

JONATHAN CONNEELY

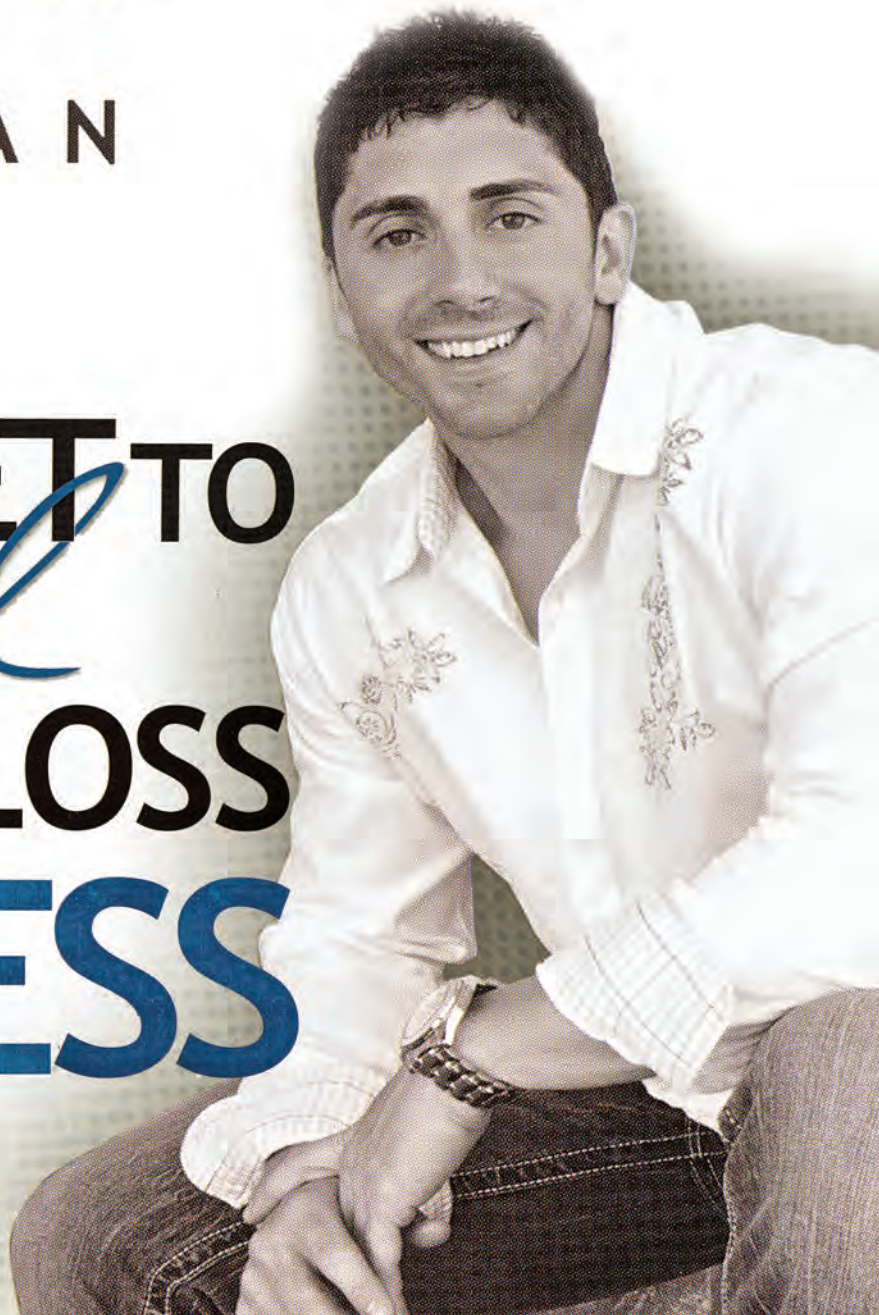
Coach JC

YOUR **27 DAY** BODY

TRANSFORMATION

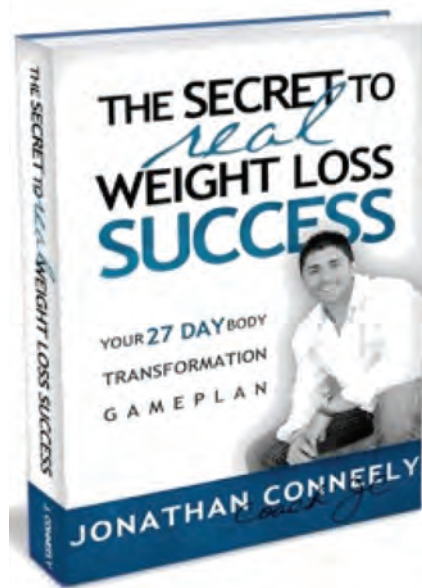
G A M E P L A N

THE SECRET TO
Real
WEIGHT LOSS
SUCCESS



Your 27 Day Body Transformation Gameplan

www.coachjc.com



Please click on the below links to go directly to:

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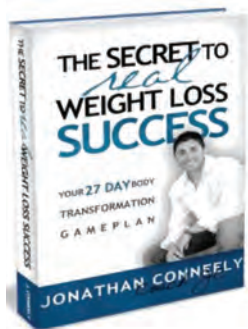
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Coach JC's Book:

Are you desperate to lose weight?
Have you been searching for the answer?
Well, search no longer!

Author, Fitness Expert, and Lifestyle Transformation Coach, Jonathan Conneely (“Coach JC”) reveals The Secret To Real Weight Loss Success. After years of coaching people on how to get fit, lose weight, and perform at a higher level, Coach JC was sick and tired of seeing people not experiencing life to the fullest. The theme was always the same: they were not happy, they did not feel valued or significant, they were desperate, struggling for the answer, and they were not doing what God had called them to do because their weight was holding them back!

Coach JC always knew that something was missing from ultimate success so he began to search for the answer. After years of experiments, research, and trial and error, Coach JC has finally cracked the code! Coach JC has discovered that The Secret To Real Weight Loss Success means that you must conquer your mindset... You must transform your thinking! Here, finally, the secret to real weight loss success is revealed!

Yes, it does take exercise and proper nutrition, but without the secret you will never experience real weight loss success. The Secret to Real Weight Loss Success is your 27-day body transformation. This book contains your personal 27-day gameplan so that you can lose the weight once and for all.

Included in your Gameplan you will receive:

- Your Transform Your Body Gameplan
- 27 days of the most effective fat-burning exercise routines.
This is not just some boring workout, and no equipment or gym is needed!
- Your Transform Your Eating Gameplan
- 27 days on how to eat to speed up your metabolism and burn fat faster.
This is not another diet!
- Your Transform your Thinking Gameplan
- 27 days of power- packed principles to implement so you can discover why the secret is so important for your success.

Coach JC in his own words:



Growing Up....

I was raised in New Jersey by a single parent, my mother. Growing up, my sister and I watched and learned as my mom worked multiple jobs. Although we never had “much” from a materialistic standpoint, we were rich by our own standards. My mom taught us to work hard, treat others with compassion and to value our good health. These lessons have always served me well and, today, I seek to share my good fortune with others.

The thrill of competition, whether it be competing against myself or on a team, has always been focal point in my life. I’ve always strived to be the best. More than anything, I want to see people happy with their own personal victories and to never quit.

My start as a coach...

After high school, I had opportunities to play athletics at the collegiate level. Rather than going that route, I found myself attending a college in Tulsa Oklahoma at Oral Roberts University (ORU). The funny part is, I swore that I would never go to Oklahoma! Let’s just say I had a praying mom and another one of her lessons was to “never say never.” I found a new role, or position to play, at ORU. My role on the team changed. I began working in the strength and conditioning department so I could help other athletes achieve their maximum potential. Soon, I found myself not only coaching them physically, but also spiritually and mentally. I was coaching them on life.

Ironically, while I was coaching people on living their best life, I was struggling. People would come to me for answers. I was able to give them the answers they needed, but wasn’t happy in my own life. I was struggling to understand my role in life, what life is all about and who I was. I always knew that there was more, but I just didn’t know what it was and didn’t know how to get it. My advice served others well, but fell short in my own life. While attending ORU I made some poor decisions that cost me time, a lot of money and heartache. It was at this point I began to attend Victory Christian Center and enrolled in their Bible school, Victory Bible Institute.

It's an interesting path to take, I admit. I'm coaching people on fitness, life, and success while my own life was in turmoil. The next two years would be the most challenging time in my life. I fought though. I fought and I pushed and I won. I grew spiritually, mentally, physically and emotionally. I began to realize that I can live a life of complete health, abundance and happiness.

This revelation had a tremendous impact on my life. I knew I wanted and could achieve health, abundance and happiness. It was during this time that I was named Director of Strength and Conditioning at ORU. I was the youngest Division 1 Strength coach in the nation. Over the next few years, the athletic programs that I worked with would experience the most success in the school's history. My coaching of athletes was not limited to the physical though. I was also coaching them on life skills, mental strategies and spiritual guidance.



Having accomplished the health aspect of the formula, I widened my focus to also include abundance and happiness. I took the fundamentals my mom taught me so many years ago in New Jersey and built on it. I began to read and read and read. It was during this time that I read three books that would change my life forever.

3 books that changed my life...

The first book, "The Purpose Driven Life", helped me identify my calling in life. I knew that my purpose was to help others become successful and assist them in finding their purpose in life just as I had. It was during this time that I knew that I would prepare myself mentally so that I would walk out my purpose on this earth.

The second book, "Think and Grow Rich", made it abundantly clear that anyone can be wealthy and have anything that they want in life. I discovered that for a person to experience true prosperity one must be prosperous spiritually, mentally, physically and financially. If one of these components is missing then true prosperity cannot occur. I realized that it was my calling to help others experience that prosperity.

The third book is the Bible. The Word can transform your life if you allow it. I began to understand that there was much more to life than just me. I began to realize that God had been preparing me to coach, teach and inspire others. I knew that God has blessed me and had given me talents, gifts and allowed me to experience certain things in my life for a reason. I knew, for me, true success would come when I was helping others become successful. I discovered that my calling was to find a way to serve as many people as possible so that they could experience this true prosperity and ultimate success through God's word.

I am living proof that health, abundance and happiness is possible! By 2008, I owned and operated two companies and also worked a full time job. None seem like work because I love what I do and the results speak for themselves.

You may be asking yourself, "What separates Coach JC from any other Life Coach or fitness guru's? The answer is simple, I coach my clients until they find true success, balance and happiness in all aspects of their lives. How many of you can say that you are truly successful in all areas of life: financially, physically, emotionally and spiritually? What if I told you that you can now live the life that you were born to live? You can experience true success and walk a life of abundance. It is possible and you can do it once you Conquer your thinking. I take pride in helping others get results; professionally and personally.

Why Coach JC?

Coach JC's has a bachelors of science degree, a Life Coach Certification, multiple coaching, sports performance and fitness certifications, with none more valuable than his 10 years in the trenches.

He is the author of The Secret To Real Weight Loss Success, Your 27 Day Body Transformation Gameplan, Co-author of the well recognized personal development book, The Code, as well as countless articles. He has also been a consultant to Professional Athletes, Business Men, Entrepreneurs, and Pastors.

Success Stories:

Jodi Hunt

Over the years I have wasted so much time in the gym. I tried for many years to lose weight; I spent endless hours in the gym and thousands of dollars on personal training. I thought that if I worked out for hours every day that I could lose the weight. Wow, was I wrong! Coach JC's program changed my mindset, and it has revolutionized my outlook on what I eat and how I train to lose weight. With Coach JC's program I am amazed at how much I can get done in such a short amount of time. I have lost a total of 24 pounds and I now look forward to working out and making myself a better person - a better person for myself and not for anybody else. My life has been TRANSFORMED! I feel better and I look better, but most importantly, my health has improved so much during this time. I truly feel like I have been given THE SECRET that I have been searching for all of these years. Thank you, Coach JC for investing these principals into my life. I am truly a changed person.



*Take it to
the next level!*



Hillary Pritchard

Coach JC's program has changed my life! The motivation I received from Coach JC's program helped me succeed in reaching my goals of becoming a healthier and happier ME. You cannot put a price or words for the way I feel about myself now and the gratitude I have towards Coach JC for giving me the tools to transform my life. I have lost 30 pounds and have dropped four dress sizes!!!! The program has taught me how to exercise correctly and to make healthier eating choices. I am a better me and now want to step out of my box and experience life. All of these life changing experiences I've encountered are all because I followed and listened to Coach JC's program. Thanks Coach!!!!

Taylor Deatherage

I have struggled with my weight my entire life. I can name you diets from A to Z that include eating all of one food, eating nothing but green, and even ones that included hardly eating at all. Beyond dieting, I am well versed in elliptical machines, treadmills, and the insides of gyms. I even hired a personal trainer...I was settling in at 210 pounds and I could not lose the weight. In my first month of working with Coach JC's program I had lost 10 pounds! That wasn't my greatest success though, I was feeling great, I had more strength, more confidence, and I was finding happiness with myself again. I now have lost 38 pounds and I wore a size 8 dress at my cousin's wedding. I saw family that I had not seen since my wedding, and I had to pick their jaws up off the floor. My confidence was radiating, and I owe it to Coach JC. Coach JC helped me to realize that I am worth it, my body is worth it, and I can make the changes necessary to live a life of greater health and happiness. As you can see, with Coach JC, I made the changes and look at me now!



*Hard work
pays off!*

Deborah Wipf

I started working with Coach JC needing to lose more weight but was completely stuck. He provided a clear, easy-to-follow gameplan to change my eating habits and increase the intensity of my workouts. I went for it full-force and have achieved results far beyond what I expected - I'm in the best shape of my life and am down three sizes! I'm even training for a 15K race - something I never thought I'd attempt before working with Coach JC. Just beware of one side effect...clothes-shopping is a whole lot more fun when you're constantly looking for smaller sizes!



Jennifer Frazier

I have been trying desperately to lose weight. I tried running, a number of different gym classes, and even hired a personal trainer, I bought an elliptical machine and would work out for an hour a day at least 5 days a week. I have tried it all to find the appropriate amount of calories to balance weight loss and being healthy for me even putting my body in starvation mode. I have wrecked havoc on my metabolism. I finally sought the help of a nutritionist. Nothing that had worked for me in the past was working, in fact I actually managed to gain 15 pounds in the process and I felt entirely out of control and helpless. When I first heard about Coach JC's program I was not convinced that I would see the results that others were testifying to, but I figured I had nothing to lose. I joined the program 2 months ago and have lost 16 pounds so far. For a girl that has tried for over a year to even lose 2 pounds and seen no results, this was phenomenal progress. I cannot believe the changes that I have experienced physically, mentally and emotionally. It has helped me to become more confident, more outgoing and I finally feel back in control of my diet, fitness and overall health. Coach JC's program is by far the most difficult workout I have ever been a part of, yet the results speak for themselves. I have more fun working out and I am in this for the long run. I plan to continue this program for many years to come... this is only the beginning.



Miriam Tover

I decided that I wanted to change my life around. I was very overweight and unhappy about it. I was working out at the gym everyday but not getting the results I wanted. It took me four months to drop seven pounds and then to gain it back by Christmas. In January 2009, I made a life-changing decision, I joined Coach JC's program. It is more than just a workout; this program has given me the encouragement, accountability, and knowledge needed to transform my life! I am a healthy person and I don't have to worry about gaining my weight back. It has taught me to make better choices, and I am able to do exercises I never thought I could do.



Past Media Coverage

News on 6

12 week feature on local musician, Tom Basler, who used Coach JC's program to lose over 100 lbs. Excerpt:

"It's about getting people moving again. So many people have lived a sedentary lifestyle and they're motivated to get fit, lose weight, they may even have some knowledge. Our goal is this, let's give them a game plan," said Jonathan Conneely, of Bootcamp Tulsa.

Is Exercise Really That Important

Following Time Magazine's August 2009 article that claimed that exercise will not cause weight loss, the Tulsa World interviewed Coach JC about the benefits of exercise as part of a comprehensive weight lose program.

Excerpt:

Jonathan Conneely, founder of Bootcamp Tulsa, has helped plenty of people lose weight through his intense, four-week exercise program. The average weight loss among participants is about eight to 12 pounds, but some clients have lost as much as 40 to 120 pounds.

"Exercise alone will help you lose a little weight, but you need a complete package with exercise and nutrition," Conneely said. "You can exercise all day and not lose weight if you're doing the wrong program."

Exercise doesn't give you a free pass to eat unlimited junk food, he said, but the benefits go way beyond simply looking good.

"You can't dog exercise, because it's a lot more than just the physical benefits," he said. "You're increasing your strength and toning, lifting your mood. It helps you sleep better, it helps people feel better about themselves and helps treat depression. What about the improved quality of life?"

Tulsa Times of March 28, 2009

Interviewed as the Founder of Bootcamp Tulsa.

Excerpt:

Angela Rosecrans talks about a new fitness trend that is taking Tulsa and surrounding areas, including Broken Arrow, Jenks and Owasso, by storm. Bootcamp Tulsa is a woman's only outdoor program with participants ranging from stay-at-home moms, students, to Miss Oklahoma.

918mom.com

Featured as the Fitness Expert for 918mom.com

Excerpt:

Jonathan Conneely "Coach JC" is regarded as one of the top strength and fitness coaches in the country. He has been helping individuals just like you attain their fitness, nutrition and weight loss goals since 1999. As a certified Strength and Conditioning Specialist, JC motivates groups large and small to take control of their life by taking control of their health. Coach JC has a passion for helping people live their life to the fullest.

Askroccoblog.com

Voted to the Top 10 Fitness Camps in the Country

Excerpt:

I love this bootcamp! John Coneely has been an athletic bootcamp coach for several years now and decided that the people of Tulsa, Oklahoma needed his guidance to get themselves out of the fat suits they were wearing. Using his Life Coach certification he has not only provided great exercise protocols but a place to create a better life moving forward.

EliteFitness.com

Featured as a Guest Writer

Excerpt:

Jonathan Conneely, otherwise known as “Coach JC,” is one of the most recognized strength and conditioning coaches in the Midwest. He has helped thousands of athletes increase their athletic ability to achieve peak performance in their respective sport. Coach JC is the founder and president of Dynamic Sports Development.

StrengthCoach.com

Featured as a Guest Writer



Excerpt:

How bad do you want to be a great athlete? So many people talk about it but very few actually do it. I once heard a quote that I will never forget and that I use on a weekly basis while working with athletes: “A great athlete does every day what a good athlete does occasionally.” You see, a great athlete does whatever it takes on a daily basis, while a good athlete does it when it is convenient. A great athlete trains every day, while a good athlete trains when it’s comfortable. A great athlete goes out of his or her way to eat right so that his or her body recovers faster, while a good athlete eats whenever and whatever is available.

Community Spirit Magazine

Featured as the Ask-A-Pro

Excerpt:

You are what you eat! If you want to transform your body, you have got to pay attention to what you are eating. I am not talking about going on a diet here. We all know diets don’t work. I am talking about making a few lifestyle changes. When it comes to your nutrition you have got to pay attention to three things.

What you eat: Start to pay attention to the foods that you are eating. Try to eat lean foods and stay way from fried food and sugars.

When you eat: Make sure to eat breakfast and start to eat smaller, more frequent meals throughout the day. If you can eat something every 3 hours this will help you speed up your metabolism and burn more fat.

How much you eat: Try to stick to those portion sizes. Remember about the size of your fist. This rule applies to all foods except your veggies. You need to eat those at every meal and eat all you want of them.

Burn it and Tone it! If you want to transform your body, you have got to exercise. The right kind of exercise will help you to burn calories so that you can lose excess fat and also help you to tone up those trouble areas.



CHAPTER ONE

DISCOVER the 3 Keys to Success

*How blessed is the man who finds wisdom,
and the man who gains understanding.
Proverbs 3:13*

You Must Want It!

To be successful in any area of your life, I believe that you must possess three components. The first key component is desire. You must have a desire for what it is you want to do. You must have a desire for what you want to accomplish. For you to have invested money to purchase this book and to have read this much already, shows me that you have the desire. You have the desire to lose that unwanted body fat! You have the desire for change! You have the desire to be successful! Having that desire is a must, but that desire is not enough. It takes more than that. Think about it: a lot of people in the world desire to be millionaires, but how many of those people actually become millionaires? A lot of people desire to look good physically and live a healthy lifestyle, but how many people really experience that to the fullest? A lot of people, like you, desire to lose weight and unwanted body fat, but how many people really see the results they desire? I hope you understand the point that desire is not enough; just wanting it will not get it for you. However, you must want it! Understand that desire is the first component you must possess and if you don't have it, the rest of the steps will not function the correct way. Without a true desire you will eventually fail. I am not going to sit here and tell you that this is going to be easy. If losing weight were easy, you would have seen the results you desire and would not even be reading this book right now. It is going to take hard work and some discipline. It is going to take consistency and sweat. Times are going to be tough and the road is not always going to be paved. When you have that desire – that burning desire – it will push you through those times.

So as you can see, desire is a must. You have to want it; you have to desire it! What is it that you want? What is it that you so badly desire?

How Much Do You Really Know?

The second component that you must possess is knowledge. You have probably heard the saying that people perish for the lack of knowledge. I believe this to be very true. For example, if you want to be a millionaire, you have to have some knowledge on how to make a million dollars. You can have all the desire in the world to be a millionaire, but without the knowledge, it will be hard to acquire that much money (unless of course you inherit it or win the lottery).

Even then, you must possess some knowledge on how to make that money work for you and how to turn it into five million dollars. How many times do you hear about someone winning the lottery and then losing all of the money within a few months? That makes me sick. The same thing applies to losing weight; you must have knowledge about what to do to lose the weight, but also to keep it off. What kind of exercising is best for accomplishing your goal? What do you need to eat on a regular basis? These are just some of the questions you will need to answer. For example, you must have some knowledge on the proper technique and form of exercise and how much to do. The great thing about this book is that I am going to give you this knowledge. I will give you the right tools and the right knowledge to be successful. You can have some knowledge on how to make a million dollars, but if it is the wrong knowledge or information, you are just wasting your time. Now you can have the peace of mind to know that you will have the right knowledge and information. What I will do in this book is give you some knowledge in regard to the right exercises to perform and the right nutrients to take in, but most importantly, I want to give you some knowledge on how to change your thinking. This will ultimately lead you to the promise land of not only losing that weight but also keeping it off for good.

Now, let me pose a quick question: with all the books, CDs, DVDs, gyms, and miscellaneous information on health and weight loss, why are we still a country of obese people? Why are so many people not seeing the results they desire? Why is childhood obesity on the rise? Why are people sometimes losing the weight but then putting it right back on? Well, that is where the third component becomes important.

You Must Have A Game Plan!

To be successful, you must have a plan of action – a game plan! I believe that this is the area where most people fail. Those individuals who have the desire and the knowledge to make a million dollars, still need to have a plan of action. Look at any sports team from an eight-year-old team to a professional team; they all have a game plan. Like the saying goes, if you fail to plan, then you are planning to fail! So, what I want to give you in this book, is a step-by-step plan of action – a game plan! You have probably read several books that give you all this information, but they never give you a plan of action on how to implement it. It is like the ultimate suspense movie with 30 minutes left, and then the power goes out. You were almost there and bam! You probably asked yourself: where do I go from here or where do I begin? That is one of the reasons why I wrote this book: to give you a plan of action, and to give you the tools necessary to thrive. Now, in order for this plan to work, you must follow it step-by-step. Some of you will get anxious and will want to skip ahead. That is fine if you want to go and take a look, but for you to get the ultimate results, you must follow the plan in order.

Every game plan has a systematic sequence to it, as does this one. Sure, you can skip over the transform your thinking part and just perform the workout. You will see some results because the workout is that good, but I am not interested in you seeing some results, and I am not interested in you living a mediocre life. I want you to accomplish all of your goals and live the best, healthiest, most fulfilled life that you can. If you just want to be good then maybe this isn't the book for you; however, if you are ready to be GREAT then it is time to discover The Secret To Real Weight Loss Success!

Let the fun begin!