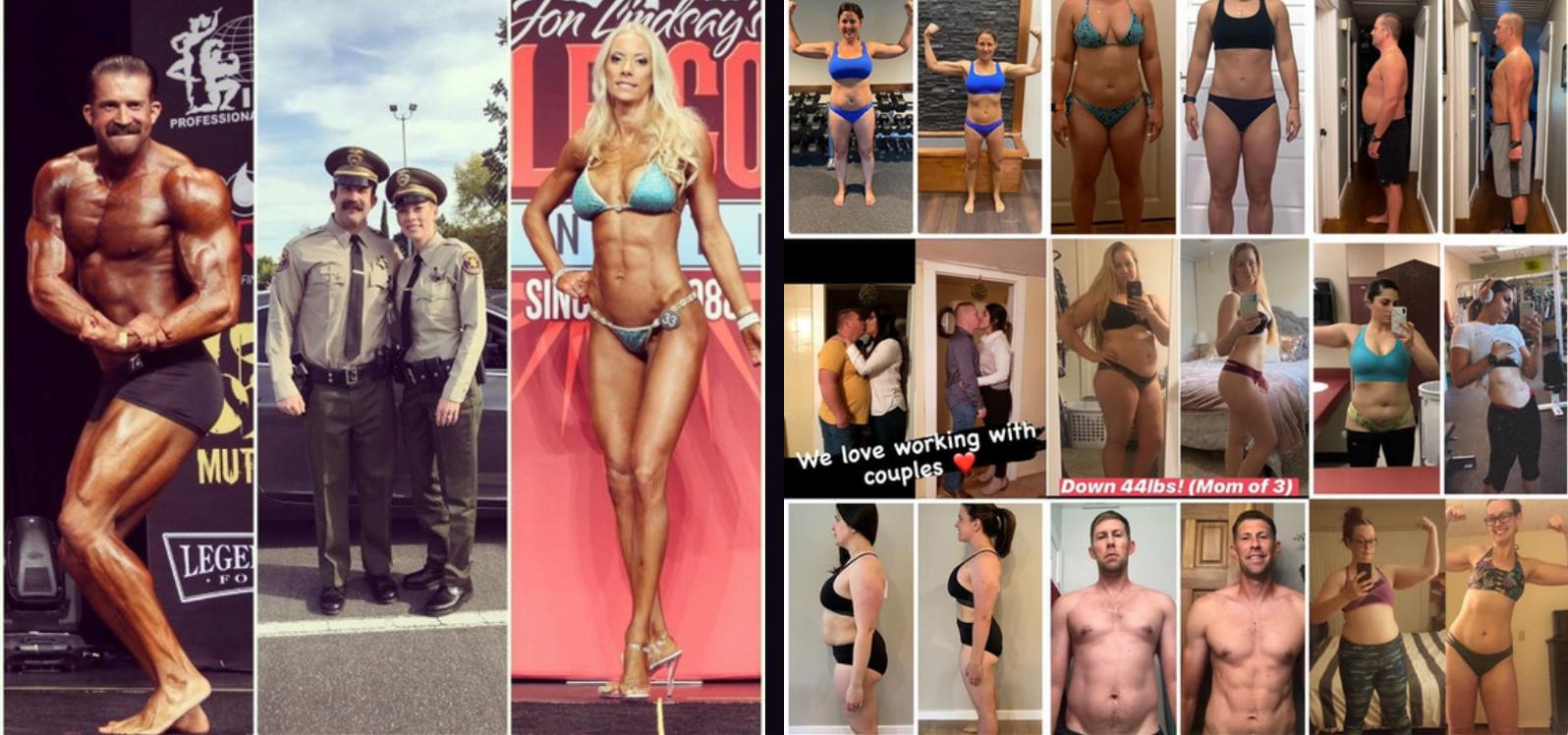
The essential components to a successful fitness journey.

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**This guide will show you how to stop wasting time when seeking the next thing, program, or resource to help you on your fitness journey.**

**After reading this, you will probably leave with more clarity on why past attempts at getting fit did not work out (at least on a good long-term basis).**

**You will also learn what is necessary for the best guarantee of success both now and for good, when it comes to transforming your body, fitness, and health.**



Hi, I'm Ted Stern.

Fitness Coach, Law Enforcement 10+ years, Body-building Competitor, and more importantly, husband and father to 4 kiddos.

My wife Emily and I started the program Fit Responder. She was also in Law Enforcement (as you can see us in the photo), and now she has retired to care for me and the kids. 😊

We both have an extensive background in Personal Training and Fitness Coaching, and many years ago we learned we can help people better by working with them remotely. We also have the best system available to help people make incredible fitness and body transformations (and make it a sustainable, long lasting thing).

"This is the best decision I have ever made."

That's probably the most common thing we hear from clients who work with us inside the Fit Responder program.

Sometimes I wonder, when a client says that on an interview I post, does their spouse watch it later and say "Hey! What about our wedding day!?"

I might seem like I am bragging, well, yes I am. But I'm looking forward to telling you why this might matter to you.



We are very fit. We have been able to stay fit with full time jobs and four kids. We aren't superheroes, we just know a lot of ways to make this very doable. We like to teach the same stuff we practice, and show our clients how to get fit and stay fit given a demanding schedule, job, stress, life, etc.

We don't like the way the fitness industry goes about "helping people." We don't like gimmicks. We don't like body-builder or fitness pro advice that "experts" want you to follow. Such as: scrutinizing over and counting calories, calculating precise macros, logging every bite of food you eat in an app.

We don't like skipping out on date nights or not being able to eat out at a restaurant. Heck, we don't like saying NO to fast food for the rest of your life.

We don't like cookie-cutter "one-size-fits-all" programs that demand you ignore your own needs and preferences.

We DO like showing people how to manage their lifestyle in simple, reasonable ways. We like to help people establish a healthy relationship with food, (which I mean to say, they can eat imperfectly but still make great progress.)

We like to give people the tools, strategies, methods, and lifestyle tweaks that create huge changes in their body, fitness, and health, but also builds the CONFIDENCE and MINDSET necessary to keep the results long term.



We like to show people that health and fitness is way easier than they probably believe it is, and that you don't have to dedicate your life to fitness to make huge long lasting changes in your fitness and body.

Fat loss and muscle building is a nice side-effect of this process.

I can tell you how great our process is all day. Better yet, I have over 100 hours of interviews with clients and thousands of texts to support what I am saying.

Anyway, here's a snapshot of some results.

This is a [great video of what clients say about Fit Responder.](#)



*"Put any fears or concerns aside and just dive in! This was the best decision my family and I have made. - Kayla*



*"People ask me what diet I am on. I tell them I eat normal food, pizza, sandwiches. They can't believe it. I really did not expect to see results this quick." -Alan*



*"This was the easiest fat loss journey I have ever been on. The food is normal. Zero guilt. Life happens. I get to eat ice cream! There's no reason not to do this. This has been an absolute joy!" -Melanie*



*"You saved my life brother! To anybody that's on the fence about doing this. Do it. It will be the best thing you have ever done. Hands down. I am in the best shape I have been at 50 years old." - Michael*



Making this process happen for yourself comes down to you having & implementing these 3 pillars:

**Pillar #1) STRUCTURE**

**Pillar #2) SUPPORT**

**Pillar #3) SUSTAINABILITY**

When these pillars are done correctly in your life, you will see excellent and long-lasting progress in your fitness goals.

Let's dive in.

# STRUCTURE



## PILLAR #1

### STRUCTURE

Most programs, diets, or advice in the fitness world can be summarized as a “plan.” Of course there should be some structure to your plan, because “winging it” does not yield great results. The typical plan you’ll find is a template “Meal Plan” and a template workout.

The typical meal plan many Fitness Coaches, Trainers, or even many Nutritionists or Dietitians would give you, would tell you to follow a strict protocol or diet that you really have no choice but to follow.

That might be a fad diet like “Keto” or “Paleo” (or 100 other diets I could name). This is a short-term strategy. It may or may not give you some results. It may or may not be good for your health. It is highly likely to not last (and neither will your results).



# STRUCTURE

A meal plan from your typical fitness coach usually will say: you shall, without exception, eat “egg whites and oats” for breakfast. “Plain chicken breast and broccoli” for lunch, “Tilapia and asparagus” for dinner. 20 almonds. Repeat. Repeat. Repeat. Some version of this form of nutrition “advice” is the norm in fitness coaching. Most fitness coaches do not build the advice and guidance with the client's needs and preferences in mind. Most plans are not sustainable as a lifestyle. See the problem here?

A typical training plan may or may not be custom to the individual. It most likely will be a template “one size fits all” approach.

These approaches typically do not account for your exercise equipment availability, your personal skill, abilities or limitations (or injuries), your schedule, your preferences, etc. Obvious problems there.

Now you know what not to do. (Don't seek guidance like this).



## SO WHAT DO WE DO THAT'S DIFFERENT?

If those approaches mentioned above don't work, you probably can guess I would not recommend or send you a templated one-size-fits-all meal plan or training plan to follow.

Here's the features of a good plan, and what makes us different:

Our process has been built around research, best practices and coaching to achieve efficient results, and this shows a participant how to adopt our process as a lifestyle. So, a successful fitness journey and lifestyle NEEDS:

**Flexibility:** The plan can change on the fly and to your preferences.

**Variety:** You need lots and lots of choices when it comes to what you eat next. The choices our clients have, are essentially endless.

**Fit for You:** The content has to be what you enjoy, like, want to eat, and fit your schedule and lifestyle.

**Simplicity:** We don't need you to count calories, calculate or log macros, or type all your food into an app. This also allows you to learn and implement the process long term.



# STRUCTURE

That is how we customize and supply our nutrition guidance. It's nice because it's done for you, and we take out the guess work.

The training guidance needs to fit you personally. I can't send you a free workout that works best for you, because I first need to know some things:

What are your goals? How old are you? Any injuries or limitations? What equipment do you have? What's your schedule like? What condition are you in now, physically? What experience do you have? And so on.

Good training / coaching is also feedback based. If you have ever worked with a personal trainer, (who's good at their job), they should adjust the training based on your progress and feedback. That's what we do.

Finally, these plans should TEACH YOU what works well for you and provide knowledge on how to do this for good. While a typical templated diet or meal plan will teach you about how to be miserable for a short period of time to gain some temporary progress.

So by now, I hope you're convinced that a good and effective plan isn't something I can give out to the masses for free in some quick templated format.

# SUPPORT



## PILLAR #2.

### Support

The most successful individuals in ANY field, align themselves with other successful individuals who are like-minded and are seeking similar goals.

The most successful individuals, (even the ones who say they are “self-made”) have had a mentor or a coach.

If you have ever downloaded a free guide and let it collect dust, you’re not alone. You had no coaching or accountability with it.

People tend to do better when they are given a clear path, step by step guidance, and are held accountable to their tasks (regular and daily accountability is best).

# COACHING

## SUPPORT

People tend to do better when they are part of a team, and are on the same path as others who are part of a similar journey.

The best in the world tend to have one or more coaches and tend to be a part of a team.

This is why fitness, health, and body goals are achieved faster, easier, and habits are developed better when working with a direct coach and a team.

The research has proven that habits are created in environments when people are held to a standard with other individuals in a similar process.

We create this environment inside the Fit Responder program, and it is a big part of our success with clients.



# SUSTAINABILITY

## PILLAR #3.

### SUSTAINABILITY

Most of the time, when people try to get fit, they do not learn anything useful to help them in the long run.

For many, they have learned (or maybe even believe), getting in better shape means you must exclude a lot of stuff you want to eat, limit your variety drastically, eat boring or repetitive stuff, starve, feel guilty about eating food that isn't "on plan," and develop an all or nothing relationship with food.

Many have not learned how to approach fitness and exercise in a manageable way that fits preferences and lifestyle.

Most people end the last quest to get in shape feeling like "Well that was terrible and difficult, I guess I just can't hack it, maybe I'll try again in the future."

Let's not repeat that cycle.

**K**nowledge

**E**mpowers

**Y**ou

# SUSTAINABILITY

Losing body-fat, getting a better body, feeling better, performing better, moving better, feeling confident, more energy, etc. These are side-effects of the knowledge and mindset built inside our program.

What I love most, is when a client says things like:

“I finally have a good relationship with food.”

“I ate pizza with my family last night and have no worries or guilt.”

“I have the confidence to continue this fitness journey.”

“This is second nature now, automatic.”

Those phrases indicate the client has learned exactly what we teach and provide. They have developed habits. Those phrases ultimately indicate sustainability: long term, and lasting results.

So what's next?



Join our [free Facebook group](#) called First Responder and Family Fitness. The name suggests we only work with First Responders and their Family, but about 25% of our clients are not in the first responder field at all.

Don't have Facebook? Start here to see the inside of the program features. [Bonus Training](#)

This group is one of the most active and engaged groups in the world for like-minded folks looking to permanently transform their fitness and body without fad diets, gimmicks, or unsustainable methods.

Inside, you'll find free resources such as our Fit Responder recipe guide, Supplement Guide, Restaurant Cheat Sheet, and more.

I often post live interviews and weekly training videos that you'll get loads of value from.

[Tap here to join.](#)

See you inside.

-Ted, FIT RESPONDER