

WHY 75% BUSY PROFESSIONALS FAIL AT **FITNESS**

And the Proven Fix That
Fits Your Lifestyle



ANKUSH S BHASKAR

Aseem Prakashan Pvt. Ltd.

Swaroopangan, Belabagan Main Road Deoghar

JHARKHAND, Pin- 814142

First published by Aseem Prakashan

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Website: www.aseemprakashan.com

Mob : +91-7633857678, 8271661655

ISBN: 978-93-7107-212-0

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DISCLAIMER

The information provided in this eBook is intended for educational and informational purposes only. It is based on my **decade of experience** working with a diverse range of individuals, my **formal education in fitness science**, and practical insights from real-world coaching. However, **every individual is unique**, and results may vary based on factors like age, genetics, medical conditions, lifestyle, and personal goals.

While the strategies, guidelines, and recommendations shared here are **tried and tested**, they are **not a substitute for professional medical advice, diagnosis, or treatment**. If you have any underlying health conditions, injuries, or specific dietary restrictions, it is always advisable to **consult a qualified healthcare provider, nutritionist, or fitness expert** before making significant changes to your exercise or nutrition plan.

Fitness and health should be approached with a **sustainable and personalized mindset**. Extreme diets, overtraining, or rapid weight-loss methods can have unintended consequences, and this eBook emphasizes **long-term well-being over quick fixes**. The aim is to empower you with **practical, science-backed knowledge** to make informed decisions about your health and fitness.

By following the insights in this guide, you take full responsibility for your choices and actions. Always listen to your body, progress at your own pace, and seek expert guidance when needed to ensure **safe, effective, and lasting results**.

Your health is an investment, not a race. Stay consistent, stay informed, and enjoy the process! Now, Let's Get to the Real Problem

Now that you understand why fitness has been frustrating in the past, let's dive into **why most busy professionals fail at fitness**—and how to **break free from that cycle forever**.

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INTRODUCTION

Why Most Busy Professionals Fail at Fitness—And How This Book Will Change That

If you've ever said:

“I know I need to get fit, but I just can't seem to stick to anything...” — this book is for you.

And if you've ever started a fitness plan with high hopes—only to stop because work, travel, or life got in the way—

You're not alone.

You're not lazy.

And you're definitely not the problem.

Most fitness plans fail not because of a lack of motivation... But because they aren't built for real people with real lives.

They're designed for athletes, influencers, or people who can train twice a day and live on boiled broccoli. **Not for professionals juggling deadlines, meetings, family responsibilities, and constant mental fatigue.**

That's exactly why I created this book—

To help high-performers like you get fit without burning out.

This isn't about extreme rules, starvation diets, or “transformation in 6 weeks” gimmicks.

It's about building a healthy, high-performing body that fuels your lifestyle and fits into your reality.

Who Am I to Teach You This?

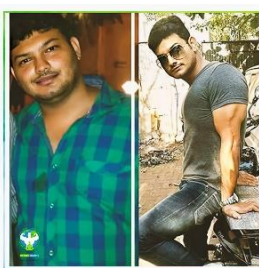
I'm Ankush S Bhaskar, an Internationally Accredited Fitness Coach with over a decade of experience in transforming lives. From top CEOs, Actors, and Models to corporate professionals, busy moms, and high-performing entrepreneurs, I've worked with people who have no time to waste on ineffective fitness approaches.

- ✓ World PhD Chakra Awardee
- ✓ National-Level Athlete
- ✓ Mr. Chandigarh 2013 Silver Medallist
- ✓ Speaker at Trainer's Growth Conclave, Dubai & Brahma Kumaris
- ✓ Judge at National Bodybuilding Events
- ✓ Former Feature Columnist at The Mail Today

Mentored over 1,000+ people including Top Busy Professionals, Actors and Models, I've helped them achieve:

1. Sustainable weight loss, even with unpredictable routines.
2. Optimized hormones, leading to better energy, mood, and metabolism.
3. Noticeably improved energy levels and mental focus directly increasing productivity.
4. Improved sleep quality, despite hectic schedules.
5. Efficient, time-saving workouts that fit seamlessly into their lives.
6. Stronger, leaner, healthier bodies—without sacrificing social life.
7. A lifestyle, that aligns with their hectic life and allows them to be in a good shape and overall improved health in simplified way.

Here are just a few of the incredible transformations my clients have achieved...



....And Here's What They're Saying About the Experience:

1. "Ankush stands out from other trainers with his grounded approach and deep understanding of fitness and the human body. He doesn't make unrealistic big promises and instead focuses on setting the right expectations, reasoning it with the science behind it all. His calm demeanour allows him to dig deep into the core of any problem and find a practical solution to it. He empowers you to understand your own body and effectively address your concerns. Just trust him and put in your effort, and you'll see remarkable results."

— Anuraag Malhan, Film Producer & Actor

2. "I started training with Ankush at the back of the pandemic with a specific goal in mind: 'To be fit to cover a 100km Everest Base Camp trek'. I found his approach methodical, customized to my individual needs and rooted in science. He was patient and made working out enjoyable. He guided me in making better food choices and made working out a lifestyle choice. Thanks to Ankush's training and nutrition guidance, completing my trek was a breeze. I could truly feel the benefits of his expert support throughout the journey."

— Ikroop Nijjar, Product Marketing Lead, LinkedIn

3. "Ankush is a true lifesaver. With his expert guidance in exercise and nutrition, I not only lost an incredible 27 kgs, but he also helped me bring my stage 2 hypertension (High BP 175/100) back to normal. His holistic approach to fitness has not only transformed my body but has also greatly improved my overall health and well-being. I am forever grateful for his life-changing support."

— Jayesh Rathod, Director, The Guardians – Real Estate Advisory

4. “Ankush's guidance and expertise transformed my life. I lost 25 kgs, improved my bone health, and gained pain-free mobility in my knees. As someone from a pharma background, I was amazed by Ankush's in-depth knowledge of the human body and nutrition science. His passion shines through when you discuss fitness with him, and he consistently goes above and beyond for his client's success. Since I started with Ankush in 2016, I've never considered another fitness coach. He is the complete package.”

— **Shalaka Patil, International Business Manager, Rusan Pharma Ltd.**

5. “Ankush bhai surpassed my expectations as a fitness coach. His patience and in-depth knowledge addressed all my workout and nutrition queries like no one else could even before I signed up with him. He truly understands each individual's uniqueness and crafts precise diet and workout plans that are easy to follow. Previously, I had given up on my dream of achieving a good physique due to trainers who couldn't keep me motivated beyond 10 days. But with him, I'm confident that my dream will become a reality. It's been 6 months of training with him, and I couldn't be happier and more satisfied. In fact, I've already hired him as the family fitness coach for my wife and kids. He is a complete package and truly amazing. I highly recommend Ankush bhai as a fitness coach to everyone. He's the real deal!”

— **Deepak K Vig, Businessman**

6. “I'm so grateful that I found Ankush as my first-ever fitness coach, he taught me how to balance my fitness goals with my personal and professional life. Thanks to his guidance, fitness is now an integral part

of my life, even with my busy work schedule. I'm thankful for the strong foundation that was laid by him, making it easy for me to maintain my healthy habits for over 3 years now."

— **Pooja Chaudhary, Business Analyst, JP Morgan Chase Bank**

7. "In this fast-paced world of Film and Television industry, staying fit can be a challenge. Thanks to Ankush's expert guidance, I've prioritized my health and well-being. His simple yet effective solutions have kept me in shape, despite my unpredictable schedule. After achieving initial success, I challenged Ankush to transform my physique in just 30 days for an event. With his unwavering determination, he delivered incredible results. Ankush is not only a skilled professional but also a compassionate coach who pushes you beyond your limits. Best wishes, brother!"

— **Nadeem Ahmed, TV and Web Shows Director**

8. "I chose Ankush to reverse my PCOD symptoms and lose weight. Previous trainer experiences were disappointing, but Ankush's page showed immense promise. Taking a leap of faith, embarked on this journey, and it turned out to be the best decision I made. With Ankush's extensive knowledge and dedication, I overcame PCOD and adopted a preventive lifestyle. His unique training strategies and unwavering support have been invaluable. No more PCOS relapse for sure. Ankush has transformed my life, and he can do the same for you."

— **Dhwani Thaker, Human Resource (Client Relation)**

9. "Ankush's impressive expertise in bodybuilding and healthy living is truly remarkable. From the moment I met him on a film set years ago, his incredible physique caught my attention. Our conversations about training and nutrition revealed his calm and supportive nature. Ankush's vast knowledge and guidance can help anyone achieve their

desired body goals. As a friend, I'm grateful for his invaluable support whenever I need it. He is truly a blessing!"

— **Sapan Krishna, Actor and Model**

10. "I have been at my best since I started training with Ankush. Not only am I healthier and fitter, but important lifestyle patterns that I was struggling with for a long time—also changed for good. Ankush has an eye for detail and always ensures that the body posture and technique are apt while strength training. The best part? There is no need to endure hunger pangs or food cravings! A well-balanced diet coupled with the best workout regime is his forte!! He is definitely the best lifestyle coach I have come across."

— **Sae Arvind Jondhale, Head Legal, Believe India**

11. "Ankush Bhaiya has been instrumental in helping me reach my dream body transformation goal for a show back in 2019. Ever since then, he has been my go-to fitness expert for maintaining my fitness and keeping me in shape throughout the year. With his expert guidance and coaching, I am able to trust him blindly for all my fitness needs for any upcoming shows or projects. It's been 4 years now with him and he has delivered the best results every time."

— **Kunal Santwani, Actor & Model**

12. "Two words to describe Ankush are Patience and Perseverance. He has the incredible ability to understand and support your goals, even when you may lack clarity or inspiration yourself. His unwavering commitment is truly exceptional and something I have not experienced before in my fitness journey. From guiding you on nutrition, sleep, and training, to helping you actually achieve your

goals, it's his area of expertise. I am grateful to have his support and guidance in my successful weight loss and PCOS reversal journey.”

**— Disha Thakkar, Head of Sales and Business Development,
Two Cents Consulting**

Their success is proof that fitness is possible—even for the busiest professionals.

What You'll Learn in This Book

1. Why 75% of busy professionals fail at fitness—and how to avoid their mistakes
2. The 8 most common mistakes smart people make when trying to get fit
3. Real-world strategies to align fitness in your busy life, feel great, and perform better.
4. A clear action plan and tools to stay consistent, no matter how busy life gets.
5. What my most successful clients do to stay fit all year round

This is not a 300-page lecture.

This is a **fast, focused guide** to help you reset your approach and win—long-term.

How to Use This Book for Maximum Results

This book is simple by design—but it only works if you apply what you learn.

Don't just read it—**use** it.

- ✓ Read with an open mind—forget what hasn't worked before
- ✓ Spot the patterns that have kept you stuck
- ✓ Start with small, doable changes
- ✓ Stay consistent—not perfect
- ✓ When you're ready, check out the **Total Body Re-Set** program at the end

You won't just learn what's been going wrong.

You'll finally understand **why** it's been happening...

And what to do—step-by-step—to take back control, without turning your life upside down.



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SECTION 1

8 Most Common Reasons, Why 75% Busy Professionals Fail to Achieve Fitness Goals

Roadblock 1. “I Just Don’t Have Time!” – The Time Constraint Trap

Why It Happens: If you’re constantly saying “I don’t have time to work out,” you’re not alone. Packed calendars, back-to-back meetings, long commutes, and family duties leave little room for health. On top of that, there’s a common belief that getting fit requires spending an hour in the gym, 5 to 6 days a week.

You wake up to emails. Spend the day in Zoom calls. Collapse at night, drained—and the idea of exercising feels impossible.

Meet Someone Like You: Meet *Amit*, a senior manager in IT. He works 8 to 10-hour days, travels 2 hours daily, and by the time he’s home, the couch seems more inviting than the treadmill. He believed fitness needed an hour a day and commute time to gym, so he didn’t bother starting.

Here’s the Fix:

- **Reframe Fitness Time** – A 30-minute session at home is just 2% of your day. It’s not about having time—it’s about using it better.
- **Micro Workouts, Maximum Impact** – 20–30 minutes of focused home workouts, 3–4x a week, is enough to start seeing change.
- **Make It Non-Negotiable** – Schedule your workouts like meetings. Block the time. Set reminders. Treat it like your most important appointment.
- **Flexible Options Work Best** – Use bodyweight circuits in the morning, walk during lunch calls, or do resistance band training in the evening.

Relatable Thought: You don't skip client calls or salary reviews—why skip workouts that protect your long-term energy and career?

Takeaway: Time is never the issue. *It's about priorities, not availability.*

Roadblock 2. “I Travel Too Much to Stay Consistent with Workouts” – The Travel Disruption Myth

Why It Happens: Frequent work travel feels like a direct hit to your fitness routine. You lose structure. You don't have your gym. Hotel food is carb-heavy. You're tired, jet-lagged, and operating on autopilot.

Meet Someone Like You: *Riya*, a consultant, is on the road every 10–15 days. Some hotels don't have gyms. Most client dinners involve butter naan and dessert. Eventually, she started believing that travel and fitness don't mix.

Here's the Fix:

- **Your Body + Intention = Always Ready** – Ever heard “Your body is your gym”. Learn the skill to Train with Your Body and you are sorted for life. Push-ups, squats, planks, jumping jacks—you can do it in any hotel room.
- **Move Over Perfect** – 20 minutes of movement is better than 0. Walk between meetings. Stretch before bed. A little goes a long way.
- **Protein First, Snacks Ready** – You don't need every meal to be perfect. But your *first meal of the day* sets the tone. Prioritize salads and protein-rich options like eggs, paneer, or grilled chicken at hotel buffets. Travel with protein bars, roasted nuts, or dry fruits to avoid random cravings.
- **Environment Over Equipment** – The real power lies in learning how to train your body anywhere—hotel rooms, parks, even small spaces. Carry your workout clothes and schedule your 20-minute session like any important meeting. When you master bodyweight training, the world becomes your gym.

Illustration: Think of travel like shifting office desks. Your work doesn't stop—your fitness shouldn't either.

Takeaway: You don't need a gym—you need a skill and system that travels with you.

Roadblock 3. “It’s Tough to Follow a Diet Plan with Such a Hectic Schedule” – The Nutrition Struggles

Why It Happens: For busy professionals, nutrition often becomes the biggest challenge. Long working hours, endless meetings, and unpredictable schedules make it difficult to plan meals, let alone follow a structured diet. Skipping meals, ordering takeout, or relying on unhealthy snacks becomes the norm, leading to weight gain, low energy, and poor health.

Many also fall into the trap of restrictive fad diets—like cutting out all carbs, surviving on detox juices, or relying on meal replacement shakes. These may promise fast results, but they're hard to sustain and often leave you drained, unfocused, and nutrient-deficient. Over time, they backfire—slowing your metabolism, increasing cravings, and triggering binge eating when your willpower runs out.

The Fix:

The key is to make nutrition work *for* your lifestyle, not against it. Instead of rigid plans or all-or-nothing diets, the solution lies in building flexible food habits that match your schedule, taste, and energy needs.

- **Structure Without Rigidity:** Rather than obsessing over perfect meals, aim for consistent meal timing and balanced plates. Even two well-planned meals a day can stabilize energy and reduce cravings.
- **Protein + Fibre First:** Start major meals with a source of protein and fibre—it's a simple rule that keeps you fuller, fuels your brain, and prevents snacking on junk.
- **Think Practical, Not Perfect:** 5-minute meals like eggs and toast, curd and sprouts, or paneer wraps can be lifesavers. Keep a shortlist of go-to combos that need zero prep.

- **Learn to Adjust, Not Avoid:** If you're at a buffet or dinner meeting, eat mindfully—not restrictively. Portion awareness and a few smart swaps can go a long way.
- **Make Food Decisions Easier:** Prep a few basics weekly, stock emergency snacks, and know your nearby healthy takeout spots. These small systems remove the daily decision fatigue.

Relatable Thought: You already make hundreds of decisions daily—your food shouldn't be one more stress. Simplicity wins.

Takeaway: Sustainable nutrition isn't about eating clean 100% of the time—it's about making better choices most of the time, no matter how busy you are.

With the right nutrition approach, you won't feel like you're “on a diet”—you'll be building a lifestyle that fits seamlessly into your work and personal life.

Roadblock 4. “I Just Can't Prioritize Fitness Right Now” – The Energy Drain Illusion

Why It Happens: When life feels overwhelming, fitness often ends up on the back burner. Not because it's not important—but because it doesn't feel urgent.

You tell yourself:

- “I'll start next week when things calm down.”
- “Once this project is over, I'll focus on my health.”
- “I just don't have the energy to work out after a long day.”

But here's the twist: **fitness isn't what drains your energy—it's what rebuilds it.**

For many busy professionals, fitness feels like a luxury, not a necessity.

- Work always comes first, pushing health to the backseat.
- Energy is depleted by the time you think about self-care.

- Without external accountability, workouts get postponed indefinitely.

Here's the Fix:

- **Flip the Narrative** – Reframe Fitness as a Success Tool. Don't treat fitness like a luxury. See it as your *performance enhancer*. The ROI is high: better focus, stable mood, and more stamina—even during long workdays.
- **Stack Fitness Into Your Routine:** 15 Mins Morning Workout, Walking meetings, standing desks, stair climbing—every bit adds up.
- **Accountability System:** A coach, a community, or a fitness buddy ensures you stay committed.

Fitness isn't about "finding time"—it's about protecting energy and longevity.

Illustration: Think of your body as a bank account. Every workout, walk, or stretch is a deposit—not an expense.

Takeaway: Fitness doesn't cost you energy—it multiplies it. When you prioritize your health, every other part of life gets easier.

Roadblock 5. “I Tried a 12-Week Program and Gained It All Back” – The Quick Fix Trap

Why It Happens: Social media makes transformation look easy. “12 weeks to abs.” “Lose 10 kg fast.” These posts get likes—but don't tell the whole story.

Here's what people don't see:

- That rapid fat loss is mostly water and muscle
- That most extreme plans rely on low calories and high cardio
- That 90% of people regain the weight within months

Meet Someone Like You: Think of your body like a startup. You wouldn't expect to build a profitable company in 3 months by burning out

your team and slashing all budgets. Same with your body—you can't sustain growth (muscle, health, energy) with extreme strategies.

Aman, a senior sales professional, lost 10 kg in a transformation challenge. He followed a strict meal plan and twice-a-day workouts. But as soon as the program ended, so did the structure. Within weeks, he rebounded harder than before—and lost motivation completely.

Here's the Fix:

- **Redefine Success** – Stop chasing a deadline. Instead, focus on building a routine you can follow for years—not just 12 weeks.
- **Progress Over Perfection** – One missed workout doesn't mean failure. Long-term success is built on consistency, not streaks.
- **Choose Adaptable Plans** – A good fitness strategy adjusts to your work demands, travel, and family life—not the other way around.
- **Prioritize Habits Over Hype** – Real success isn't about a 6-pack. It's about feeling stronger, healthier, energetic and more in control.
- **The Real Progress Formula** – Sustainable results come from repeating small efforts over time. 3 sessions a week = 150 a year. That's what builds a transformed body—not a hyper-motivated January that ends by February.

Coach's Truth: 12-week results mean nothing if they fade by week 16. Fitness should leave you better prepared for life—not just photo shoots.

Takeaway: Fitness isn't a sprint—it's your *lifestyle insurance*. Build a body that lasts, not just impresses.

Roadblock 6. “I Set Goals But They Never Work” – The Clarity & Expectation Gap

Why It Happens: Most busy professionals start with goals like “I want to lose 10 kg” or “I want six-pack abs”—but they rarely dig deeper. The goal is vague, the path is unclear, and the timeline is unrealistic.

Here's what usually happens:

- You expect visible changes in 2–3 weeks
- You set weight targets without understanding your body
- You don't know what to do when progress slows

Eventually, the lack of visible results leads to disappointment and dropout.

Meet Someone Like You: Imagine starting a road trip with no map, no fuel check, and no idea how far your destination is. That's what it's like chasing fitness goals without clarity. You'll burn out or get lost halfway.

Pooja, an HR professional, wanted toned abs in 6 weeks. She trained daily and cut carbs completely—but her sleep suffered, energy crashed, and when her body didn't respond quickly, she quit.

Here's the Fix:

- **Set SMART Goals** – Specific, Measurable, Achievable, Relevant, Time-bound. Not “I want to get fit”—but “I want to workout 3x a week and lose 1–2 kg/month.”
- **Know Your Baseline** – Understand where you're starting from—current weight, strength, energy levels, and lifestyle patterns. Your goals must match your reality.
- **Break It Down** – Focus on mini-wins: first 5,000 steps a day, then 8,000. First 2 workouts a week, then 3. Progress builds through layers.
- **Be Patient with the Process** – Most people overestimate what they can do in 4 weeks and underestimate what they can do in 4 months.
- **Track What You Can Control** – Weight will fluctuate. But did you get your workouts in? Hit your water target? Eat enough protein? That's progress.

Coach's Insight: Your body doesn't follow a calendar—it responds to consistent action. Goals without clarity only create pressure. Goals with strategy build progress.

Takeaway: Stop setting vague goals. Start building a clear path. It's not about how fast—you go, it's about how long you can sustain it.

Roadblock 7. “I Followed a Program... But It Didn't Work for Me” – The One-Size-Fits-All Trap

Why It Happens: Low-cost programs, group classes, and mass challenges seem convenient at first. You sign up, get access to meal plans and workouts, maybe join a WhatsApp group or Zoom sessions—but what's missing is *you* in the equation.

These programs are built for the masses, not for individuals with demanding jobs, unpredictable routines, and real-life responsibilities. They rely heavily on motivation, discipline, and ideal circumstances—assuming that everyone has the same time, energy, and freedom to follow rigid plans.

Eventually, when results don't come, you start blaming yourself—thinking you lack consistency or willpower. But the truth is: the program was never designed for your life in the first place.

Real-Life Illustration: Think of it like joining a group tuition class where the teacher explains every concept at the same pace—regardless of whether you're a slow or fast learner. You show up, try to follow, but when it doesn't click, you feel like you're falling behind. That's exactly how generic fitness programs feel—out of sync with your needs.

Here's the Fix:

- **Avoid Copy-Paste Programs** – Just because it worked for someone else doesn't mean it's right for you.
- **Choose Personalization Over Perfection** – A 70% customized plan that fits your life is better than a “100% ideal” one you can't follow consistently.
- **Don't Confuse Group Support with Personalization** – Group challenges can be motivating, but they rarely address individual challenges like travel, stress, or medical conditions.

- **Choose a Plan That Understands Your Life** – You need a fitness approach that adapts to your work, energy, and lifestyle—not the other way around.
- **Invest in Expertise, Not Hype** – A qualified coach who actually listens and adjusts your program weekly will save you months (even years) of wasted effort.
- **Invest in Quality, Not Just Price:** A low cost, ineffective plan costs more in time, frustration, and lost progress

Coach's Reminder: You are not a template. Your life isn't either. Your fitness strategy shouldn't be.

Takeaway: There's no universal path to fitness. The right plan is the one you can stick to, enjoy, and adjust when life gets messy.

Roadblock 8. "I Just Can't Stay Motivated" – The Discipline vs. Motivation Gap

Why It Happens: Most professionals start their fitness journey with a burst of excitement—a new gym membership, a trending challenge, a strict diet plan. For a few days or weeks, everything feels possible.

But then... real life kicks in.

Work demands spike. Sleep takes a hit. Energy dips. And when results don't show up fast enough, motivation fades. That "new beginning" soon turns into skipped workouts, guilt, and eventually, giving up altogether.

The real issue? You were counting on motivation to carry you. But motivation isn't built for long-term success—it's a short-term guest.

What you needed wasn't more willpower.

You needed a system that works even when your motivation doesn't.

Real-Life Analogy: Think of motivation like a phone battery—it drains. What keeps your phone running all day? A charger. In fitness, that charger is your *routine*—habits, systems, and structure.

Rakesh, a business owner, started a fat-loss program and saw early results. But once his work picked up, he started missing sessions. He felt guilty, lost momentum, and quit. What he needed wasn't more motivation—it was a system that worked when motivation didn't.

Here's the Fix:

- **Replace Motivation with Rituals** – You don't need to feel pumped. You need a schedule. Block workouts in your calendar like meetings. No decision fatigue.
- **Lower the Entry Barrier** – Can't do 45 minutes? Do 15. Success isn't skipping or completing—it's showing up consistently.
- **Use Tracking Tools That Reward Progress** – Track habits like workouts, steps, and water intake. Small wins keep the mind engaged.
- **Build Accountability Loops** – Having someone to check in with (coach, friend, group) turns intentions into actions.
- **Forgive Fast, Restart Quicker** – Everyone slips. The difference lies in how fast you reset—not in avoiding all mistakes.
- **Leverage External Support:** A coach or accountability system isn't just helpful—it's non-negotiable for long-term consistency.

Coach's Reminder: You don't brush your teeth only when you feel motivated. You do it because it's routine. Treat fitness the same way.

Takeaway: Motivation is unpredictable. Systems, structure, and accountability are what carry you to your goals. Discipline > Motivation when it comes to long-term success

SECTION 2

How Health & Fitness Pays You Back at Work & Home – The ROI of Fitness

Let's go beyond fat loss for a moment.

Why does fitness truly matter for professionals like you?

Because it's not just about looking good—it's about performing better in every area of your life.

1. **Increased Productivity**

Regular exercise and good nutrition improve mental clarity, focus, and decision-making. You'll work faster, make sharper calls, and manage stress better.

2. **Reduced Sick Days**

Better immunity, lower inflammation, and fewer energy crashes mean less time battling colds, fatigue, or burnout. You stay consistent at work and at home.

3. **Stronger Decision-Making**

A well-fuelled brain makes better choices—whether it's about business, food, or relationships. You operate from a place of stability, not survival.

4. **Higher Confidence at Work**

Improved posture, clearer skin, stronger body—these boost how you show up in meetings, presentations, and client conversations.

5. **Better Mood and Emotional Control**

Fitness helps regulate hormones like cortisol, dopamine, and serotonin. That means fewer mood swings, better sleep, and improved resilience.

6. **More Patience and Presence with Family**

When your body has more energy, your mind is more available—for your spouse, kids, or aging parents. You're not just surviving—you're living.

Reminder: Fitness isn't a cost. It's an investment with compounding returns across your career, health, and relationships.

SECTION 3

Your Energy Scorecard – Self-Assessment Tool

Before you continue, take 2 minutes to assess where you currently stand.

This simple scorecard helps you identify hidden energy leaks and shows if your body and mind are overdue for a reset.


Rate yourself from **1 (Very Poor)** to **5 (Excellent)** on each of the following:

Area	Rating (1–5)	Notes/Examples
Sleep Quality		Do you wake up refreshed? Fall asleep easily?
Meal Consistency		Do you eat balanced meals or skip meals/snack?
Daily Movement (NEAT)		Steps, stairs, general activity during the day
Screen Time & Stress Levels		High phone use, late-night work, constant tension?
Mental Clarity & Motivation		Do you feel focused, or foggy & low-energy?

Total Score (out of 25): ____

What Your Score Means:

- **20–25:** You're in a good place—optimize and build momentum.
- **15–19:** You're coping, but energy reserves are running low.
- **10–14:** Warning signs. Your body and mind need immediate support.
- **Below 10:** Burnout zone. You're overdue for a Total Body Re-Set.

 **Tip:** This isn't a one-time test. Revisit this score every month to track your energy and recovery—not just your weight.

SECTION 4

How to Start When You're at Rock Bottom

If you're reading this while feeling overwhelmed, exhausted, or like you've already failed too many times—this section is for you.

Maybe it's post-pregnancy recovery. Maybe you're bouncing back from burnout, injury, or weight gain that crept in over years.

Whatever your starting point—**it's not too late. But you do need a fresh approach.**

Here's how to restart without pressure or guilt:

1. **Start With One Win Per Day** – You don't need a full plan. You need a small win. Drink 3 Liters of water. Go for a 10-minute walk. Eat a high-protein breakfast. Prove to yourself: *I can show up.*
2. **Don't Chase Your Past Self** – You may not be who you were 5 years ago—and that's okay. Focus on the body and lifestyle you have now. Give it what it needs *today*.
3. **Silence the “All or Nothing” Voice** – A 15-minute stretch session still counts. One good meal still matters. Rebuilding starts with showing up—not showing off.
4. **Create a Low-Barrier Environment** – Keep resistance bands in your room. Prep 1 easy meal in bulk. Lay out your shoes. Remove friction, and action becomes automatic.
5. **Shift Your Identity** – Don't aim to “get fit.” Aim to *be someone who takes care of their body*. Even small, slow steps feel empowering when they're aligned with who you want to be.
6. **Real-Life Reminder:** Imagine teaching a child how to walk. You'd never shame them for falling. You'd cheer every attempt. Why treat yourself any differently?

Coach's Thought: Feeling stuck doesn't mean you've failed. It means you're ready to begin with deeper awareness—and finally succeed on your own terms.

Takeaway: You don't need more motivation. You need a starting point that meets you where you are. Begin with small wins. Let momentum do the rest.

SECTION 5

Your Fitness Action Plan – A Real-World Strategy Based on Everything You’ve Learned

You’ve now uncovered the top 8 reasons people fail—and how to avoid them. You’ve explored the mindset, strategy, and system shifts required to finally win with fitness.

Let’s turn that into a clear and doable roadmap.

Weekly Action Summary:

Area	Action Step
Workout	2–4 strength workouts/week (20–40 mins). Focus on consistency, not intensity.
NEAT	6,000–10,000 steps/day. Use stairs, walk on calls, stretch during breaks.
Nutrition	Follow “Protein + Fibre + Water” in all big meals. Use 80/20 balanced eating.
Sleep	6.5–8 hrs/night. Avoid screens before bed. Set a calming wind-down ritual.
Stress	5–10 mins daily for deep breathing, meditation, or journaling.
Hydration	3+ Liters of water daily. Start your day with a glass.
Tracking	Use the Energy Scorecard weekly. Log workouts, steps, meals in your app/journal.

Travel, Social Life & Festive Season Hacks

1. **Travel Smart** – Pack resistance bands. Choose protein-focused meals. Walk inside airports or hotel lobbies.
2. **Social Events** – Eat a protein snack before you go. Sip water between alcoholic drinks. Enjoy, don’t overindulge.
3. **Festivals** – Don’t “pause” fitness. Scale it down. Walk, stretch, and keep 1 meal clean. You’ll bounce back faster.
4. **Why Not to Go Extreme** – Crash diets and intense plans don’t stick. They make you start over every few months. Instead, master the basics—and make them a part of your identity.

Coach's Closing Thought: If it feels too hard to follow for life, it's not the right plan.

The goal isn't to be perfect. The goal is to stay in motion, no matter what life throws your way.

SECTION 6

The Smartest Fitness System for Busy Lives (Total Body Re-Set)

You've Learned the What & Why—Now It's Time for the How

By now, you've gained **valuable insights** into why most busy professionals struggle with fitness, the biggest fitness myths, and the practical, science-backed strategies to get lasting results. But let's be honest—**knowing something and actually implementing it are two different things.**

If just knowing what to do was enough, most people would already be fit. You wouldn't see professionals who read about fitness daily yet still struggle with energy, metabolism, and body composition. **The real challenge isn't information—it's execution.**

This is where most people hit a wall. **Life gets in the way, motivation fades, and suddenly, fitness takes a backseat once again.** That's why having a **structured, sustainable system with expert guidance and accountability** makes all the difference.

The Total Body Re-Set: The Smartest Way to Get Fit for Life

You don't need another **generic diet plan** or an **unsustainable 12-week challenge**. You need a **proven system** that works **with your schedule, energy levels, and goals**—not against them.

The **Total Body Re-Set Program** is **not just another fitness program**—it's a complete **lifestyle transformation system** designed specifically for busy professionals like you.

Why Total Body Re-Set Works (When Other Programs Fail)

- **Built Around *Your* Life** – We start with your reality—workload, travel, family—and create a plan that fits, not fights, your routine.
- **Not Just Weight Loss—Lifestyle Shift** – Focuses on building daily habits so you don't keep restarting every few months.

- **No Extreme Dieting** – Enjoy food without the frustration of strict meal plans.
- **Sustainable Fat Loss & Strength Building** – No crash diets, no excessive cardio, just smart fitness.
- **Hormone & Metabolism Optimization** – Fix the real reasons behind stubborn weight gain, low energy and focus.
- **Guidance, Structure & Accountability** –With Ankush by your side, you'll always have clarity, direction, support and confidence in your journey.

What Makes This Program Different?

Unlike cookie-cutter plans, the Total Body Re-Set is built specifically for busy professionals—people juggling careers, families, travel, and high mental load.

- ✓ No extreme diets
- ✓ No 2-hour gym sessions
- ✓ No one-size-fits-all nonsense

Instead, it's about:

- **Efficient workouts** that take 30 minutes or less
- **Flexible meal strategies** that don't feel like punishment
- **Lifestyle coaching** that focuses on your mindset, habits, and stress

Whether you want to lose fat, boost energy, balance hormones, or get back in shape—this system works by fixing the root causes, not masking them.



Fit Body Culture (fbc_academy) App Features That Keep You on Track:

1. **Constant Reminders & Support** – Stay accountable with automated notifications & check-ins.
2. **Personalized Fitness Tools** – Track your workouts, nutrition, progress, and results.
3. **Advanced Stats & Charts** – Analyse your body composition, performance, and improvements.
4. **Workout & Nutrition Tracking** – Log workouts, meals, macros, and hydration easily.
5. **Video Demonstrations & Tutorials** – Clear, guided explanations for every exercise.
6. **Daily Steps & Water Intake Tracker** – Keep up with essential habits effortlessly.
7. **Community & Group Support** – Stay motivated with like-minded individuals in the program.

8. **Integration with Smart Devices** – Sync with fitness watches & apps for seamless data tracking.
9. **Get Fit, Get Rewarded** – Earn gift vouchers as you log workouts and use the app—because consistency deserves a reward.

With expert guidance, easy tracking, and real-time support, this app ensures you never feel lost or unmotivated on your fitness journey.

This isn't just a fitness plan—it's your personal transformation partner.

Ready to Finally Take Control of Your Fitness?

No more short-term fixes. No more starting over. No more confusion.

Just a proven system, built around you.

Apply now for the Total Body Re-Set Program and let's make this your last “restart” ever.

Stop Overthinking—Take Action Now!

- Download the App – [Android & iOS](#)
- DM **RESET** on WhatsApp via our [Instagram or Website]

Remember: Your health is your best investment. Not just for your body—but your energy, confidence, and quality of life. Stay consistent. Stay intentional. Your transformation starts now.

If you've started and stopped fitness more times than you can count – this book is for you.

The truth is: most busy professionals don't fail because they lack discipline. They fail because they follow systems never designed for their lifestyle.

This insightful guide exposes the **8 most common reasons** why professionals fall off track – and more importantly, what to do instead.

No fluff. No guilt. Just honest, actionable solutions based on science and real-world success.

Here's what you'll discover:

- Why time, travel, or motivation aren't your real obstacles
- How to make fitness work with your hectic schedule, not against it
- The sustainable mindset and system used by 1,000+ busy achievers

It's time to break free from failure cycles and finally take back control.



Ankush S Bhaskar is an internationally accredited fitness coach, speaker, and transformation mentor with over a decade of experience in helping working professionals and everyday individuals achieve lasting health and performance.

Since 2014, he has guided over 1,000 individuals – from CEOs, Actors and Models to Homemakers and Corporate Professionals – with a focus on real-world, sustainable transformation. He is the founder of **Fit Body**

Culture and creator of the **Total Body Re-Set Program**, known for combining science-backed systems, lifestyle coaching, and mindset alignment.

His **Mission** is simple yet powerful: to **simplify fitness** so that anyone – regardless of how busy or overwhelmed – can take control of their health without extremes and lead a better life.

His **Vision** is to drive **Fitness Literacy across India**, helping create a healthier, fitter, and highperforming generation that contributes to a brighter future for the nation.

Ankush has been a **Bodybuilding Champion**, featured as a **Super Speaker Season 3 contestant**, judged **national-level bodybuilding competition**, and contributed to multiple platforms as a voice for practical, sustainable fitness.

Want to implement what you've learned – with expert guidance and structure?

Simply scan the QR codes below to connect with us on Instagram, explore our website, download the FBC App, or reach out directly.

