

START AND MAINTAIN YOUR EXERCISE ROUTINE



in
Less than 5 minutes

Dawn Hall

I was looking for a trainer who understands women's bodies and the challenges we face as we get older. I knew from our first meeting that Dawn gets it. I started seeing results in my upper body after two weeks. After 4 weeks my clothes fit better, my posture has improved, and I have biceps again! I feel stronger than I have in decades and I have confidence in my body again. Dawn is positive and encouraging. She doesn't push you beyond your limits or treat you like anything other than a friend. - Nicole

When I started working with Dawn, she promised that I would learn to love working out and would never again lose the habit of working out for the rest of my life. I thought it sounded too good to be true! But, it was true. She helped me figure out what works for me and encouraged me to make small, incremental changes that I could sustain over time. It was never about killing myself in the workout or putting me on a super strict diet, but finding what I enjoyed and would actually do. She also didn't try to make me think I needed her to be in shape or to keep up with my workouts. Since we stopped working together, I'm keeping it up on my own and enjoying working out more than I ever have! That is truly a gift. I highly recommend Dawn if you're looking for a personal trainer! - Ingrid

It's been an amazing journey training with Dawn. I feel healthier, stronger, more energetic,...I feel amazing! Dawn has made every session fun and adaptable to what my body needs. She has taught me so much about strengthening, core, stretching and how important each of them are in order to have a better lifestyle. Since we started I've lost 15 pounds, results that were possible from following what Dawn has taught me and being consistent with everything we've done since day 1. She is so knowledgeable in everything she teaches and cares about your personal progress. Can't thank her enough for everything she has done for me. - Pamela



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Dawn Hall

For over 35 years, Dawn has built a well-rounded career in health and fitness as a Personal Fitness Trainer, Nutrition Expert, Gym owner, Lifestyle Coach, Published Author, Public Speaker, and Founder/CEO of Avva Rose Skincare. As the visionary behind Shaping Women Naturally Magazine & Events, she's also a passionate advocate and supporter of women entrepreneurs.

Over the past two decades, her coaching has evolved to help women transform their lives through faith—integrating mind and body, heart and soul. This holistic approach extends beyond health and fitness, encouraging growth in every area of life.

Dawn says, “It has been an incredible journey to witness women break free from old habits, embrace new perspectives, and gain the clarity needed to make confident decisions. By guiding them to cultivate healthier lifestyles rooted in truth, grace, and genuine fulfillment, I have seen lasting, meaningful change. As long as my time on earth allows, I will continue to follow where the Lord leads, trusting in His purpose for my work and the lives the Holy Spirit touches through me.”

Dedication

To My Dear Friend Tracy,

This book is dedicated to you. Your act of kindness—a card of appreciation and a single rose in 2007—was the spark that ignited its creation.

Without your encouragement, I wouldn't have been inspired to write this book, which I hope will inspire you and countless others.

Within these pages lies a simple, accessible practice that has the power to motivate you to kickstart and sustain a lifelong exercise routine. May it be a source of guidance and inspiration on your journey to a healthier lifestyle.

Sincerely,
Dawn Hall

Prologue

I desperately wanted to be fit again, but I could barely find the strength to get out of my chair, let alone sit up straight for long.

My body had weakened to a shadow of what it once was. Autoimmune disorders kept triggering each other—every solution for one problem seemed to set off another. And on top of it all, I was in perimenopause, an unpredictable season in any woman's life.

I had been a health and fitness professional for over 15 years—this was my calling, my gift! How could I ever regain my strength to train clients again? And more than that, how would I support myself?

Alone, I cried. And that's when simplicity appeared—steady, clear, and undeniable. Not flashy or complex, but calm, wise, and deeply true. I had been pushed to the edge of exhaustion, to the point of fear—the very place where wisdom begins.

START AND MAINTAIN YOUR EXERCISE ROUTINE IN LESS THAN 5 MINUTES

Dawn Hall



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Welcome



Dawn Hall

"Health and Fitness Professional"

Discover the transformative power of "Start And Maintain Your Exercise Routine In Less Than 5 Minutes." This comprehensive guide promises to change your body and mindset within just 7 days. With its easy-to-follow format, it becomes your trusted companion for ongoing inspiration, shifting your mindset from obligation to inspiration, giving you the motivation to jumpstart and sustain your fitness journey.

In just 7 days, you'll feel a noticeable difference in your body and mindset.

This easy-to-follow plan helps you shift from feeling obligated to truly wanting to move, making fitness a natural part of your day.

With over 30 years in health and fitness, I've seen the biggest challenges—lack of time, motivation, and know-how. That's why I created one simple method that solves all three in just a few minutes a day.

Anyone can do it—no matter your age, size, or fitness level.

No prep required—no workout clothes, no equipment, no extra space.

Start right now—sitting or standing, and see progress weekly.

”

This will bring

HEALTH TO YOUR BODY
AND NOURISHMENT
TO YOUR BONES

PROVERBS 3:8

“

Introduction & Getting Started



Introduction

Are you grappling with time constraints, wavering motivation, or uncertainty about where to begin your exercise journey?

Do you find accountability helpful in sticking to your routine, or has your busy schedule led you to abandon exercise altogether?

Are you constantly prioritizing others' needs, leaving no time for yourself, let alone exercise?

Do you feel frustrated by the cycle of starting and restarting exercise programs in search of lasting results?

Is there a belief that exercise must be grueling and painful to be effective?

Would you appreciate a simple routine that yields long-term results without frantic effort?

If you could achieve guaranteed results in just 7 days, would you commit to a practice that not only jumpstarts your routine but also keeps you motivated through life's challenges?

This guide not only teaches you how to initiate and maintain your exercise routine but also demonstrates how exercise can serve you rather than feeling like a chore.

I empathize with the challenges of starting and sticking to an exercise regimen, especially amid life's various and unexpected distractions and demands.

Hence, I've designed this guide to reveal that exercise doesn't need to monopolize your time and can easily fit into your weekly schedule.

Exercise, at its core, is straightforward, built upon foundational principles that may have slipped your mind amidst daily distractions or the misconception of "no pain, no gain."

I firmly believe that everyone possesses an innate guidance system leading them towards their personalized and effortless exercise routine. By mastering a single, uncomplicated practice in under five minutes, you not only initiate your exercise regimen but also uncover a routine tailored to your needs.

The practice I'll share is easy to comprehend and encourages a holistic approach to physical and mental well-being.

The frequency of your exercise regimen profoundly impacts your health, and in turn, your health profoundly influences your life's quality.

When you're in good health, you radiate energy, enhancing interactions with loved ones and embracing each aspect of your daily experiences with more enthusiasm.

With health as your foundation, limitless possibilities unfold, making life feel less like a burden and more of a joy to wake up to each morning.



Getting Started

Starting out can sometimes pose challenges, particularly in maintaining momentum and selecting the most effective exercises.

The abundance of exercise information available can often lead to confusion, overwhelm, and hesitation.

Today, however, you won't encounter confusion, overwhelm, or obstacles to progress.

I will teach you a simple and effective way to start your routine, adaptable to any kind of situation or circumstance.

With over three decades of experience, I've helped individuals in overcoming challenges, whether addressing health issues, adapting to injuries or disabilities, breaking through fitness plateaus, or achieving balanced weight naturally.

My clients span all ages, sizes, and fitness levels. Once they begin their journey, they discover that starting with one simple exercise ignites inspiration for a consistent pace and motivates them to progress to the next step.

What To Expect

Noticeable changes and improvements in the following areas:

- Increased Muscle Tone
- Stronger Core
- Weight/Inches - Loss/Gain/Redistributed
- Less Back/Neck/Shoulder Pain
- More Flexibility
- Improved Balance
- Proper Alignment
- Regulated Sleep Patterns
- Increased Cardiovascular Endurance
- Energy Revived
- Stress Reduced
- Decreased Inflammation
- Breathing Less Labored
- Additional Time in Schedule

Would you like a solid foundation for your exercise routine that delivers physical results consistently, even amid injuries, fluctuating schedules, and the inevitable changes that come with life situations and aging?

In other words, when “life happens” would you like to know you can maintain your exercise routine with confidence and adaptability?

Are you curious about the idea of transforming your body in just 7 days?

YES or NO

Are you willing to explore new approaches?

YES or NO

Do you find yourself at a point where prioritizing exercise is crucial?

YES or NO

Would you rather make informed decisions for lasting, impactful results?

YES or NO

If your answer is yes to any of the above, then flip the page and discover how.

How To Change Your Body In 7 Days



How to Change Your Body in 7 Days

Simply Show Up

Over the course of a decade, “life happened” to me in ways I never dreamed possible. From family traumas to the loss of my home, car, and career, alongside severe health complications, each challenge left me reeling.

These trials not only took a toll on my body, leaving it in distress, but they also weighed heavily on my mind, sapping my strength to get through the day. The thought of exercise seemed unfathomable.

I had come to accept that the vibrant body I once knew years ago had withered into just a shell of what it used to be.

I needed a new approach to exercise, one that accommodated my current physical state and could be sustained as a lifestyle, even when “life happens.”

To regain momentum, I had to begin on my own terms, in the confines of my home, one exercise at a time.

It all started with posture— not just physical alignment, but also mental posture.

Two Types of Posture

Mind and Body

For years, my mind was consumed by overwhelming thoughts of the past and future, while my body suffered from prolonged periods of inactivity and sedentary behavior. Recognizing the need for change, I embarked on a journey to quiet my mind and strengthen my body.

Mind Posture

Mind posture entails quieting the mind to cultivate an internal inspiration of "want to."

Body Posture

Body posture involves proper alignment and strengthening of the lower back, core, and spine to prevent injury and promote long-term stamina. It serves as the foundation for every exercise, ensuring proper form and longevity in physical health.

The Power of Mind and Body Posture

The combination of mind and body posture is immensely powerful. Mind posture dictates our approach and attitude towards life, while body posture influences our physical stance and carriage.

Understanding the significance of both mind and body posture empowers us to cultivate a balanced and resilient state of being, laying the groundwork for optimal well-being and vitality.

Creating Space for Mind and Body

Space serves as a remedy for stress, benefiting both the mind and body.

Stress ranks as a primary culprit for poor health.

A clear mind space fosters mental rejuvenation and healing.

Similarly, a spacious body allows for improved blood circulation and physical recovery.

Carving out space facilitates stress reduction, paving the way for healing, strength, and balance.

The posture of your mind often mirrors that of your body, and vice versa.

By adopting an upright, motivated physical stance, your mind is inclined to follow suit with a corresponding attitude.

Conversely, nurturing an inspired mindset encourages your body to assume a posture of enthusiasm.

At times, the mind leads with its approach, while other times, the body takes the lead with its position.

Proper body posture benefits both mental and physical well-being.

It influences healthy decision-making and regulates hormone levels by reducing cortisol (stress) and boosting testosterone (strength).

The state of your body reflects the state of your mind, and vice versa.

Energy & Decision Making & Exercise



”

It's not doing

SOMETHING

'DIFFERENT'

-

IT'S THINKING

SOMETHING

'DIFFERENT'

DAWN HALL

“



Energy & Decision-Making

All nerves stemming from the spinal cord eventually link to the brain, impacting energy levels and decision-making abilities.

When the spine is misaligned, vertebrae can compress nerves, triggering "Pain Gates" that signal discomfort and hinder optimal bodily function, registering as pain to the brain.

Enduring prolonged messages of discomfort can drain both the mind and body, depleting energy, dampening motivation, and influencing decision-making processes.

Pain Gate Factors

These factors include sensory, cognitive, and emotional elements.

Sensory Factors

Sensory factors encompass injuries, sedentary lifestyles, prolonged use of pain medication, poor body mechanics, and improper pacing of activities.

Cognitive Factors

Cognitive factors involve fixating on chronic pain, lacking outside interests, excessive worry about pain, and harboring other negative thoughts.

Emotional Factors

Emotional factors encompass feelings of depression, anger, anxiety, stress, frustration, hopelessness, and helplessness.

Addressing each of these factors requires tailored approaches to promote healing, enhance strength, and restore balance, ultimately closing the Pain Gates.

The simple and most effective way to initiate healing, strengthening, and balance across all three Pain Gates is by practicing Proper Body Posture.

By elongating and aligning the spine into an upright position, pressure on the nerves is alleviated, freeing the brain from discomfort, irritation, negative and unhealthy pain signals.

Proper Body Posture serves as the initial step in closing Pain Gates, addressing sensory, cognitive, and emotional factors. This paves the way for positive, healthy messages to emerge, fostering a “want to” motivation and a desire to make quality decisions and choices.

These empowered decisions extend to starting your exercise routine and selecting exercises that suit your current condition and needs.



Exercise

Two Types of Exercises Inspiring and Goal Setting

Inspiring Exercises:

Inspiring Exercises are those that, within minutes, register in the mind as proficient or expert. They master your entire exercise routine.

Goal Setting Exercises:

Goal Setting Exercises, within minutes, register in the mind as success or failure. They represent the peaks and valleys of your exercise routine.

The perception of success or failure is relative to the present circumstances of your life.

Goal Setting Exercises can uplift or demoralize, depending on the state of the Pain Gates.

By prioritizing Inspiring Exercises at the outset of our routine, we signal to the mind our expertise and boost confidence levels. This surge in confidence translates to increased energy and motivation, fueling our commitment to maintaining the exercise routine.



Inspiring Exercises activate the core of your body, which serves as your energy center. The core facilitates blood circulation, providing strength and motivation.

While it's essential to incorporate both types of exercises into your routine, the key to sustaining your exercise regimen as a lifestyle lies in determining which type of exercise is most effective for you at the present moment. This ensures lasting results for a lifetime.

While I teach, train, and coach both types of exercises, for the purpose of this book, we'll focus on practicing Mind Posture and Proper Body Posture because, together, they constitute an Inspiring Exercise and serve as the foundational practice to jumpstart your exercise routine in less than 5 minutes.

Start And Maintain Your Exercise In Less Than 5 Minutes



Start and Maintain Your Exercise Routine in Less than 5 Minutes

Starting to see how a 5-minute routine can truly work? Whether you said yes or no, let's begin your first Inspiring Exercise—designed to help progress flow naturally, led by grace, not just motivation.

STEP 1 of 3 **JUST SHOW UP** **Present Perfect Mind**

Simply show up.

On the next page, explore "Present is Perfect."

"Present is Perfect" will guide you in releasing distracting thoughts, allowing your mind to quiet down and be fully present in this moment.

If your mind wanders elsewhere, it takes away the inspiration you need to kickstart your exercise routine.

Just show up and cultivate a present perfect mind.

Present Is Perfect

1. Accept and appreciate where you are right now.
Remember, you are right where you are supposed to be.
2. Be thankful. You already have everything you need.
Be patient and work with what you do have.
3. In every situation/circumstance gratitude leads to joy and contentment.
4. Surrender your thoughts, preconceived notions, opinions, agendas or conditions. Quiet your mind.
5. Live in this moment. Life is happening right now, experience it.
6. Sometimes there is not a known reason why, move on.
7. Plan for tomorrow and remain flexible.
8. Have a pure heart, open mind and willing spirit.
9. Remain true to yourself.
10. No regrets.

STEP 2 of 3

Proper Body Posture

- Whether sitting or standing ensure your posture is upright, with feet hip-distance apart and knees facing forward.
- Keep your shoulders pressed down, away from ears, and your chin parallel to the floor.
- Maintain a lifted chest without arching your lower back, and take a deep inhale.
- Engage your core muscles and exhale fully.
- Continue to inhale deeply, exhale fully. Inhale deeply, repeating this exercise sitting or standing.

Present Perfect Mind - Proper Body Posture is a top-priority exercise that inspires a sense of "want to" from within and provides the physical energy needed for motivation to start and maintain your exercise routine in less than 5 minutes.



Step 3 of 3

Remembering Consistency

Frequent practice is essential. Consistency is the cornerstone of noticeable changes and improvements.

Present Perfect Mind - Proper Body Posture is accessible at all times, in every place, and amidst any situation or circumstance.

- Standing in front of mirror while getting ready for your day
- Walking to your car
- Sitting in your car
- Standing in elevator
- Sitting at desk
- Working at computer
- Walking
- Eating lunch
- Reading a book
- Climbing the stairs
- Driving home in traffic
- Making dinner
- Eating dinner

When you remember to practice, bring your mind into the present moment and align your body properly once again.

Repetition is the key to mastery. Over time, you'll naturally find yourself posturing your mind and body correctly more frequently, leading to noticeable changes and improvements as it becomes a habit.

Seemingly Too Simple

Does this approach appear too straightforward to significantly impact your exercise routine?

Remember: Your goal is to keep your exercise routine simple, effective, and sustainable in the long term, even when “life happens.”

At times, it's reassuring to realize that starting your exercise regimen can be as simple as practicing Present Perfect Mind - Proper Body Posture for less than 5 minutes, knowing that it aids in healing the mind and body while enhancing physical strength, particularly in the lower back, core, and spine, at any time of day.

Present Perfect Mind - Proper Body Posture lays a solid foundation for all future exercises you undertake.

By aligning your inspired mindset with a properly aligned spine (elongated and upright, with nerves free from compression), your body naturally creates space and promotes blood circulation, fostering motivational physical energy to commit to consistent exercise.

Consistent practice will also attract individuals who are present, inspired, aligned, energetic, motivated, strong, and confident, providing additional support for your new routine and helping to sustain it as a lifestyle.

”

When you find

YOUR MOTIVATION FROM
WITHIN YOUR FOUNDATION
WILL STAND THE TEST OF
TIME

IT WILL BE WITH YOU
ALWAYS
IN EVERY SEASON
SITUATION &
CIRCUMSTANCE

DAWN HALL

“



01 Just Show Up

Present Perfect Mind

- Quiet Mind - Make Space
 - Present is Perfect
 - Inspired "want to"
-

02 Proper Body Posture

Upright Aligned Spine

- Close Pain Gates - Make Space
 - Physical Energy and Motivation to do the exercises
 - Strengthen, Prevent Injury, Proper Form, Longevity
-

03 Remember Consistency

Repetition is the Key to Mastery

- Available in all places, situations/circumstances
- Continuous changes and improvements
- Simple Effective Maintainable

Change Your Body In 7 Days



Change Your Body in 7 Days

Transform your body in 7 days by remembering to practice "One Priority".

This week focus on practicing Present Perfect Mind - Proper Body Posture consistently.

By practicing one priority consistently, naturally, you will let go of something else that is of less priority.

By dedicating yourself to one priority, you naturally let go of less important tasks. Through consistent practice of Present Perfect Mind - Proper Body Posture, you initiate the process of closing Pain Gates, fostering change and improvement.

Your Body Changes Every Day

Although imperceptible to the naked eye, your body undergoes cellular-level changes every day.

Ensure that your chosen practice is fostering positive changes in both your mind and body.

Your body possesses a natural ability to self-correct. Present Perfect Mind - Proper Body Posture serves as a self-correcting practice that promotes proper alignment for healthy changes, while aiding in the closure of Pain Gate Factors (Sensory, Cognitive, and Emotional), fostering healing and balance.

While you may not visibly observe cellular-level changes, rest assured that by maintaining Present Perfect Mind - Proper Body Posture, Pain Gates are being closed and beneficial messages are being transmitted to your mind, leading to tangible changes and enabling quality decision-making.

Maintaining Present Perfect Mind - Proper Body Posture Effortlessly

Commit to daily presence to effortlessly maintain Present Perfect Mind - Proper Body Posture for 7 days. Over time, it will become second nature to you.

After each day of practicing Present Perfect Mind - Proper Body Posture, mark it off on your checklist.

DAY 1

Today marks day 1. Check off day 1 below. Tomorrow, continue your practice and check off day 2 after completing your session of Present Perfect Mind - Proper Body Posture.

Today's Date: _____

DAY 1 _____ DAY 2 _____ DAY 3 _____

DAY 4 _____ DAY 5 _____ DAY 6 _____

DAY 7 _____



DAY 7

Circle the areas that have changed and improved, then answer the questions.

- Mind Perspective/Clarity
- Increased Muscle Tone
- Stronger Core
- Weight/Inches - Loss/Gain/Redistributed
- Less Back/Neck/Shoulder Pain
- More Flexibility
- Improved Balance
- Proper Alignment (Shoulders/Hips parallel)
- Regulated Sleep Patterns
- Increased Cardiovascular Endurance
- Stress Reduced - Inspiration
- Energy Revived - Motivation
- Decreased Inflammation
- Breathing Less Labored
- Additional Time in Schedule

**What open Pain Gates did you experience this week?
(Sensory, Cognitive, Emotional)**

**Did you notice any Pain Gates that are usually open, start to close
this week? YES NO**

If yes, which one/s?

Did you let go of something this week?

Think back to this week. Did you let go of something? It doesn't have to necessarily be related to health and fitness. Is there something you normally do or think about on a regular basis that you let go of this week? YES NO

If yes, what did you let go of?

Additional notes about your changes and improvements:

[illegible]

”

As healthy
YOUR SPINE

-

AS HEALTHY
YOU ARE
DAWN HALL

“

What's Next?



Let's Get Fit Together



Virtual • In Person
Online DIY Resources

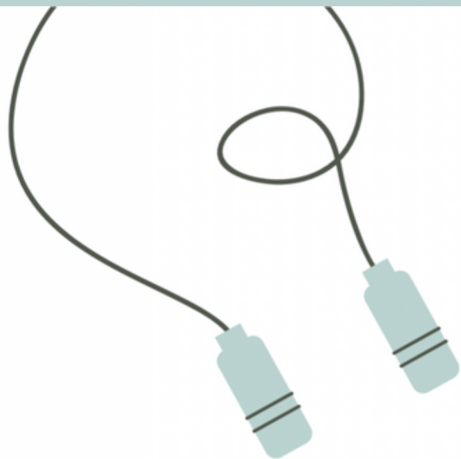
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fit

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What's Next?

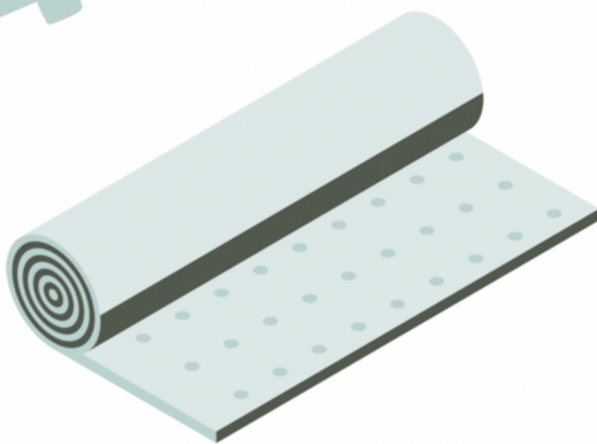
1. **Book a Complimentary Session:** Begin by scheduling a free session where Dawn will discuss your fitness aspirations, assess your current level, and determine how best to support you. This initial conversation can be conducted in person, over the phone, virtually, or online, ensuring flexibility to suit your preferences.
2. **Personalized Fitness Plan:** Based on your initial consultation, Dawn will craft a customized fitness program that aligns with your lifestyle, focusing on simple and effective exercises. This approach aims to build a solid foundation for long-term fitness and well-being.
3. **Ongoing Support and Coaching:** Dawn offers continuous one-to-one coaching to help you adjust your mindset and embrace new habits. This support is designed to ensure your body adapts to new routines, fostering a sustainable and enjoyable fitness journey.
4. **Access to Quality Supplements:** To complement your fitness regimen, Dawn provides high-quality, gluten-free, non-GMO supplements, including popular options like Pure Collagen Peptides with Protein, to support your overall health and fitness goals.
5. **Additional Resources:** Enhance your fitness journey with the Genesis to Revelation Fitness Planner—featuring a built-in priority tracker—designed to keep you spiritually inspired, as well as mentally and physically motivated, and organized every step of the way.

By following these steps, you'll be well on your way to achieving a healthier, more balanced lifestyle with the expert guidance and support of Dawn Hall Fit.



GENESIS - REVELATION

Fitness Planner



Free
Download



12 WEEKS



ALL-IN-ONE COLLAGEN AND PROTEIN

MOST POPULAR



DawnHallFit.com

PURE COLLAGEN PEPTIDES WITH PROTEIN

To make meaningful progress in your fitness journey, your body needs an adequate amount of protein. Protein is essential for increasing muscle tone—and when muscle tone improves, your body naturally begins to release unhealthy weight.

So how much protein should you be getting? I recommend aiming for at least three to four servings of protein each day.

After a night of rest—typically three to seven hours without food, depending on when you last ate—your body enters a mild starvation mode. When this happens, it can cause fat cells to expand, leading to unhealthy weight gain. That's why it's crucial to nourish your body first thing in the morning.

Supplements like Pure Collagen Peptides with Protein provide essential nutrients that support fat cell reduction and promote a lean, toned physique.

Consistency is key—especially if your body has experienced long periods of nutritional neglect. Whether it's been weeks, months, or even years, your body needs time and care to repair and thrive.

Remember, lasting results come from the small, daily priorities you choose. Committing to your personal fitness training and nutrition is a lifestyle practice—one supports the other, and both are essential for optimal health and performance.

An easy way to start? Add one scoop of Pure Collagen Peptides with Protein to your morning coffee or water. It's a simple step that makes a big impact.



Order
Here



Conclusion



Conclusion

I hope you've gained a fresh perspective and new found clarity, realizing that exercise can be simple to start and maintain in less than 5 minutes.

Starting and maintaining your exercise routine in this abbreviated timeframe may be a new concept for you, and like anything new, it requires a period of adjustment.

Reflect on why you were initially drawn to "Start and Maintain Your Exercise in Less than 5 Minutes."

Did the idea of "Change Your Body in 7 Days" resonate with you?

Were you intrigued by the prospect of trying something new?

Had you reached a point in your life where making exercise a priority was necessary?

Do you value making quality decisions for effective, long-term results?

Are you interested in maintaining what you've learned from this guide?

If so, let's continue the momentum together. Consider joining me for a complimentary consultation. Whether virtual, in-person, or online with DIY resources, I'm available worldwide for Personal Training and Fitness Coaching.

Contact me so we can determine together which type of exercise (Inspiring or Goal Setting) is the best next step for you based on your current circumstances.

Epilogue

It took practicing fitness in my 20s and 30s—and carrying that practice into my 40s—before I truly understood the importance of the little things, such as proper posture.

It took seven years of being physically disabled, mentally exhausted, growing spiritually, and finally believing the truth about health and fitness. And that truth is so simple, it's almost unbelievable.

During a season of Lent, I learned a powerful prayer: “I believe; help me with my unbelief.” We might say we believe that all things are possible, but until we actually see it, do we really? The reality is—we have to believe before we can see.

Please believe that this simple practice works—again and again and again. Proper posture saved my life. This method, this practice, this routine helped me recover from multiple autoimmune disorders, endure seven years of suffering, and survive four blood transfusions.

To become truly well, mind, body, and soul must all be strengthened and healed. To neglect one is to leave a weak link vulnerable to attack.

Even now that I'm fit again, I still turn to this guide whenever I feel overwhelmed or exhausted. These emotions are simply part of life—they just show up in different forms. No matter the situation or feeling you're facing, this guide offers the inspiration to begin again or the motivation to keep going.

”

Believe

SIMPLE SMARTER
FITNESS
WORKING
FOR YOU
DAWN HALL

“





Change Your Body in 7 Days



In just 7 days, you'll notice real changes—less pain, more energy, and the motivation to move with purpose.

With one simple daily practice, you'll begin to build an exercise routine that's not only effective but sustainable—something you can maintain for life.

Let's Get Fit Together

Virtual - In Person

Online DIY Resources

DawnHallFit.com