

# GUIDE TO BREAKING THE DIET CYCLE

**Stop starting over. Build habits that last.**

A free resource to help you stop yo-yo dieting, create real results, and finally feel in control — for good.



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fitness | nutrition | mindset



# Introduction & Mission

**You Don't Need More Information. You Need a New Approach.**

You've tried all the diets. The apps. The meal plans.

You've lost the weight... and then gained it back.

This guide is here to help you break that cycle — for good.

My ambition is bigger than helping you drop a few pounds.

I want to create a wave of positive change that influences future generations to live with healthier habits and happier lives.



These tips are enough to start that shift. But not everyone can do it alone.

That's where **IGNITE** comes in, but more about that later.

# Why Fad Diets Fail

**Fad Diets Don't Work. BUT You Already Know That.**

They ask for perfection. No carbs. No social life. No flexibility.

They create guilt when you “fall off.” They don't teach you how to actually live.



📖 A 2018 review in The BMJ found that most people on popular diets regained over half the weight lost within two years. In an article in 2022 by the American Heart Association, they discuss how these fads can even be counter productive.

But yet so many people try these extreme methods that are only designed for short term results.

**You didn't fail. The method did.**

# Consistency Over Perfection

You Don't Need Perfect Weeks. You Need Consistent Ones.



Here's the truth no one's telling you: Success doesn't come from extremes. It comes from habits.

- Missed a workout? >> Go for a 15-minute walk.
- Had a big meal? >> No guilt. Just get back on track.
- Tired? >> Do something small. It still counts.

The goal is **consistency — not perfection.**

# Free Tips That Create Real Change

These tips are simple — and will change your life (if you let them)

- 🎯 Focus on consistency, not perfection
- 🎯 Change one thing at a time
- 🎯 Move more (for your body and your brain)
- 🎯 Plan your meals ahead of time: structure = success
- 🎯 Create 2–3 “grab and go” meals for busy days
- 🎯 Drink more water
- 🎯 Aim for 7–8 hours of sleep
- 🎯 Eat protein with every meal
- 🎯 Keep it simple. Repeat what works.
- 🎯 Don't aim for perfect weeks. Aim for better ones.

**You don't need to overhaul your whole life overnight.**

**You just need to start somewhere.**

# The Wake-Up Call

## Let's Be Honest.

You've spent time, money, and energy chasing solutions.

You've tried again and again — only to end up back at square one.

If you've read this far, something's resonating.

You want **change**. Not for a holiday. Not for a dress. But for you.

Here's the truth: this isn't easy. But nothing worth having is.

You don't need another "plan." You need to put the work in to get lasting results.

**This time can be different — but only if you show up differently.**

Put in the work. Not perfectly. But consistently.

Backed by support, strategy, and a program that fits your life.

You're not lazy. You're human. And you're ready.

# You Know What to Do... So Why Are You Still Here?

**It's Not About Knowing. It's About Doing.**

You know the basics. Eat more veg. Move more. Drink more water.

But life gets in the way. You're busy. You're tired. Motivation fades.

What you're missing isn't knowledge — it's structure, accountability, and support. A plan that fits into **your** life - not something you need to struggle to keep up with and eventually pack it in.

That's where **IGNITE** comes in.



# Introducing IGNITE

## IGNITE: The Last Program You'll Ever Need

This isn't another quick fix. Its for people ready to make serious changes.

**IGNITE** helps you build real habits that stick around for life.

- ✓ Weekly accountability check-ins
- ✓ Personalised calorie & habit targets
- ✓ Simple workouts that fit busy lives
- ✓ Support from someone who gets it
- ✓ A program built around **your** reality, not a fantasy

### REAL PEOPLE. REAL RESULTS.

Check out their stories here: [CLIENT RESULTS](#)





# Ready To IGNITE Your Transformation?

## Ready to Stop Starting Over?

You don't need another diet.

You need a strategy that lasts.

That's what IGNITE gives you.

- 🔥 **personalised** workouts tailored to your goals
- 🔥 progress tracking
- 🔥 guidance on workout progression
- 🔥 calorie guidance
- 🔥 nutrition tracking & weekly feedback
- 🔥 build a better relationship with food
- 🔥 weekly education files to help you build long term habits
- 🔥 weekly check in (can be a call/video call)
- 🔥 accountability & motivation
- 🔥 app access where workouts can be tracked
- 🔥 unlimited contact via chat function in app

➡ Click [here](#) to join IGNITE or email me at [bodifyfitnesscoaching@gmail.com](mailto:bodifyfitnesscoaching@gmail.com) with the word "IGNITE" and I'll send the details.

**Let's make this the last time you start again.**

# Thank You

## You're Already Ahead.

You took the time to read this. That means something.

You're already showing up for yourself.

You've got what it takes. Now you just need a plan that works.

👏 Let's do this — **together.**

Resources:

Check out my [website](#)

Socials: [Instagram](#) & [Facebook](#)

Podcasts: [Spotify](#)

