

bridalicious® BOOT CAMP

— BY *the knot* —



GO-TO GUIDE
Getting Started & Timeline

bridalicious®
 BOOT CAMP
— BY the knot —

Health Advisory: Not all exercises are suitable for everyone, and this or any other exercise program may result in injury. Any use of this exercise program assumes the risk of injury resulting from performing these exercises. You should consult your health care provider before beginning this or any other exercise program.

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Bridalicious® Boot Camp by The Knot **Size Down Your Gown in 90 Days!**

Welcome, beautiful bride! You've just taken the first step toward a more shapely and sexy wedding day body that will wow your fiancé, your wedding guests—and you!

This incredibly popular and proven program—Bridalicious Boot Camp by The Knot—is based on the same workouts that have helped thousands of brides live out their wedding day dreams.

The calorie-burning workouts on your DVDs are important, but there are other factors to shaping up and slimming down—namely your eating habits. I cannot emphasize strongly enough how much more effectively you will be able to transform your body when you follow a sound, responsible and supportive nutritional plan.

I recommend that you carefully read the eating tips and other nutritional information that came along with your Bridalicious Boot Camp DVDs. Catch my helpful videos, info and tips at TheKnot.com/fitness, connect with other brides from around the country on our Facebook page ([Facebook.com/bridaliciousbootcamp](https://www.facebook.com/bridaliciousbootcamp)) and follow us on Twitter ([@bridalicious](https://twitter.com/bridalicious)).

In fitness and in health,



*Doug Rice, Certified Fitness Trainer
Bridalicious® Boot Camp by The Knot*



Warning: Always consult your physician or health care professional before beginning any diet, fitness or exercise program.

Getting Started With Bridalicious® Boot Camp

What's your fitness level?

We know you want to jump into your workouts and start seeing results quickly, but **it's important to ease your way in at the beginning by pacing yourself.** We have three wonderful ladies to help you, and they demonstrate each exercise at a different fitness level. These ladies are your “Personal Bride Guides.” They're exercising for you at one of the following three levels: **(1) Beginner; (2) Intermediate; (3) Advanced.**

When you first start the program, you will likely be either at the Beginner or Intermediate level. If you haven't been exercising on a consistent basis for the past few weeks or months (or longer), you're likely considered to be at the Beginner fitness level. However, if you follow along at the Beginner level and find it isn't enough of a challenge, go ahead and move up to Intermediate.

If you can **maintain the proper form throughout each exercise**, it's a good sign you are at the right level. **The workouts should always be challenging to you**, regardless of your level, but they should not be so challenging that you begin to lose your form. In addition, if you feel lightheaded or nauseous at any point, either slow things down until you begin to feel normal again, or stop, rest, drink some water and reevaluate your condition. It might take a week or even two weeks of consistent workouts at a moderate pace for your body to adapt to your new exercise regimen.

Using Proper Exercise Form

Using the proper exercise form will help you get the most effective, intense workout possible. In general, follow these points for almost any standing resistance exercise and during the Bridal Blast! intervals.

- Check to see that your feet are pointed straight ahead, about hip-width or shoulder-width apart, with the pointy part of your shoe lined up with your knees.
- Stand straight up, and avoid arching your back. Focus on drawing your navel back toward your spine to engage your core muscles, because the core is critical to stabilizing your spine.

- Your shoulders should be in a neutral position, meaning they're not lurching forward or leaning backward. A good tip is to shrug your shoulders and lower them down as if you're placing your shoulder blades into your back pockets.
- Look straight ahead as if you were holding an orange between your chin and your chest.

When performing jumps, hops, punches and kicks, not only do you want to continue to keep your navel drawn in (think: tight abs)—you want to maintain good posture. When bounding on hops and jumps, bound off the part of your foot where the ball of your foot stops and the arch of your foot starts—that's the “sweet spot.” For simplicity, it's sometimes just referred to as the balls of your feet, but strive to bound from the “sweet spot” for optimal performance.

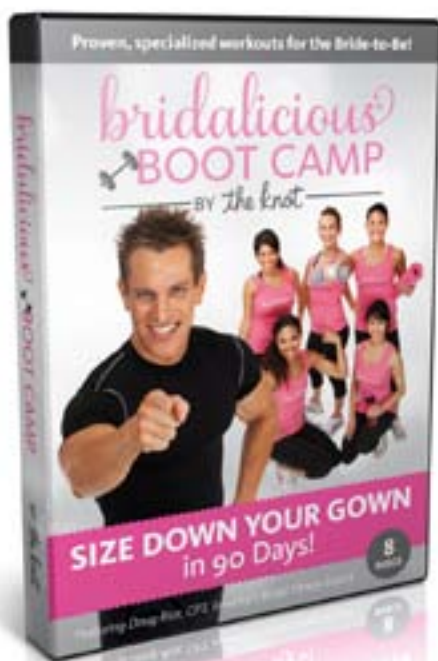
Just a word of caution: I know you're ready to burn some serious calories and see the pounds start to melt away, but **starting too aggressively can be dangerous and irresponsible.** During your first two weeks, your body and mind are adjusting to the new workouts, and **a successful Bridalicious journey needs your patience and ability to work out smart.** Don't worry, because if you have your awesome attitude in order, and your goals are clearly defined, you'll get there soon enough.

“No quitting 'til the final fitting!”

– Doug Rice

Key Points About Your DVDs

NOTE: Your DVDs come with a “Trainer Audio ON-OFF” feature. If you do not hear the trainer speaking, please use this feature on the top right-hand corner of your DVD menu.



It's recommended that you work out three times a week, skipping a day in between for proper recovery.

If you want to do some sort of activity on non-boot-camp days, you could go jogging, hiking, biking or power walking. Avoid resistance training like lifting weights. These activities are optional.

Discs 1, 2, 3 and 4 are all total-body workouts that can be used interchangeably based on your personal preference. It's important, however, not to always do the same workout each time because you want to challenge your body by changing things up. **This will help you get the best results and burn the most calories.**

Disc 5 is a different kind of total-body workout, the Total Body Turbo. It's designed to be performed at a high tempo and is not a wise choice if you aren't fit and conditioned yet. **If you're at an advanced level already, go ahead and do the second workout on Disc 5, Total Body Turbo Plus!** This will play Total Body Workout #4 back-to-back with the Total Body Turbo!

Disc 6 is the Trifecta Turbo and concentrates on the upper body, with an emphasis on the Bridal Trifecta (arms, back, shoulders). This can be used as a stand-alone workout. **If you're at an advanced level, you can do the second workout on Disc 6, Trifecta Turbo Plus!** This will play Total Body Workout 2 back-to-back with the Trifecta Turbo!

Disc 7 is Hot Honeymoon Abs. This is a workout for your core muscles. This can be used as a stand-alone workout. **If you're at an advanced level, you can do the second workout on Disc 7, Hot Honeymoon Abs Plus!** This will play Total Body Workout 3 back-to-back with the Hot Honeymoon Abs!

Disc 8 is the Booty Blaster! It's a workout for your butt and legs. This can be used as a stand-alone workout. **If you're at an advanced level, do the second workout on Disc 8, Booty Blaster Plus!** This will play Total Body Workout 4 back-to-back with the Booty Blaster!

You're free to choose these workouts based upon the amount of time you have to commit to your exercise routine each day of your schedule. A 30- to 40-minute workout (including the warm-up and cool down) is very good, but a 45- to 55-minute workout can be even better!



Total Body Turbo **Plus** is a back-to-back workout combination of the Total Body Workout 4 and the Total Body Turbo.



Trifecta Turbo **Plus** is a back-to-back workout combination of the Total Body Workout 2 and the Trifecta Turbo.



Hot Honeymoon Abs **Plus** is a back-to-back workout combination of the Total Body Workout 3 and the Hot Honeymoon Abs.



Booty Blaster **Plus** is a back-to-back workout combination of the Total Body Workout 4 and the Booty Blaster.

Timeline to Success in 90 Days—Move, Meals, Mind

This timeline is provided as a guide, but doesn't have to be followed 100 percent precisely. The Bridalicious Boot Camp by The Knot program was designed to be personalized for your fitness level and schedule.

Weeks	Move	Meals	Mind	
1-2	<p>Goal: 3 workouts per week Discs: 1 + 2, used interchangeably</p> <ul style="list-style-type: none"> Determine your fitness level and ease your way into boot camp. Pace yourself and continue to increase the challenge in a safe and responsible manner. 	<p>Workout 1: Disc 1 Workout 2: Disc 2 Workout 3: Disc 1</p>	<p>Pantry Purge and Refridge Redux! (explained in The Big Day Diet e-Book)</p> <p>Begin The Big Day Diet plan</p>	<p>Set definite, realistic goals</p> <p>Take a “before” photo of yourself and send it to Doug at doug@theknot.com</p>
3-4	<p>Goal: 3 workouts per week Discs: 3 + 4, used interchangeably</p> <ul style="list-style-type: none"> If you have done at least three workouts per week during the first two weeks, you will feel the progress and will likely be able to increase the challenge by adding intensity. 	<p>Workout 1: Disc 3 Workout 2: Disc 4 Workout 3: Disc 3</p>	<p>Sunday Ritual (prepare your meals for the week)</p> <p>Follow The Big Day Diet plan</p>	<p>Look at your goals, make adjustments, reward yourself</p>
5-6	<p>Goal: 3 workouts per week Discs: 1, 2, 3 + 4, used interchangeably based on personal preference</p> <ul style="list-style-type: none"> Try doing two of these workouts back-to-back during the same workout session if you're up to the challenge! 	<p>Workout 1: Disc 3 Workout 2: Disc 4 Workout 3: Disc 1 or 2</p>	<p>Sunday Ritual (prepare your meals for the week)</p> <p>Follow The Big Day Diet plan</p>	<p>Look at your goals, make adjustments, reward yourself</p>
7-8	<p>Goal: 3 workouts per week Discs: 5 + 6, used interchangeably</p> <p>*For your third workout, try the Total Body Turbo Plus instead of the standard workout.</p>	<p>Workout 1: Disc 5 Workout 2: Disc 6 Workout 3: Disc 5*</p>	<p>Sunday Ritual (prepare your meals for the week)</p> <p>Follow The Big Day Diet plan</p>	<p>Look at your goals, make adjustments, reward yourself</p>
9-10	<p>Goal: 3 workouts per week Discs: 5, 7 + 8, used interchangeably</p> <p>*Try the Total Body Turbo Plus instead of the standard workout.</p>	<p>Workout 1: Disc 5* Workout 2: Disc 7 Workout 3: Disc 8</p>	<p>Sunday Ritual (prepare your meals for the week)</p> <p>Begin The Final Engagement 21 days prior to your wedding</p>	<p>Look at your goals, make adjustments, reward yourself</p>
11-12	<p>Goal: 3 workouts per week Discs: 5, 7 + 8, used interchangeably</p> <p>*Try the “Plus” workouts instead of the standard workouts. Total Body Turbo Plus (6), Hot Honeymoon Abs Plus (7) and Booty Blaster Plus (8)</p>	<p>Workout 1: Disc 6* Workout 2: Disc 7* Workout 3: Disc 8*</p>	<p>Finish The Final Engagement</p> <p>Chow down at your reception!</p>	<p>Take an “after” photo of yourself in your wedding gown and send it to Doug at doug@theknot.com</p>

Day-by-Day Calendar

The following workout calendar is provided as a sample guide, but does not necessarily have to be followed 100 percent precisely. The Bridalicious Boot Camp DVD program was designed to be personalized for your fitness level and schedule. Your goal is to work out three times per week, skipping at least one day in between for adequate rest and recovery.

**Rest/recovery days can be used for supplemental physical activities. Suggested (optional) activities on non-boot-camp days could be jogging, hiking, biking or power walking. Avoid resistance training like lifting weights or other forms of intense strength training.*

Week		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1		Date Pantry Purge & Refridge Redux Disc 1: Total Body 1	Date Begin 3-Day Jump-Start Detox Plan REST*	Date Disc 2: Total Body 2	Date REST*	Date Begin Big Day Diet Plan Disc 1: Total Body 1	Date REST*
	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
2		Date REST*	Date Disc 2: Total Body 2	Date REST*	Date Disc 1: Total Body 1	Date REST*	Date Disc 2: Total Body 2
	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
3		Date REST*	Date Disc 3: Total Body 3	Date REST*	Date Disc 4: Total Body 4	Date REST*	Date Disc 3: Total Body 3
	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27
4		Date REST*	Date Disc 4: Total Body 4	Date REST*	Date Disc 3: Total Body 3	Date REST*	Date Disc 4: Total Body 4

Week	Day 28	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34
5	Date REST*	Date Disc 3: Total Body 3	Date REST*	Date Disc 4: Total Body 2	Date REST*	Date Disc 1: Total Body 1	Date REST*
	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41
6	Date REST*	Date Disc 2: Total Body 2	Date REST*	Date Disc 3: Total Body 1	Date REST*	Date Disc 4: Total Body 2	Date REST*
	Day 42	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48
7	Date REST*	Date Disc 5: Total Body Turbo	Date REST*	Date Disc 6: Trifecta Turbo	Date REST*	Date Disc 5: Total Body Turbo	Date REST*
	Day 49	Day 50	Day 51	Day 52	Day 53	Day 54	Day 55
8	Date REST*	Date Disc 6: Trifecta Turbo	Date REST*	Date Disc 5: Total Body Turbo	Date REST*	Date Disc 6: Trifecta Turbo Plus	Date REST*
	Day 56	Day 57	Day 58	Day 59	Day 60	Day 61	Day 62
9	Date REST*	Date Disc 6: Trifecta Turbo Plus	Date REST*	Date Disc 7: Hot Honeymoon Abs	Date REST*	Date Disc 8: Booty Blaster	Date REST*

Week	Day 63	Day 64	Day 65	Day 66	Day 67	Day 68	Day 69
10	Date REST*	Date Disc 5: Total Body Turbo Plus	Date REST*	Date Disc 7: Hot Honeymoon Abs	Date REST*	Date Disc 8: Booty Blaster	Date Big Day Diet Plan Ends REST*
	Day 70	Day 71	Day 72	Day 73	Day 74	Day 75	Day 76
11	Date Begin The Final Engagement Eating Plan REST*	Date Disc 5: Total Body Turbo Plus	Date REST*	Date Disc 7: Hot Honeymoon Abs Plus	Date REST*	Date Disc 8: Booty Blaster Plus	Date REST*
	Day 77	Day 78	Day 79	Day 80	Day 81	Day 82	Day 83
12	Date REST*	Date Disc 6: Trifecta Turbo Plus	Date REST*	Date Disc 7: Hot Honeymoon Abs Plus	Date REST*	Date Disc 8: Booty Blaster Plus	Date REST*
	Day 84	Day 85	Day 86	Day 87	Day 88	Day 89	Day 90
13	Date Disc 5: Total Body Turbo Plus	Date REST*	Date Disc 6: Trifecta Turbo Plus	Date REST*	Date Disc 7: Hot Honeymoon Abs Plus	Date REST*	Date Disc 8: Booty Blaster Plus

Keep It Up!

Bridalicious® Boot Camp is designed for results in 90 days, but many brides begin the program 6 to 12 months in advance of the wedding. This is fantastic! When you've completed the first 90 days and you have another few weeks or months until your wedding, then keep it up! You've already proven that you are extraordinary by completing the 90 days, so now is not the time for you to stop.

At this point, you can continue to mix and match any of the workouts on any of the discs, but again, **make sure to do at least three workouts per week and include at least two total-body workouts.**

Bridal Milestones

Keep these bridal milestones in mind with your fitness goals!

Fitness Journey Begins		First Fitting (Gown arrives at store)	Second Fitting (Base stitched)	Final Fitting	
7 MONTHS	2-3 MONTHS	6-8 WEEKS	4-5 WEEKS	3 WEEKS	WEDDING DAY
Engagement Photo Shoot	Bridal Shower		Bridal Portraits		
<i>On average, brides begin a wedding fitness program 7 months prior to the wedding.</i>					

The Bridal Trifecta

There are **three areas of the body that my brides consistently want to focus on: (1) arms, (2) upper back and (3) shoulders.** Hmmm, might that have something to do with wearing a strapless wedding gown?

I refer to these three areas as the Bridal Trifecta. You'll notice, at the end of Discs 3 and 4, I've included extra sculpting work for these parts of your bridal body with the Trifecta TNT! There is also an entire workout I put together for you on Disc 6 called the Trifecta Turbo and another one on that same disc called the Trifecta Turbo Plus!—this one includes a total-body workout combined with the Trifecta Turbo workout. Your arms, back and shoulders are gonna look hot!

The Bridal Blast!

The Bridal Blasts occur throughout Bridalicious Boot Camp. These exercises consist of **short bursts of high-intensity cardio for maximum calorie burning.** Bridal Blasts can also be referred to more generically as intervals and will become more and more intense as your fitness and conditioning level progresses.

Bridal Blasts are aptly named because “blast” is what they do—**they blast away calories and are one of the biggest keys to becoming slim, sexy, toned and “bridalicious”!**

Focus. Intensity. Tempo. Technique. = FITT

I made up this little acronym to remind you of how to approach each Bridal Blast! I call it the FITT philosophy, or FITT method.

Focus: Concentrate on the exercise you are doing and block out any distractions.

Intensity: As you focus, ramp up your intensity level for maximum effort.

Tempo: Once you've mastered the various moves, intensity has a lot to do with pushing the speed at which you can perform each exercise and getting outside your comfort zone.

Technique: Technique (aka proper form) is most important of all. No need to up the intensity and tempo if you're not doing the exercise properly.

Workout FAQs

I want to look stunning in my gown. What's the secret?

There are two keys to success—attitude and consistency. Stay consistent by making sure you work out a minimum of three days a week.

Precautions for Safe Interval Training:

- Assess your current conditioning and set training goals that are within your ability
- Keep a steady, but challenging pace throughout the Bridal Blast! intervals
- Build the number of repetitions over time
- To improve, increase intensity or duration, but not both at the same time
- Make any changes slowly over a period of time
- Train on a smooth, flat surface to ensure even effort



I tried to play the Total Body Turbo Plus! workout on Disc 5, but it played the same workout from Disc 4?

Yes, but it will continue through Total Body Workout 4 and then play the Total Body Turbo. These two workouts were made to play back-to-back to create another fantastic workout choice for you.



I tried to play the Trifecta Turbo Plus! workout on Disc 6, but it played the same workout from Disc 2?

Yes, but it will continue through Total Body Workout 2 and then play the Trifecta Turbo. These two workouts were made to play back-to-back to create another fantastic workout choice for you.



I tried to play the Hot Honeymoon Abs Plus! workout on Disc 7, but it played the same workout from Disc 3?

Yes, but it will continue through Total Body Workout 3 and then play Hot Honeymoon Abs. These two workouts were made to play back-to-back to create another fantastic workout choice for you.



I tried to play the Booty Blaster Plus! workout on Disc 8, but it played the same workout from Disc 4?

Yes, but it will continue through Total Body Workout 4 and then play Booty Blaster. These two workouts were made to play back-to-back to create another fantastic workout choice for you.

Rate of Perceived Exertion (How Hard Are You Working?)

The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 to 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, **0 (nothing at all)** would be how you feel when sitting in a chair; **10 (very, very heavy)** is how you feel at the end of an exercise stress test or after a very difficult activity.

Source: Borg, G.V. (1982) Psychological basis of perceived exertion. Medicine and Science in Sports and Exercise, 14, 377-381. American College of Sports Medicine

If you are cleared by your physician to begin a rigorous exercise program but determine that you're at the **Beginner level**, you should exercise at a level that feels **3 (moderate) to 4 (somewhat heavy)**. As you progress to a higher fitness level, you'll exercise during the resistance portion of your workouts at a level between a 4 and a 7. Once you've achieved a higher level of fitness and conditioning, **your Bridal Blast! intervals are to be performed at about an 8 on the RPE scale.**



RPE Level	Level of Intensity	Description
0	Nothing at all	No activity
0.5	Just noticeable	Very minimal activity
1	Very light	Corresponds to “very light” exercise. For a healthy person, it’s like walking slowly at your own pace for several minutes.
2	Light	Light exercise at a level just above a slow walk.
3	Moderate	Moderate level of physical activity, that is minimally challenging.
4	Somewhat heavy	“Somewhat hard” exercise, but it still feels okay to continue.
5-6	Heavy	Challenging exercise that feels strenuous.
7-8	Very heavy	<p>“Very heavy” is very strenuous. A healthy person can still go on, but really has to push herself. It feels very heavy and the person is very tired.</p> <p>This is the Bridal Blast zone to target.</p>
9	Very difficult	<p>An extremely strenuous exercise level. For most people this is the most strenuous exercise they’ve ever experienced.</p> <p>This zone can occur temporarily during parts of your Bridal Blast but is not a safe and responsible zone to be in for your ongoing level of intensity.</p>
10	Very, very difficult	Overdoing it, too strenuous to continue. This is not recommended.

Your Bridal Body Buddy (B3)

Your Bridal Body Buddy, or B3, is a workout partner and supportive “teammate.” Plan your workouts with your B3—and always have a contingency plan in case your B3 can’t make it. If your B3 is an enthusiastic supporter, talk about your boot camp plan. Make this person a favorite on your phone list.

Your Bridalicious® Boot Camp Fit Kit

Bridalicious® Boot Camp uses a few pieces of simple equipment available at [The Knot Shop](#).

You will need:

1 set of 6 lb. dumbbells

1 set of 8-10 lb. dumbbells (optional)

Exercise mat or yoga mat

Heart rate monitor (optional)

4 Tips To Look Your Bridalicious® Best

START EARLY: The sooner you begin, the better you’ll look by your big day. Yes, Bridalicious® Boot Camp by The Knot is a 90-day program, and you will see results in 90 days, but if you start even sooner, say six to nine months before your wedding, the results will be even more dramatic!

KNOW YOUR DRESS: Most wedding gowns reveal the Bridal Trifecta, (arms, back and shoulders). Some dresses are also formfitting around the butt and hips. Some have a very low-cut back, or even show your calves. You’ll want to emphasize these areas, but certainly do not neglect other body parts.

GET A “BRIDAL BODY BUDDY”: As mentioned earlier, recruit your maid of honor, sister, good friend or coworker to join you in your “sweating for the wedding” workouts. You can support each other, and it makes the experience more fun.

STICK TO A SCHEDULE: There will always be days when you’re tired or simply feeling “unmotivated.” Be determined to not let a situation like this stop you. **Those days can be the difference makers over the long haul as you get closer to your goals.** Write out a structured workout schedule, and make it happen!

Bridalicious® Boot Camp by The Knot is a 90-day program, but it’s always better to start as soon as you can to really achieve that wow factor!

Here's my simple-to-use formula for setting goals. Before we get into the actual nitty-gritty goal-setting activities, I want to emphasize some simplicity. Yes, follow each of the six tenets, but **only set about four to six goals at first**. I don't want you to get so overwhelmed from all the writing, thinking and note taking that you simply throw your hands up in frustration and mental fatigue.

Bridalicious® D.R.E.A.M.S. Goal-Setting System

Definite - Realistic - Extra Effort - Assertive - Measurable - Strategy

DEFINITE: Set goals that are **DEFINITE** and **specific**. Broad-brushed goals like "I want to lose weight" or "I will start eating better" will simply not cut it. You must be clear and focused if you're serious about putting your goals into action.

REALISTIC: Avoid setting goals that are so aggressive they're out of reach. Make sure they're challenging and worthwhile, but realistic. I've heard of people who set goals so sky high, knowing they'll never get there, and then they have a ready-made excuse for failing.

EXTRA EFFORT: That little bit of extra effort can lead to production toward your end goals. All the so-called little extras end up really paying off.

ASSERTIVE: Be assertive about your entire program. There is no one magical way to do everything. **You must take little risks and see what works for you**. Don't just think, "Oh, I can't do that, it seems so weird."

MEASURABLE: All the steps in the D.R.E.A.M.S. system are important, but this one is über-important. **You must keep track of your goals and measure your progress, along with keeping tabs on the time each one will take.**

STRATEGY FOR SETBACKS: Expect success, but prepare for setbacks. Setback strategy may include: (1) calling your maid of honor, your mom, or someone else you trust to give positive feedback and support; (2) writing yourself a reminder on a note card that says something like "Persistence is the ability to always bounce back!" or "That which does not kill me will only make me thinner!"

The Importance of Social Support

We've talked about your Bridal Body Buddy (B3) already, but I just want to go into even more detail about creating a support system. **Social support has been proven to play a key role in fitness success.**

Having a strong, dependable, positive-thinking B3 is the best place to start, but your B3 doesn't have to be the only person for you to lean on during this wonderful journey. Your B3 is like your "team captain" of all your supporters.

One of the best ways to get help, support, motivation and inspiration is by using the Bridalicious® community. Social support is available for you 24/7 on The Knot website, [TheKnot.com/fitness](https://www.theknot.com/fitness), as well as through our Bridalicious by The Knot Twitter and Facebook pages, [@bridalicious](https://twitter.com/bridalicious) and [Facebook.com/bridaliciousbootcamp](https://www.facebook.com/bridaliciousbootcamp), respectively. Offline, seek support from your fiancé, family, friends and coworkers. It's important to learn the technique of building support from the people around you.

Choose people who you know want only the best for you and who will encourage you. They should be available to listen to your thoughts and feelings and be a positive influence, perhaps spend time exercising with you and share the priority you've placed on developing a healthier lifestyle. An ideal support person might be someone who also is striving to meet challenging fitness goals.



[Facebook.com/bridaliciousbootcamp](https://www.facebook.com/bridaliciousbootcamp)



[@bridalicious](https://twitter.com/bridalicious)

Top 9 Reasons to Look Bridalicious on Your Wedding Day

1. My wedding photos and video will be around for generations to come.
2. I want to look great for my out-of-town relatives and friends who haven't seen me in years.
3. I only get one chance to make a first impression on my fiancé's friends and relatives who have never met me.
4. I will be wearing a one-of-a-kind, fabulous wedding dress, and I only get one chance to look stunning in it... this is my "Oscar moment."
5. I will truly realize my fantasy of being that perfect bride I've dreamed of being since I was a little girl.
6. We're making a huge financial commitment to the venue, the food, the flowers, the photographer, the dress, the band...what about me? I am, after all, the guest of honor on this special day.
7. My wedding is a once-in-a-lifetime window of opportunity to be super motivated to exercise, plus there's an "etched in stone" end point to achieve my goal by my big day.
8. I want to look hot on my honeymoon.
9. I can achieve a very worthwhile goal that I can build upon for the rest of my life!



One Last Inspirational Note from Doug

I hope by now you can sense the heartfelt passion that I have for working with you and how much I want you to be yet another Bridalicious® success story. I think my passion is the product of my fascination with the rarity of life's truly extraordinary experiences. Yes, I know we should (and I do) value each day as a blessing, but let's face it: Some days really stand out as our personal, unforgettable, defining moments.

The wonderful thing about your wedding day is that you know it's coming. You know the date; you know the time; you know who will be there to share it with you.

I can still recollect with great detail the very first bride I ever trained. Her name was Angela. We had almost finished our weeks and weeks of one-on-one personal training sessions. I saw in Angela's eyes how much it all meant. We had an emotional conversation, and we still had one last workout session to go before the big day. That same morning, Angela's fiancé, Gary, expressed his deep appreciation for the hard work that his bride and your humble trainer were able to achieve together with all those 6 a.m. workouts. It's always nice to feel appreciated.

But it was on my drive home shortly thereafter that I had an epiphany. It dawned on me what we had just accomplished, and it gave me a warm and tingly feeling all over.

Angela had achieved more than simply a physical transformation. This was special. It wasn't just the hard work and commitment. It wasn't just the fact that Angela had lost an incredible 42 pounds and looked better than she'd looked in years. It was all that, coupled with the all-important backdrop of Angela and Gary living through a uniquely magical time in their lives—their engagement period. A time of deep, passionate love. A time where a brand-new, exciting chapter in their lives was unfolding moment by moment. This was a time that was filled with happiness, joy and eager anticipation. And it would all be punctuated with their upcoming wedding.

In just a few days, they would no longer just be the “person I'm dating,” “girlfriend/boyfriend,” “my fiancé”—no, they would soon become a genuine member of each other's families. They would soon be embarking on a life together as husband and wife, start a family and pursue their dreams as a happily married couple. Yes, this is special.

So the point I'd like to highlight for you, the bride reading this booklet: Enjoy the journey, and embrace it for all its magnificent qualities! And when you come to the point when you've done your last push-up, your last squat and, yes, your last Bridal Blast! interval, I implore you to clear your head and embrace the truly unique experience of your wedding weekend. Allow yourself to take it all in without getting caught up in the stress and anxiety of wanting everything to go perfectly. Instead, seize the precious moments that will never come around again. Life only gives us a few of these fleeting moments, and we usually don't have the opportunity to prepare for the exhilaration.

Breathe.

You're gonna look and feel Bridalicious!

Doug

*Doug Rice, Certified Fitness Trainer
Bridalicious® Boot Camp by The Knot*