

IG post about the new challenge to get back to form after the summer holidays

Avatar - Mostly women, very friendly communication

Write about the pain of being out of shape -) write tips on how to get out of the pain -) CTA will provide all of this to them in the challenge that they will create for them.

Firstly, I hope you had a wonderful holiday and enjoyed your vacation to the fullest.

Secondly, if you're feeling pampered, overindulged, and low on energy, you should see this.

Biggest pains - Loss of motivation Unfavorable eating habits Loss of routine Loss of physical progress  
Loss of self-care habits Loss of energy Feeling of loss of freedom MAYBE AFTER DOING NOTHING AND  
JUST ENJOYING YOURSELF, YOU'RE FEELING ANXIOUS ABOUT HOW TO GET RID OF THINKING ABOUT  
IT? SIMPLE - DON'T HAVE TIME TO THINK = WORK WORK WORK

Holidays can serve as an escape from problems and stress. Returning to these issues after the holidays can lead to feelings of hopelessness and increased stress.

Comparison with others: After the holidays, people may feel pressure to compare themselves to others who seem to be more successful or productive. This can lead to low self-esteem and insecurity.

Desires Return to a regular sleep schedule:

- Planning and organization - Create a game plan.
- Maintaining a balanced lifestyle.
- Self-reflection and mental health care.

## **Beginning**

Girls, it's time for a big decision. I hope you had a wonderful vacation and enjoyed relaxation to the fullest. Now that the holidays are over... It's time to think!

There are two types of girls: First, those who, after pampering themselves on vacation, start making excuses and stop taking care of themselves. They slowly tame the aches in their bodies, and they realize the energy they gained from the break is lost.

The second type is determined, so a few drinks won't deter them from their journey towards a beautiful/super figure. They double down on the energy they've honestly gathered, they work hard, and they take control of their own world.

Fortunately, I have the second type here, my girls. They'll outshine the first type and feel great all year round! Maybe right now you're thinking about how to get back on track after the relaxation and drinks. Instead of just thinking, you can start working hard right away...

I'm preparing a BRUTAL CHALLENGE for you - #CHALLENGENAME, which will help you bring out your BEST and I'm sure you'll enjoy it/get sweaty!

I'm really looking forward to it. Let me know in the COMMENTS if you're in with me! There are 4 months left until the end of the year, so let's make the most of it.

PS: For the first type - remember, it's never too late to start.

