



PUSH: 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve!

Chalene Johnson

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PUSH: 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve! Chalene Johnson
Fitness superstar Chalene Johnson creates a revolutionary 30-day system that will allow readers to transform their bodies, their diets, and their lives!

Chalene Johnson built a fitness empire from the ground up, selling over 6 million DVDs and helping legions of loyal fans shed pounds and transform their lives with her trademark enthusiasm and energy.

PUSH, Chalene's first book ever, distills the wisdom that has made her a fitness queen into a totally unique 30-day system that will help readers reset their priorities, get their lives together, and lose weight for good.

Chalene gives readers the life-changing tools they need to change their habits with 30 days of practical steps that include pinpointing goals, reverse engineering a course of action to achieve them, and kicking the clutter—whether that means junk food, draining exercise regimens, or toxic relationships. In one month, readers will learn how to create layers of accountability and support so that success is their only option.

Additionally, Chalene shares 30 ridiculously easy and delicious Throw-and-Go recipes that she (a self confessed mess in the kitchen) created herself. And, of course, no book from Chalene would be complete without a workout! Chalene guides readers to find their soul mate workouts—the exercises they'll love for life and that will never feel like work. Finally, she gives readers the Bangin' Body Workout: the 30 moves they need for total body fitness—for life!

PUSH: 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve! Details

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Beccawerner says

I was part of the initial 30 day PUSH program with Chalene that she did online and absolutely loved the program. I am a list and schedule maker but am always looking for ways to improve myself! Identifying my PUSH Goal was the key for me! I found that everything I wanted out of life really came back to one goal and now that I have that goal clearly in my mind...everything I do in my life is geared towards it! This book is an extension of that original program ... but it was nice to have a hard copy of everything at my fingertips...although I really enjoyed the videos too!

I would recommend this book to anyone looking to identify what is truly important to them and then putting steps in place to go after it!

I am currently re-reading several chapters as I am starting to prep my goals for 2013!

If you are looking to get in great physical shape, although the book is good, her Turbo Fire, Turbo Jam and Chalene Extreme programs are much better! If you like live classes...find a Turbo Kick, PiYo, or Hustle class in your area...they are A LOT of fun!

Susie Steadman says

I liked the format and the fact that the focus isn't on losing weight but on changing your habits to make you a more grounded person.

Matilda says

In just 30 days you will learn the power of goals and lists, and why you should push for your goals/dreams.

Sandy says

First things first. This book is not for everyone. This book is only for those people who are willing to PUSH themselves to the next level in their lives, in their fitness journeys, in any aspect they set their minds to. For me this book is worth 5 Stars. But to others, it's not worth their time.

Before I actually review the book, let me briefly (I hope) give you a breakdown of my fitness journey. My husband (before we got married) owned several Beachbody workout videos. Of those were Tony Horton's Power Half Hour, Power 90, Debbie Sieber's Slim in 6, and Chalene Johnson's Turbo Jam. I started out my weight loss journey with Slim in 6. Not severely overweight, but never "skinny," I decided while my husband and I were dating that I was going to do just that—get skinny. I wanted to be with my husband at all times during those first few months of dating because he made me feel so good, but that just wasn't possible (or healthy). I needed something to replace or recreate the feelings of joy and happiness I had when I was

away from him. So I started working out. I went from a size 12 to a size 6 in less than a year and only using Slim in 6.

Throughout our relationship, Russ, my husband, kept talking about how his favorite workout program was Turbo Jam by Chalene Johnson. I gave it a try once and told myself that I couldn't pick up on the moves so I wasn't going to bother...I'd just get frustrated. When we got married, I, like so many others, put on about 40 pounds, and something had to give. I tried Slim in 6 again, but either I wasn't into it, or it just wasn't working. I'm not sure which. Anyway, for the next two years, I was up and down with motivation for weight loss and working out—though never really down in weight. Finally, (I'd seen the program on Beachbody's website www.beachbody.com, but just hadn't taken the step to purchase it) a friend that I work with started talking about this new workout program called Turbo Fire (<http://www.beachbody.com/product/fitn...>). A friend of hers had lost a good bit of weight and looked great and that's how her friend said she did it. Because I'd seen it on Beachbody.com already I knew exactly what she was talking about and excitedly joined in the conversation with my friends. The four of us girls that work together all decided to purchase copies of Turbo Fire and help each other stay committed. My husband joined in because of his love of Turbo Jam, and off we set to achieve all our weight loss goals.

While doing Turbo Fire, the 20 week program, I lost 25 pounds. *Note: I also counted my calories using the turbo tracker from Beachbody specifically designed to go with the Turbo Fire program. The turbo tracker had a daily quote from Chalene and that helped keep me inspired and motivated. I created a group on Facebook dedicated to my friends who also have health and fitness goals and made it my purpose to be the encouragement and motivation for the group (though the others encourage and motivate me just as much). I took a brief hiatus from Turbo Fire during the holidays and due to some personal struggles that came up during that time period and committed myself to maintaining my weight loss through the holidays. After the holidays were over, I recommitted to my weight loss—getting healthy—journey and am now in week 5 of my 2nd round of Turbo Fire and am looking forward to completing the program and moving into a hybrid version of Turbo Fire and ChaLEAN Extreme. I love the way that Turbo Fire and Chalene pushes me to do more than I thought was possible and have developed a love for working out that will last me through the rest of my life. I have created a lifestyle change. And I've done that with the help and information included in this book.

Push does include health and fitness information, but it doesn't stop there. Push is about developing the strong, successful habits of highly fit successful people. Yes, it's about adopting the habits of people that are already fit and successful, but it's about turning yourself into one of those fit and successful people. It's about balancing your lives, goals, hopes, dreams, families, friends, eating, exercise, work/careers. It's about getting a better, healthier, happier life and doing it on purpose. Push is about taking the steps to get your life into balance and be able to fit in all these wonderful ideas you have for yourself and for your life. It gives you the information to be a better you.

If you're not one of those people who are constantly looking to improve yourself, then this really isn't the book for you. But if you're tired of mediocre, and you want to take charge of your life, then this book is just one of the ways you're going to get there. The first section is a 30 day challenge (most people don't make it that far—Chalene's words, not mine though I agree). The second section is on circuit training (strength training—because muscle burns fat—also check out ChaLEAN Extreme <http://www.beachbody.com/product/fitn...>). And the third section is a grab and go recipe/food guide. All of this information is beneficial to you if you're willing to give it a shot. But you have to make the decision to change your life...to create lasting change. You can be a success story.

Go for it, I think you'll be surprised at what this book can help inspire you to do with your life. But deep

down, it's all up to you. Be the change you wish to see in the world.

Joanna Cabot says

I have mixed feelings about this book. I found it very motivating and inspiring at first, and actually decided to do it one chapter per day, and answer all the journal questions too. The first 15 days worth were good stuff. I found Johnson's anecdotes motivating and inspiring, and appreciated how she made the plan both specific in the action steps needed, but also customizable for different goals and outcomes.

But toward the end, it started to fall apart for me. There was too much to keep track of: there was the 'push goal' and the health goal, the list of ten yearly goals which you were supposed to write from scratch every week, you had to add tasks to your to-do list every day based on ALL of these. It just got to be too much, and I realized that in the end, all I really wanted to do was focus on my health and try to do something productive each day. I didn't need all these different tasks and to-dos and action steps.

I also found some of her advice a little weird. Some of her relationship advice was rather off to me (she considers any time you spend away from your spouse to be a wasted opportunity to strengthen your family bond, and does not take into account that if one of you is out, the other might enjoy some alone time). Her suggested meal ideas are full of processed ingredients such as Jello and fake sugar. She is obsessed with her iPhone. I found that as the book went on, I was taking with a grain of salt more and more of what she said.

I think that if you are highly motivated to have exactly the life she has---to be super-fit, and an entrepreneur who is trying to build an empire while raising her kids and family---you may find her system helpful. But if you for the most part know your own mind and just want to have a simple, healthy life with a few productivity tweaks here and there, you may find much of this book forgettable.

Tira says

Good book for goal setting. I love Chalene. Sometimes she gets caught up in gangstah talk, but this is just her voice coming through. She's a fun fitness instructor and a great motivator.

Laurie Free says

I loved the priority statement setting and practical advice on goal setting. I enjoyed her positivity and abundant outlook on life. She gave some good tips on reverse engineering. I am a huge Turbo series fan, so I loved the workout ideas in the back.

I felt like the abundant photos were unnecessary. One picture of her family and her house would have been sufficient. (the workout photos were awesome).

I had trouble with verbiage and context ; for example:

"crazy cool goals"

"fat free friends"

"banging body"

I get her points but the some of phrasing felt juvenile , "pie in the sky" and inauthentic. At times it was as though I was reading a young adult book. (teenager book)

Overall I loved Turbo Chalene because of the authenticity in her workouts. I was looking for something that was more authenticity. I do love her abundant mentality and positivity and she's an amazing fitness instructor. I did get some good takeaways from book as mentioned in beginning of review.

Mandy says

Gary's new year's goal is to read a book a month (now that he's out of school he wants to get back into reading for enjoyment). So, I suggested we read a book together and discuss it and he actually liked that idea and asked me to pick the first book so, I chose this one. He prefers non-fiction books so I thought I'd go that route to begin with and we both are doing the Turbofire workout so I thought it would be fun to read the book as well, we will see what we think!

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I really liked this book. I'm already a goal-oriented/motivated person so this book was right up my alley. It is set up for a person to read a chapter a day and each chapter is very short. It helps one feel more motivated with setting goals and becoming a better you. I liked her tip's, some were new, a lot were reminders. She has done over 20 years of research of successful people and has in the book all of their habit's and then challenges her readers to follow them and watch what will happen. And the book is not only for fitness although it definitely plays a big role.

My only complaints with the book would be she used "research shows" several times, but didn't add her references. That annoys me. She loses some credibility in my opinion for that.... and considering she is a millionaire and not hurting financially I do feel she has lost touch for the middle/lower income people with some of her suggestions. She is BIG into using smart phones and believes they will help a person keep with their to do list and goals (and I do use mine for those reasons and yes it works! However, know many people who can't afford a smart phone and so on....) so that annoyed me a bit too.

However, overall, I would recommend the book and definitely would recommend the workout. Gary and I have been doing it for several weeks and feel great. I won't share the results until the end of the 20 weeks.

Lastly, she does suggest everyone needs to find their "soul mate" workout as there is a workout for everyone (even if it's not her's) and I believe that too. I LOVE turbofire and feel it works for me (I mean c'mon, who does't love kickboxing?!?!)

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## **Katy English says**

There is nothing that Chalene does that is not pure gold. I had already completed Chalene's 30daypush.com, so I sort of knew what to expect from this book, but I am very glad I read it. There is just something about following (and implementing!!) her systems that brings order and relief to my life. I HIGHLY suggest anyone that wants to create good habits, get rid of bad habits, change their thinking, and change their life -in so many ways- read this book. In just a few pages a day for 30 days, you will literally change your life and

your mindset and be on the short path to doing great things. I can't wait to see her live this summer, and look forward to participating in more of her trainings and programs. <3 Excellent book! It is a must!

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### **Nikki says**

Great tips on figuring out your goals and which ones to work on first. I never thought about how choosing one goal to focus on could help me to reach them all a lot easier.

I didn't agree with her relationship advice, some of the nutrition stuff or how hard she pushed doing everything on your phone (I personally am trying to use my phone less because I feel it's a distraction) but the first half of the book was valuable in understanding a way to set goals and achieve them without getting totally frustrated.

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### **Bookaddict says**

Really helped me refine and plan out professional, financial, and personal goals.

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### **Wendy says**

Ehhhhh....

I really love Chalene Johnson's workouts, and I heard about this book via her 30 day push program online, which was free. The book is just a rehash of that program, which I found very effective and motivating. My quibble with it, and hence the "it was OK" review, is that for the first time, I feel like it's all about Chalene - she admits that she did the online program to attract a following that would ultimately help her fulfill her goal to be a New York Times bestselling author, by offering the book for presale (so she would record a bunch of sales the day the book launched), thereby boosting her numbers on Amazon and B&N. Then I started getting emails touting her as a NYT bestselling author, when after the first day, the numbers dropped precipitously and she never actually appeared on the NYT bestseller's list. The whole thing just left a bad taste in my mouth, especially since I paid a premium for the pre-sale, only to find the books for sale on Amazon at half the price a day after the release. The incessant pictures of Chalene looking pretty in her fancy house or her fancy car were also kind of tacky, IMO. Bottom line - she presents a good system for getting organized and productive, but there's nothing terribly novel or innovative about it, and there's a whole lot of "look at ME! Aren't I pretty and rich!" that I found distasteful.

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### **Meredith Enos says**

One of my new year's resolutions was to read a non-fiction book every month. So far, I've managed about three (I say "about" because I can only name two right now), this book being one of them. I was pleasantly surprised. I have done the Turbo Fire workout before, so I knew who the author was, but I am by no means one of those Beachbody.com devotees. I just happened to spot the book at the library while I was looking for a 1: non-fiction book that 2: talked about organization and 3: had quick recipes. This seemed to fit the bill.



#### Positives:

- The chapters are short. You are supposed to read one a day, plus homework, for 30 days.
- This book asks you (for one assignment) to list the most important things to you. Then, for another assignment, you list ten SMART(business acronym you can look up yourself) goals. Then, you figure out which of those goals help make the others fall into place, while at the same time honoring your priorities, and that is your push goal. You then make a series of to-do lists, which break the push goal down into bite-sized steps, and you accomplish and update these steps daily. She also wants you to have a health/fitness goal. I like the idea that everything can be broken down into manageable steps, even the most lofty goals. She is not saying anything new, but I like the way she says it.
- She gives real-life examples. Sure, these examples often involve stories about her glamorous life, but I can still pretty much relate, and understand the point she's making.
- Nothing is too touchy feely, nothing is too pseudo scientific, nothing is too reliant on already having money (although she luvs her smart phone), there is no magic formula. It is really pragmatic: you set your goals. You break them down into steps. You write them down. You do the steps. You check them off. Success is yours.
- She is honest about her credentials and experience. She is upfront about her opinions v. facts, err "facts." She tells you at certain points when you might need a doctor, eg, to get measurements, to talk about food or self esteem issues, to work out relationship things. She doesn't tell you how to solve your problems--she identifies key areas you want to take a look at, if you want to be a successful person.

#### Negatives:

- She makes such a big deal about her smart phone, why doesn't she have an app for this program?
- She actually writes stuff like, "Can I get a woot woot?" and, "Oh no she didn't. Oh yes, I did!"
- As one reviewer below wrote, she will say "studies show" but then not cite the actual study. But, considering most of the things seemed like "studies show that people who eat breakfast are more successful at keeping weight off than those who skipped breakfast" and she could have been quoting a Special K commercial, it didn't bother me so much. It's not like she was saying anything controversial.
- There are a lot of pictures of her in this book. I mean, a LOT.
- The recipes and nutrition section are the weakest parts of the whole book. Her recipes seem to depend a lot on powdered mixes that she throws into smoothies and whatnot. All I can say is that, with a diet like that, I hope she gets enough fiber and water.

So, overall, the negatives are rather minor. I am not really into self-help books, but I am glad I picked this up.

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#### **Gina Mateer says**

this book changed my life. I was stuck on a job that made me unhappy and feel undervalued. By doing all of the assignments, I was able to reverse engineer my goals and figure out where I needed to make changes. 2 weeks after finishing the book, I knew I had to look for another one. figuring out my priorities and values allowed me to zero in on a job I wanted. I applied to one. only one, and I got it. the best thing? I was told my letter was remarkable and stood out in a large pile of applicants. Why? because after following all the steps Chalene outlined, I knew what I needed in a job, why this was the position for me, and what I had to bring to the table. and I told them! Thank you Chalene, I've more than tripled my salary, thanks to this book.

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## Muffi says

The title of this book is misleading. Yes, it was written by a blonde California chick who uses words like "Bangin' body" in her writing, but the voice it gives to her advice makes the book more enjoyable to read than your average self-help book. I came to this book hoping to just get organized and get into shape, but as I have read and re-read it since January, it has led to some MAJOR career successes for me. I'm definitely eating healthier than before, have lost ten pounds, and hope to get back into pre-baby shape sometime soon, but the book's greatest strengths are--in my opinion--the goal-setting and career advice, which guided me to several career highs this year. Now I just need to apply the book's advice to amp up my exercise regimen and go buy some dumbbells, lol!

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