

Were You Born With This Weight Loss Gene?

It's Dustin!

Is there really a "fat-burning gene"?

Not exactly.

But there is a "fat-burning personality trait".

Having this trait is the #1 predictor of fat loss success.

Your personality traits are the result of:

- > The genes you get from your Mom and Dad
- > Your environment / your experiences

Your personality is not fixed.

But it is wired with predispositions.

This "successful fat-burning personality trait" is outlined in the article I wrote for you today.

If you'd like, you can check it out here:

>> <https://neurofitnesscoaching.com/trait/>

Talk soon,
Dustin

P.S. I have a cool new offer I'm launching soon.

P.P.S. It has to do with group training.

If that piques your interest, start asking your friends if they'd like to do group training.

More info on that coming soon.

Were You Born With The Fat-Burning "C" Gene?

Find out:

>> <https://neurofitnesscoaching.com/trait/>

Conscientiousness.

Leading psychologists call it *the* future success indicator.

It's made up of four parts.

- 1 - Diligence (hard work)
- 2 - Prudence (wise decision making)

3 - Organization (planning and prioritization)

4 - Perfectionism (managing the details, double checking your work)

How does this apply to fitness?

In order to get the level of health you desire;

You WILL have to exercise when you don't want to. (Diligence)

You're going to sweat...

You're going to be sore.

And sometimes...

You're going to be hungry.

Imagine this...

You go to work tomorrow.

Your coworkers are eating donuts.

That's when you're faced with a decision.

The decision to stick to your guns (Prudence)

Or to throw your plan out the window.

When you're trying to get fit, you will have to be considerate of the foods you're buying, and how you plan your meals for the week. (Organization)

Otherwise, when you don't have a healthy lunch prepared – that burger and fries starts sounding *pretty tasty*.

Also...

When I observe professional athletes...

NFL Quarterbacks, Olympic Athletes, and Pro Bodybuilders...

They track their calories very closely.

You may be saying...

“Well, I'm not a pro athlete, nor do I want to be a bodybuilder.”

That's fine. I get it.

But, in life, if we model the greats in their respective fields, we have a decent shot at recreating some of their success.

In closing, conscientiousness is the #1 indicator of future success.

How do we be more conscientious?

1. Do the work.
2. Make the right decisions.
3. Plan and prepare accordingly.
4. Track your food, exercise and progress.

To your success,

Dustin

P.S. See what it's like to be my client – sign up for my 2-week trial where you can train with me 2 days/wk for 2 weeks for just \$75.

>> [Click here to learn more.](#)