

Best Shape of Your Life

Julia Linn (aka @dolphinine) 4 week Transformational Masterclass

Fitness Philosophy



body beauty love life



There is a huge inner transformation that takes place along with the physical one when you undertake a serious committed approach to your health and fitness.

How bad do you want to be fit?

It's going to require a complete overhaul of how you think, how you act, how you make choices.

Just by deciding to do it isn't enough. You have to DO IT. It's a never ending journey getting to know your body and what it's capable of. Your body: the vehicle to get around in - on planet earth, and a Chariot for your Soul.

Planning, structure, commitment and consistency bring all kinds of rewards in your physique, but it changes you INSIDE, more than you will realize until it happens.

- Julia Linn



When you wake up every day excited to work out, count macros, and feel good - it has become a HABIT. Like getting up and brushing your teeth, getting dressed - it's just WHAT YOU DO.

No "should I?" No "Do I really feel like it?" You know that blah blah blah mind blather. It's so useless.

If you can set yourself up to create this feedback loop and pattern: exercise/ clean eating DAY AFTER DAY it becomes ingrained.

You will begin to feel SO GOOD your body will insist on it. And raise the stakes! Leaner! Stronger! More cut!

What could be better than being on automatic like this? Actually nothing. The power is in your hands (and spirit, mind, body.) Most people give up way too soon.

- Julia Linn



Old me:

Chasing the effect & not dealing w/ the cause. Treating symptoms & not the main dis-ease. Trying to circumvent what really needs fixing.

We think our body needs fixing. We need to lose weight, get in shape, fit in smaller clothes. Sporadic forays into dieting driven by self-disgust will see results for a while but then backslide.

It's not the body that needs fixing. It's our thinking, our mindset, our focus - where is it?

You cannot initiate change based on a negative self-image. But you can w/ self love.

My missing piece was mindset - I needed to spiral up into a higher perspective. Weight loss is such a paltry goal. But a strong, healthy, vital & energetic life & a body that can keep up with that? That's a worthy GOAL.

My fitness journey at age 62 was initiated by surviving 30 years post double organ transplant. I had to do something in gratitude for this gift of life. Really cherish my health & body.

All the moving parts of fitness emerged on all levels: spirit, mind, body - in that order.

Habits of prepping food, planning meals in macros, doing workouts, scheduling life around the gym - all of this become automatic if you keep at it day in & day out. Your body demands it, & your thought process is wired to make it happen.

When you've had decades of ill health, wondering if you will live long enough to see your 40s/50s or even 60s - It's a stupendous miracle to be as fit as I am. It takes serious work, of course. But I will pay the price to keep it that way - it's never too high.

I'm building to last. - Julia Linn