



The Golden Rules



of Successful Weight Loss

Included as part of the Weight Management Package

Congratulations!

Let's begin the journey.



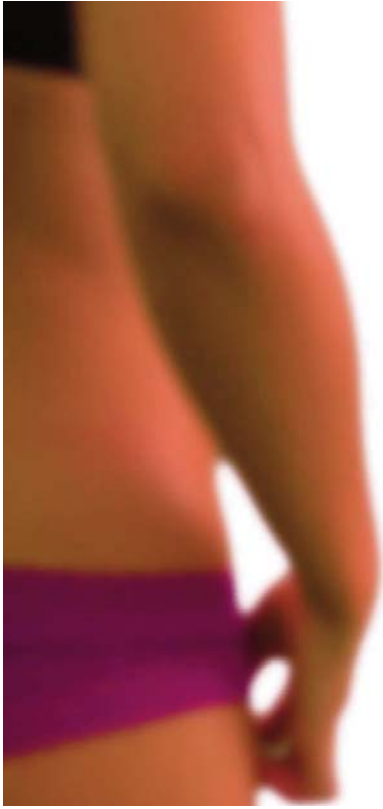
It's time to discover a whole new you! In order to maximise the effect of the sessions it is very important that you now follow these rules.

These rules will help with the psychological impact of your sessions

and alter your relationship with food forever.

The rules assist you in achieving your desired weight loss, increasing your energy levels and improving your wellbeing.

Adopt these instructions closely and conscientiously and success will be yours.



1. Focus on what you want!

If there is something in life that you really want - behave in a way that you already have it - and you are very likely to actually get it. So, go out and purchase an item of clothing in the size that you want to be. It has to be something brand new and NOT something that you already have from your past that no longer fits. It does not have to be anything expensive.

Hang it on the OUTSIDE of your wardrobe in a place where you will see it often. Think about placing a picture of it in areas of temptation.

Why not take a picture of it with your mobile phone and have it as your screen saver or put it as the wallpaper on your computer? Look at that item and continually visualise yourself wearing it.



2. Let's motivate your mind

The recordings you've been given utilise a multitude of the latest mind management techniques and are a very important part of the program.

It is absolutely essential that you listen to the relevant track once a day over the next 28 days.

The recordings will reinforce the live sessions that you attend.

You will increase the effect if you listen to the tracks using stereo headphones and remember to sit in a comfortable position or rest on your bed.

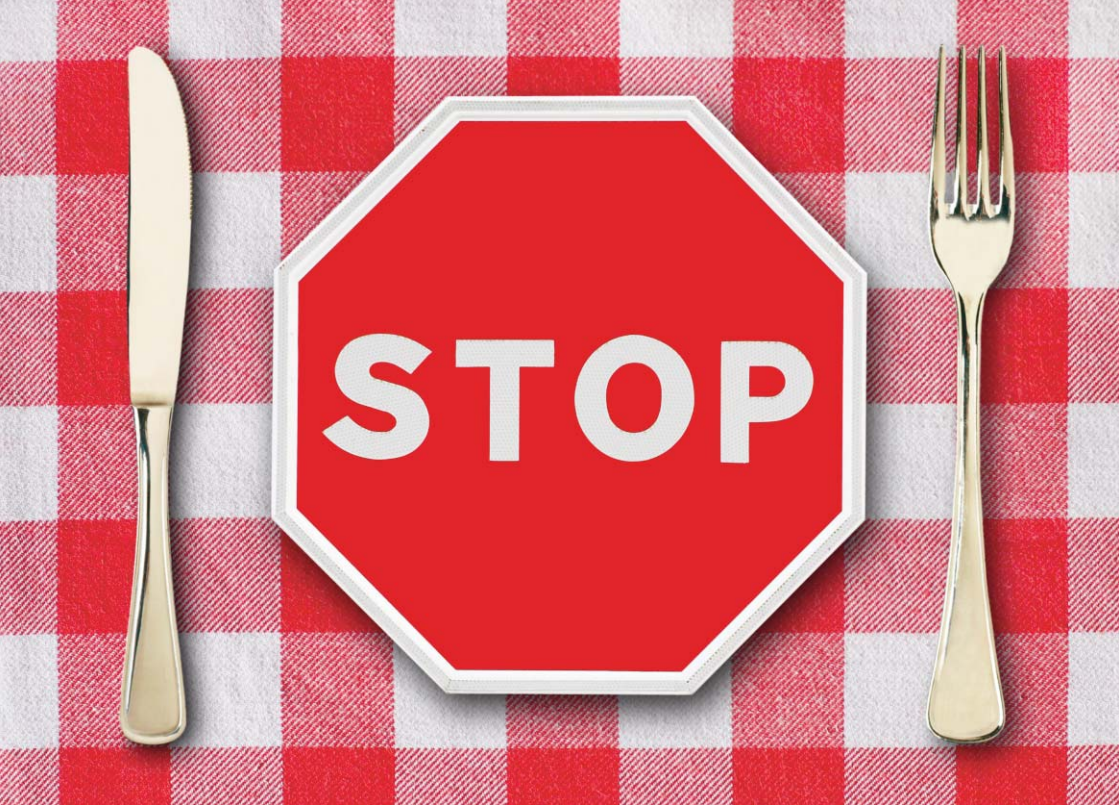
IMPORTANT - NEVER LISTEN WHILE DRIVING OR OPERATING MACHINERY.



3. Eat slowly and consciously

Taste every mouthful of food, and slow your eating down. Chew your food thoroughly (approx. 20 times a mouthful). This may seem unnatural at first but persist and you will be surprised at how you will begin to enjoy your food much more. Put your knife and fork down between mouthfuls; put your sandwich down between mouthfuls.

This allows time for your stomach to register that you have eaten with the brain and you can then tell when you are no longer hungry. Don't eat in front of the television or while reading as you won't be conscious of what you are eating and will tend to eat faster. Sit down somewhere where you can focus purely on the food in front of you.



4. Stop eating when you're no longer hungry

We have forgotten how to listen to our stomachs. Be conscious over the first few days of what it feels like to be satisfied – not full or bloated just pleasantly satisfied. Try this experiment – get ready to eat your meal, blindfold yourself and eat. Stop when your stomach says you are satisfied. See what is left on the

plate. What you have eaten is your true portion size and is all you need to cook in the future. Do not go by what is on your plate but what your stomach is telling you.

Eating any more food than your body actually needs is a waste. Either waste it on the plate or waste it on your waist!

5. Do not skip meals

Do not skip meals thinking you are eating less. Your body needs fuel at regular times but only small amounts. Do not deprive yourself of any foodstuffs but eat a balanced meal of proteins, carbs and appropriate fats.

Decrease your portion sizes too; it may be worth investing in some smaller sized plates and bowls so that you are not tempted to add more to your plate.



6. Water, Water, Water!

You **must** drink about two litres of water a day. One way to increase your intake is to sip a glass full of water with each meal, i.e. Breakfast, lunch and dinner.

Often when we think we are hungry we are in fact thirsty – the brain signals are very similar and we confuse them.

Reduce your caffeine intake down to one or two cups per day. It is a diuretic and also increases your urge to eat. Also be careful of fruit juices which often have very high sugar content.

Monitor your alcohol intake over the first few weeks. Alcohol decreases your metabolic rate and as a result the food you eat with it is not processed properly and is stored as fat by your body.





7. Let's get moving

It is very important that you take some form of exercise for 30 minutes each day; this can be as simple as going for a walk or active chair movements. If necessary seek advice from a personal trainer who can make it fun and varied so that you do not get bored.

As you will be eating less than your body needs to operate, it has to make up the difference by

burning reserves. If you do not exercise daily, your body will metabolize your unused muscle and you will lose muscle mass and strength.

Exercise will communicate to your body that you want to use your muscles and force it to burn the fat instead. Walk, skip, dance around the house, get that Wii fit out and enjoy yourself – come on move!!

Extra Tips



Ways to Tackle Head Hunger

What is HEAD HUNGER?

Head hunger refers to the condition in which you think you need food but your body is not actually the one demanding energy.

Something else is triggering you to respond to food such as boredom, habit, anxiety or just responding to an advert on the telly!

7 ways to deal with head hunger;

- Drink a glass of water by sipping it.
- Wait it out (about 10 minutes).
- Exercise – walk, stretch, etc.
- Do something active – a bit of housework, computer game, etc.
- Concentrate on deep, slow breathing.
- Repeat affirmations to yourself. Look at your item of new clothing.
- Eat a little bit of something nutritious.

Give yourself some support

It is important to recognise that as you go through this programme that you will frequently have to be your own support. To do so requires that you take ownership of the process.

Make this “my weight loss programme”.

Take pride in what you are doing and in each goal achieved.

It may help if you write you want to lose weight and your short and long term goals, outlining any strengths and challenges you face and how you are going to overcome them.

E.g. I have a weakness for chocolate so I am not going to have any in the house.

Reward yourself for the smaller goals reached e.g. every seven pounds buy a present or treat yourself to a facial, a massage or a new piece of clothing every time you drop a size etc.

REMEMBER;

“NOTHING TASTES AS GOOD AS BEING SLIM FEELS”





This Weight Loss Package has been designed to bring you maximum benefits without the torturous methods of other weight loss regimes.

Your mind is motivated to give you the will-power to succeed.

You are given the rules to follow which start to form good habits in place of the old ones.

You have access to a guide to the 80/20 meal plan accompanied by a variety of meal suggestions.

The whole ethos of the 80/20 plan means that you CAN eat the food you want to, as long as you follow the rules.

You're welcome to contact me with any questions by email; info@mynd.works

