



# DISCOVERING YOUR WHY-POWER FOR RELEASING WEIGHT



jen mannarelli, llc

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## Identifying your WHY and Discovering Your Motivation

Deep within us all lies a desire to improve ourselves. What does that mean for you?

Often, women tell me, **"I want to lose weight!"**

To which I respond, **"But WHY do you want to lose weight?"**

The answers vary widely:

- "My **clothes don't fit!**"
- "I'm **concerned about my health**—heart disease, diabetes, high blood pressure, etc."
- "My **doctor advised me to lose 35 lbs three years ago, and I still haven't.**"
- "I **can't play** with my kids without getting **exhausted.**"
- "I **feel self-conscious**, especially around other women at work and at my kid's school."
- "My husband doesn't pay attention to me anymore, and our **intimacy has diminished.**"
- "I want to **care for my aging parents**, but I lack strength and energy."
- And the list goes on and on...

### Take a moment...

- ☛ What is your **reason** for wanting to lose weight?
- ☛ **Why** do you truly want to lose weight **now**?
- ☛ Why are you **seeking answers and help**?
- ☛ If you've succeeded before but **couldn't maintain** it, what is different this time?

Reflect on these questions and read on...



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### Understand the Connection

Understand how **connecting your motivation to your goals can lead to lasting success**, unlike short-term, one-size-fits-all diets and weight loss programs, aka “Cookie-Cutter” programs.

Most fad diets and weight loss programs are **overly restrictive and unrealistic**, which is why they are **not sustainable** for the long term. When our willpower wanes, **we often quit**. Then we feel guilty for starting something that didn't work out. We may even shame ourselves for not trying hard enough. This cycle may lead to binge-eating or resentment towards exercise.

Before we know it, we've **regained all the weight** we lost and more, feeling **frustrated** and **defeated**. Throughout, our focus was on the diet, the plan, the program, or the magic solution instead of on our motivation – **our WHY!** Eventually, we realize that willpower alone isn't enough and that **quick fixes are just temporary solutions**. We understand that we need more than willpower; we need a meaningful reason, our WHY!

I like to call it **WHY-power!**



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### Shift your mindset

Change your mindset from needing another fad diet or program to focusing on how your **WHY-power** can drive **lasting lifestyle changes**.

When we shift our mindset and concentrate on our deep motivation — our WHY — we significantly increase our chances of making **sustainable behavioral changes and adopting new habits**. We align our thoughts and actions with our long-term goals through a comprehensive plan. No more quick fixes because we understand they don't last!

In the past, our **mindset** may have been:

- *"I just need to find a fad diet that works!"*
- *"Once I lose these 10 lbs, I can eat whatever I want!"*
- *"I lost 10 lbs by starving myself for two weeks before, so I'll do that again."*
- *"I guess I'll have to eat bland, boring food for six weeks straight to see a difference."*

Instead, we **shift our mindset to focus on the motivation we identified**, using it to guide our thoughts, decisions, and actions every moment. It's a simple shift, but not necessarily easy — it requires mindfulness and focus. However, it leads to **lasting habits, behavioral changes and lifestyle improvements that endure a lifetime**.

**Need help? I can help! Book a call with me and I'll help you discover your WHY-power!**



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**GAIN MORE BY LOSING IT**

# Coach Jen

I have spent over 28 years in the Fitness & Health industry, teaching group fitness, including Yoga, Spinning, Barre, PiYo, REFIT, Muscle Definition and more, at many different venues, in multiple states and Mexico! In 2003, I earned 1st place in the Texas NPC Fitness & Figure Competition, which led me to pursue a Personal Trainer Certification with ISSA (International Sports Sciences Association). I held multiple professional roles at GE for 10 years after graduating from the Ohio University, but chose to leave the business world to be a Stay-at-Home Mom while my 2 girls were young. Doing part time consulting for GE and then working for my church for several years, I decided to pursue my love of coaching full time in 2019.



I have led many different types of fitness classes over the past 26 years, holding a variety of certifications! My 200 hr RYT (Registered Yoga Teacher) is through YogaRenew with several years of Yogafit training. My group fitness certification is through the Aerobics and Fitness Association of America (AFAA). I obtained a Nutrition Coach Certification through National Association for Fitness Certification (NAFC) in 2020 and a Health Coach Certification through American Council on Exercise (ACE) in 2021. I completed the Health Mindset Coach Certification (HMCC) in 2023.

As your personal Health Coach, my mission is to empower YOU on YOUR health journey and co-create a roadmap to achieve YOUR goals. Together, we'll bridge the gap through effective lifestyle and behavior adjustments, leveraging evidence-based tools and concepts. This journey will empower YOU to feel your best, exude energy and confidence, and excel in all aspects of life – whether at work, home, or play! [Book a call](#) with me now to learn more!



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