

VIVE
Healthy

*3 Transformative Secrets of
Healthy, Confident Women*

G I A F E Y

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INTRODUCTION

I Know She's In There...

"Everything that you want to be, you already are. You're simply on the path of discovering it." Anonymous

Hey, you sexy, confident woman!

Yes, I am talking to you.

Regardless of how you feel right now, I know that there's a healthy, self-assured, sexy woman inside of you begging to be set free. The eBook is designed to help you discover her. In time, *you will become her.*

Today you may look in the mirror and see anything but that. Even if the image staring back at you has tired eyes, a few too many wrinkles and jeans that are much too tight, I know she's in there. Chica, you are so much more than just the reflection you see in the mirror. You are a sexy, fearless woman capable of doing really hard things.

I know all that because I've been in your shoes. I've seen those same tired eyes and worn those same too-tight jeans.

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Thankfully, that's not who I am anymore. I said adiós to that version of myself about 15 years ago and, along with this eBook, I'm about to help you do the same.

I'm Gia Fey. You may know me from the Body by Gia Youtube channel, Instagram or TV. However, I wasn't always the confident woman you see today. I know exactly what it feels like to be trapped by your own lack of confidence and unhealthy habits.

I didn't grow up loving myself, or my body. I spent the first half of my life living in survival mode, completely clueless of what a healthy lifestyle looked like. My parents didn't teach me about nutrition, self-care or emotional intelligence because they had never learned those skills. I grew up in a toxic but loving Latino household. My parents' main focus was to survive in America. We ate bad food, never talked about our feelings and ignored mental health. I am a first generation Mexican American and although I am very grateful that my parents migrated to Los Angeles to give me more opportunities, I also knew I had to find my own way to a healthy life.

I did, thankfully, learn to love fitness through sports and physical activity. My dad introduced me to soccer and I was really good at it. Soccer became a huge part of my life. I even played at Purdue University in West Lafayette, Indiana and became the first person in my family to attend and graduate from a prestigious four-year university.

From the outside, I looked like I had my life together. On the inside, though, I was a mess.

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A sports injury sat me on the bench soon after I got to college. Since sports had always been my outlet, not being able to play threw me into a deep spiral of unhealthy habits. I was partying, sleeping too little and hanging with the wrong crowd. My choices were taking a toll on my body, mind, and relationships.

After a year of partying, drinking, and late night Taco Bell trips, I hit rock bottom. I had gained 50 pounds weighing a total of 200 pounds at 5'8. When I saw a picture of myself at a bar, I barely recognized the person I'd become. I looked like a 35 year-old woman...but I was only 19. I felt tired, burnt-out and incredibly uncomfortable inside my own body. I avoided going out with friends because I was ashamed of my body and didn't want them to see me. When I did have to go out, I remember trying on outfit after outfit, struggling to choose clothes that would hide the weight gain.

As a Latina, I've always been curvy. I'd felt self-conscious about my body before, especially when comparing it to the stick-thin girls at my school, models and actresses I saw on TV. However, sports normally kept me pretty fit. This period of my life, without sports, brought on a whole new level of body shame and lack of confidence- unlike anything I'd ever felt before.

That summer, while I was home from college, my older sister invited me to take a spinning class. Since my dad, who had long ago planted the seeds of my body image issues with his constant critiques, kept making negative comments about my weight, I said yes.

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I went in expecting a workout but the Universe had so much more in store. That invitation and fitness instructor literally changed everything.

The spinning instructor, Yvonne, was a Latina in her 40's. She had an amazing, curvy body and reflected all the body positivity I needed to learn. She helped me see, for the first time, that my curves are beautiful. **I knew I wanted what she had.**

When I got back to campus sophomore year, I became a certified spin instructor and started teaching spinning at the university recreation center. I still wasn't in the best shape, but I was a really tough instructor with a compassionate coaching style that people loved.

After one year of teaching, I had lost 45 pounds. I felt incredibly empowered but I still wanted more. So, I didn't stop at just changing my body, I began to change my entire lifestyle. I started drinking less, eating better, and began to get in touch with my faith again. I felt great.

Fitness and healthy habits were transforming my life and I wanted to give that power to everyone else I knew. I decided to become a certified personal trainer and started training my friends for free.

When I graduated from college, the only desire I had was to be able to make a living helping others get fit. I moved to Hollywood to pursue my goals and quickly began to win over a community of curvy girls in Los Angeles. I fell in love with helping people become more fit and transform into

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the best version of themselves through physical and mental fitness and lifestyle changes.

The Body By Gia YouTube channel came to life a couple years later. I was able to interview amazing celebrities like Halle Berry and JLO to learn how they stayed in shape. The Universe just kept opening doors and leading me down the best path for my life.

However, it wasn't a straight path to success. There were lots of windy roads but I learned to trust myself and my journey and I arrived at where I needed to be. Each challenge just developed my resilience muscle. The deep desire to help others plus a lot of determination and perseverance help me achieve my dream life.

Watching women start out feeling insecure and uncertain and end knowing they are beautiful, powerful, badass women became my fuel, and my life mission. We all deserve to be the best version of ourselves so we can pursue the relationship, body or career we want.

That is why I created this eBook. To make these tools accessible to more women. You see, after almost twenty years of helping women transform into the best version of themselves, I realized that there are three secrets they all know and I am about to reveal them to you. These three secrets will help you unleash the healthy, confident woman you were meant to be. In reality, she's always been inside you. Unfortunately for most of us, society, media, bad relationships or lack of confidence have convinced us that she is too much, or not enough, so we tucked her away.

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Chica hermosa, it's time for you to set her free. Let's begin your transformation to discover who you have the power to become.

Transformative Tip: This eBook is a little different from most. I don't want you to speed read through all of it and then sit overwhelmed in a mess of information.

*Instead, take it sloooooow. Read a section each day. When you get to the part that says "**Sexy Badass Habit**" and "**Sexy Badass Journal**" stop reading and do the activities. The next day, you will do the same thing: read one section and then stop and do the activities.*

I am intentionally only giving you one new habit to focus on at a time. This is called habit stacking. It will help make your transformation more sustainable.

I also want you to take your time with these activities. Transformation doesn't happen just by learning new things. Change comes through action. Do the activities, write in your journal, and be brave enough to try new things. Just like your body purges sweat in a workout, your mind purges thoughts and confusion in writing.

TRUST ME IN THIS PROCESS. Don't take shortcuts. Transformation has no shortcuts! You can do this. You can do hard things. When you reach your limits, the sexy badass version of you will be there to meet you and help you keep going.

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Before we jump in, let me be real with you. This is a process- a long one. I didn't go from an insecure 19 year old who hated her body and life to a sexy, confident woman overnight. It took discipline and regularly following healthy habits while learning to love myself. Transformation takes time and *a lot* of practice. The journey is nonlinear as well and will have its ups and downs.

Through consistent training, both physically and mentally, as well as pushing myself to overcome obstacles, I gradually grew into the woman I already was. I found her through empowering my body and mind.

The intention of this ebook is to help you on this journey to discover who you are and who you want to be.

That is what this eBook can do for you, if you let it, you will discover the powerful woman you were born to be. I will provide you with the tools you need to begin to vive (live) healthy, but it's up to you to do the work. Most people stay in their comfort zone and just coast through life. If you want to live differently than most, you must do what most won't do.

I am not promising that you will finish this eBook and miraculously be the best version of yourself but it will plant the seeds of greatness. Greatness is formed through habits that we can all develop. This guide is meant to set a solid foundation and to lead you on the path you were meant to live. However, it is up to you to continue on that path.

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Of course, I'm not just going to throw you out there on your own. I will always be here to encourage you. Just by reading this book, you've become part of the Body by Gia community. Make sure you follow me on social media to receive consistent encouragement and subscribe to my email list to get tips for following the Body by Gia mindset. These consistent positive messages will reprogram your brain (yes, I am brainwashing you but in a good way) to love yourself and live a healthier life.

If you want to take it a step further, I also offer in person and virtual personal & group training programs to empower you even more. I'm going to give you the tools you need but I can't make you do it. Only you have the power to make the decisions.

So, instead of starting off, like most fitness plans do, with some crazy workouts and a restrictive meal plan, let's start with your motivation. I know there will be days when you don't want to get out of bed, eat your vegetables or write in your journal. For those days, I want you to rely on your why.

What is Your Why?

"It's not about being perfect. It's about effort. When you implement that effort into your life every single day, that's where transformation happens. That's how change occurs. Keep going. Remember why you started." – Anonymous

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Why do you want to unleash the healthy, confident woman you were born to be?

Although “it’s almost swimsuit season” is a valid reason, it probably won’t keep you motivated very long. I always say, shallow desire creates shallow effort. Your why needs to be something bigger than looking good in a bikini.

In my almost 20 years of personal training I have never seen a shallow why keep a woman motivated for the long haul. Try to think past the physical, or short term reasons, and connect it to something bigger. Here are a few great motivators I’ve heard from other chicas I’ve worked with:

- I want to have more energy so that I can enjoy my life after work.
- I want to stop hiding behind baggy clothes and feel good about myself again.
- I want to set a good example for my kids/nieces/sisters/etc.
- I want to have the confidence to start my own business.
- I want to attract the right relationships.
(Healthy habits have the power to affect all aspects of your life.)

Sexy Badass Habit: Move your body for at least 15 minutes today. Do whatever kind of exercise or movement is enjoyable for you. Just get out and do something. Get extra credit if you show me by tagging me on Instagram @bodybygia.

Sexy Badass Journal: What is your why? Write down three different reasons why you want to become the healthiest version of yourself.

Transformational Tip: *Did I mention you are going to need a journal for this challenge? Buy a fun, sexy journal that embodies all you are about to become and then use it to do all the journal entries. Your "Sexy Badass Journal" will become your transformational scrapbook. The space where you can look back and see how much you've changed. You can add pictures or anything else that motivates you. I added a picture of me at my unhealthiest weight. You will also want to keep this list with your whys in the front cover so that you can easily look at it on the days when you aren't feeling super motivated.*

Reflection

One of the best ways to keep yourself motivated is by noticing your progress. So, before we dive into the steps you are going to take to transform your body, mind and lifestyle, let's see where you are at today.

Answer these questions in your "Sexy Badass Journal".

At the end of this challenge, you will repeat a similar activity so that you can look back on your answers from today to see how far you've come.

Transformational Tip: *Do you hate writing? I used to too. The thing is that writing is like exercise for the mind. Our body*

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purges when we sweat and our mind purges while we write. So, even if you hate it, do the journal entries. It gets easier over time, as your mind gets fitter and healthier.

When I look in the mirror I see:

(You can describe what you actually see, how you feel about yourself, throw in a picture or do all three.)

On a scale of 1-10, how confident do you feel? (10 being a sexy badass and 1 being insecure and uncertain)

On a scale of 1-10 how healthy do you feel?. (10 being in the best shape of your life and 1 being sick and tired of being sick and tired)

I feel... (How are you feeling today mentally, physically and emotionally?):

I am worried about... (list a few worries that keep you up at night):

I think I am... (What beliefs do you have about yourself?):

I wish I could... (If you could achieve or change anything about your circumstances, what would it be?):

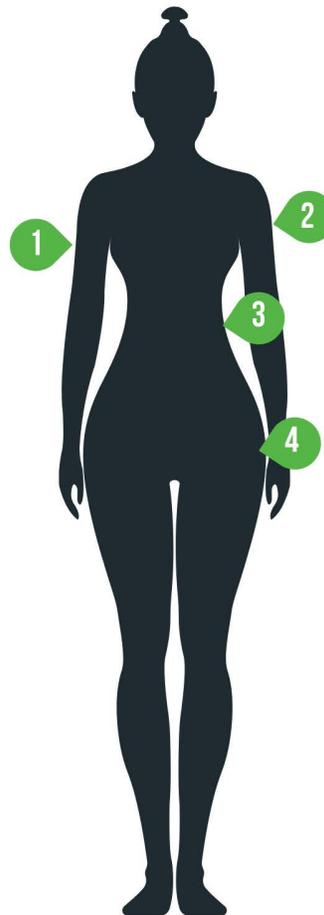
When I have a bad day I... (What do you normally do to cope with difficulties?):

Measurements:

Sexy Badass Tip: If your main focus for this journey is to lose weight and numbers motivate you, feel free to take some measurements to watch how you change. If numbers discourage you, or stress you out, skip this section.

**MY WEIGHT LOSS JOURNEY
TRACKER**

	BEFORE	AFTER
DATE:		
WEIGHT		
1		
2		
3		
4		



PART 1

Transform Your Body

"Change more than just your body." Gia Fey

Now that you've taken some time to think about where you are today, let's dig into the good stuff. It's time to transform chica!

I am about to give you a whole lot of information. You may be tempted to just focus on one piece and leave out the rest. Although just transforming your physical body will help you feel better for a little while, it won't bring you lasting results.

We are whole beings. Our body, mind, and lifestyle are like a three legged stool. We need all three to be equally strong to be able to support us long term. So, take your time going through this eBook and adding in new habits little by little. This isn't a race. This is a metamorphosis. Butterflies weren't made in a day ;).

What Does Being Healthy Look Like?

"Train like an athlete. Eat like a nutritionist. Sleep like a baby. Win like a champion." -Author Unknown