



A Special Needs Success Story

**How Dante Worked Out
200+ Days In A Row
And Lost 33 Pounds**

Introduction

Getting Started



Hey Parents and Guardians,

Congrats for taking the first step and downloading our step-by-step guide on how to get your child with special needs to workout and lose weight.

We're excited to share this opportunity with you, but first I want to let you know ... this is not an opportunity to lose 20 pounds in 10 days or get in the best shape of your life in 2 weeks.

If you are a family or guardian, who has a loved one with special needs who is struggling with their fitness and wants to improve their fitness over time then this opportunity may be right for you. We're super excited to be on this new adventure and we'd love to help you as well. We're going to share all the details of what worked for Dante and how you can get started.

But first, to understand why this is so important to us, you should get to know a little more about Dante ...

About Dante

Dante Johnson



That's Dante. He loves sports (especially LeBron James), music (especially Brickhouse) and his family. He's 15 years old and has a rare genetic disorder called Prader-Willi Syndrome (PWS).

PWS causes a large number of problems (sigh) ... a number of the critical problems are low muscle tone (hard to get strong), low growth hormone (hard to grow), intellectual delays, slow metabolism (hard to lose weight) and a constant hunger.

Yes! As one doctor said PWS is a genetic disorder perfectly designed to make you morbidly obese. It's tough. Despite our constant attention, help doctor's visits, medication and love Dante constantly struggled with his fitness. As he got older the challenges seemed to get worse ... until the global pandemic!

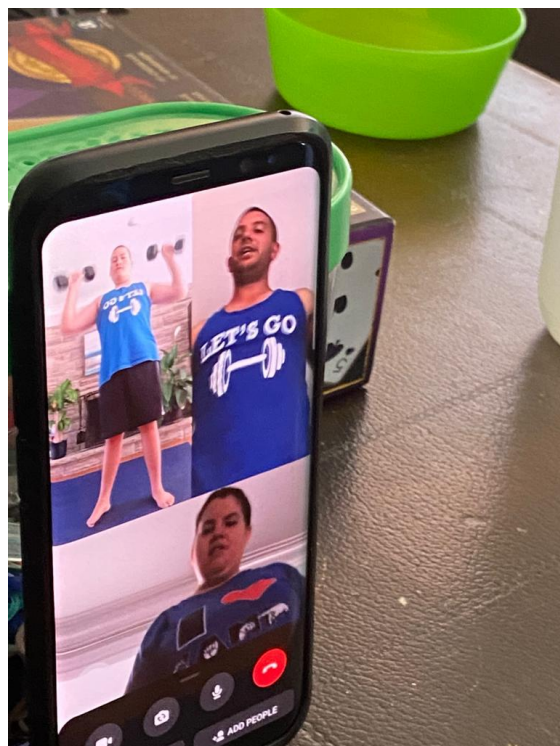
2020 is one of the worst years for most of us, but for Dante it was one of his best. Here's his story ...

How Dante Worked Out 200+ Days In A Row And Lost 33 Pounds

If you're looking for the quick answers ... here they are. There are 4 parts of getting Dante started working out, which we'll cover below. You can do each of these at home, without anything except a little time, a little love and a little hard work.

Here are the simple steps Dante took:

1. **Start SMALL** – Trying a complicated workout was never going to work. Dante started with 3 sets of 3 exercises. It took him only 15 min.
2. **Highlight Improvement** – We all love to improve. Make sure you quickly identify ANY improvement and make it a big deal (e.g., you improved from 5 to 7 repetitions)
3. **Provide Choice** – We all love to have some control over our actions. Make sure your loved one has some choice in what exercises they perform.
4. **Build Your Community** – We all need to know our actions are valued by our loved ones. Make sure you create an entire community around your loved one that supports their effort.



Start SMALL



At the beginning of the pandemic Dante's Great Uncle Tom (picture above) was visiting (before we knew how dangerous Covid was). Uncle Tom wanted to start working out. He asked if he could borrow some of the weights we had at the house.

We lent Uncle Tom a few weights and noticed Dante was watching. We asked Dante if he wanted to workout as well. Dante said sure, but he wasn't entirely convinced. We showed him how to do a bicep curl and made a big deal as he completed his first set.

That's it!

It really doesn't matter how SMALL you start. You just need to start. Dante was on his way to completing 200+ workouts in a row!

Highlight Improvement

We all LOVE to succeed. Whether it's large successes or small, improving is the feeling that gets us hooked on new habits. Too often our children with special needs miss out on the feeling of success.



When we started there was no way Dante could perform a plank .. Never mind a side plank with his arm extended. We did however recognize every little improvement along the way.

- Great job on holding the plank for 10 seconds!
- I love how you kept your back straight.
- Wow, I noticed you were able to extend your arm on the side plank.

With each new improvement Dante's confidence grew. He began to look forward to exercising and wanted to see what else he could do. He became addicted to working out!

The best part was this confidence seeped into the rest of his life. His behaviour became more predictable, his school improved, his relationships improved. It was unbelievable to see the transformation that the increased confidence brought to his life!

Provide Choice



Have you ever felt like you're being bossed around? Yup, we all have. It's human nature. We are way more motivated when we have some choice in what to do ... even if it's a small choice.

Dante was beginning to love working out, but the more he could 'own' the workout process and make it his own the more motivated he was. We looked to provide choice while making sure he was working out in a safe manner. He added 1 exercise per week and got to choose (from a list) what exercise to add the next week. He loved it. He began talking to everyone about new exercises and what he was going to choose to add next week.

It was magic.

Build Your Community



People love people. As humans we are inherently social. Not only do we want to be around other people, we want to know what we are doing is valuable by our friends and family. Working out is no different.

We found the more we made sure Dante was surrounded by people who talked to him about working out, watched him workout or just recognized his accomplishments the more he felt valued.

It started with Dante's cousin Mikhail. Mikhail worked out with Dante online through zoom ... every ... day! Just the fact that Dante had someone who was always there, always showing him how important working out was worked wonders. Not everyone has a cousin as dedicated as Mikhail, but that's one way www.letsgo.fit can help.

We also made sure we recognized Dante's milestones. As Dante reached 150 workouts we showed his 150th workout online through zoom to his friends and family. In the same way families show up to watch our children play sports we wanted Dante to know his activities were valued. His teacher even zoomed in during the summer to see Dante reach his goals.

If you're wondering how to get access to a super supportive community ... we're one click away www.letsgo.fit

What We Learned



At the beginning of 2020, Dante had never lifted weights. Now he's worked out 200+ days in a row! I still can't believe it. In addition, as his confidence grew he decided he wanted to change his diet! He started following www.whole30.com and ended up losing 33 pounds. I cannot stress how much Dante's life has changed. He told me the other day he feels really, really happy and I almost started crying.

Looking back, the keys to his success are:

- **Start SMALL** – Start with even 1 exercise. Once you've started you've started. The rest will come, but you need to start.
- **Highlight Improvement** – Keep an eye out for ANY improvement at all ... and make it a BIG deal. Start with 5 repetitions and move to 10 .. AMAZING!!!
- **Provide Choice** – Don't get caught up trying to perform the one perfect workout. It's more important to allow you're athlete to choose their path than to worry about the perfect exercise.
- **Build A Community** – Find people in your child's life who will support and reinforce your child's new found love of working out.

Are You Ready?



As we started sharing Dante's success on social media other families started to ask how they could join.

Dante and his cousin started working out online (through zoom) with a few friends and [Let's Go Fitness](#) was born.

We are creating an online fitness community for athletes with special needs. We've seen how much it's helped Dante and now want to help as many other athletes as possible.

We've seen what works and we:

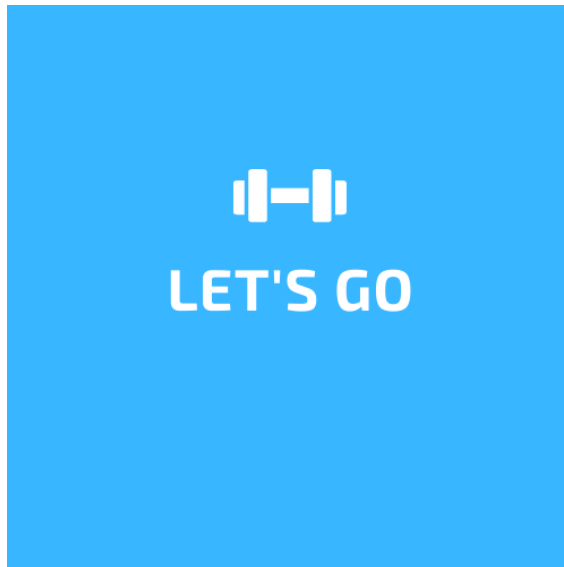
- Have certified trainers,
- Provide online one on one instruction,
- Provide online group classes to provide socialization, and
- We focus only on athletes with special needs!

As parents of a child with special needs we know how difficult it can be. We know you don't need one more thing to worry about. We're here to help you child with special needs:

- Have fun,
- Make friends, and
- Get fit

[Let's Go !!!](#)

Start Your Free Trial



- Sign-up for a free 20 min. online zoom workout.
- No credit card required.
- No commitment.

<https://www.letsgo.fit/start-free-trial.html>