

SIMPLE WEIGHT MANAGEMENT

SECTION 9

***Reprogramming Your Mind & Body
(11 Success Principals)***



...powerful habits to transform your life!

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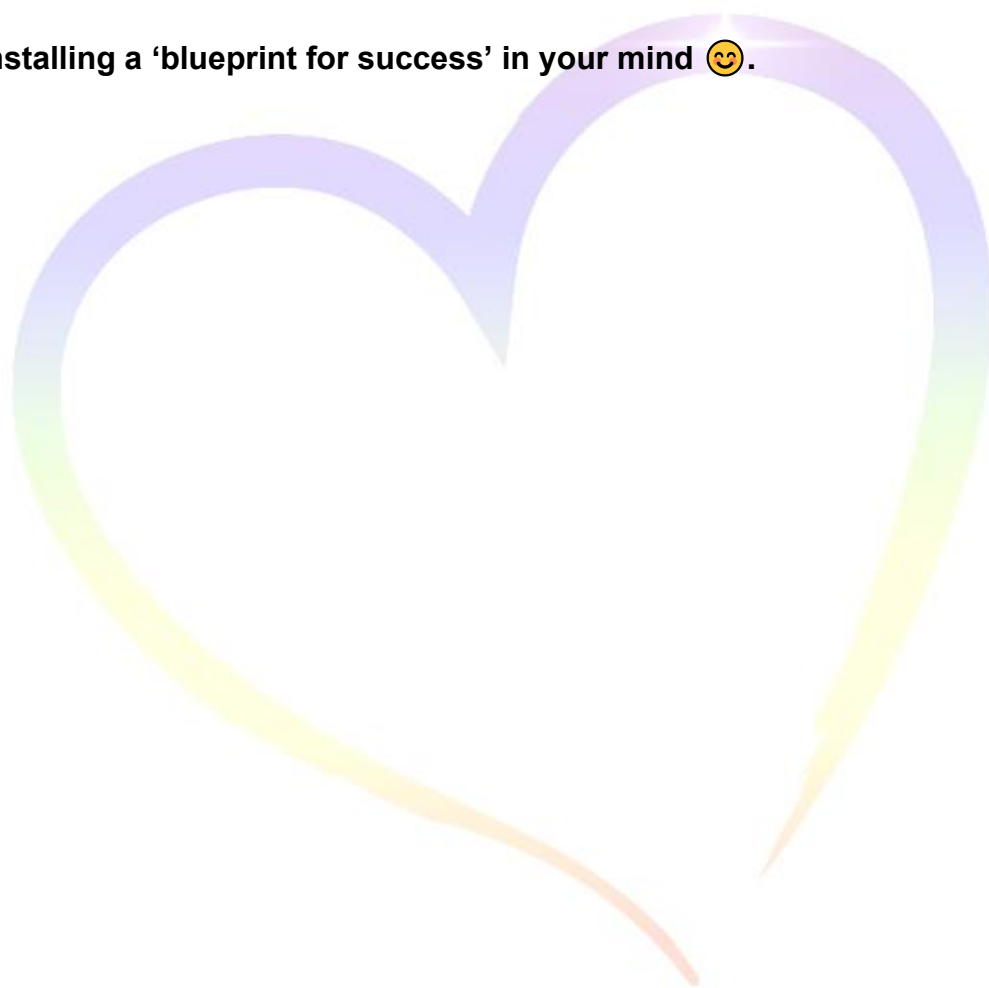
Quick Guide

Section 9 (of 12) is entitled ~ **Reprogramming Your Mind & Body (11 Success Principles)**

This 9th section is all about embedding the right thoughts and behaviours.

Weight management becomes simple and enjoyable when you naturally work in tune with your mind and body. To do this, you need to think and behave in a certain way, so the subsequent actions, create the long term results you desire. We're now going to ingrain a set of principles that will systematically help you achieve this.

We're installing a 'blueprint for success' in your mind 😊.



Disclaimer

All the information and recommended action steps provided in this guide are with the sincerest intentions to genuinely help you enhance your weight management, general health, well-being and make you feel good. It is the culmination of thousands of hours of research into books, published medical studies and the study of professional expertise. Vibrant health accepts no liability for the results of any actions you take following the information contained within. We strongly advise you to do your own research prior to the taking action steps and consult a medical professional if in doubt with any aspects.

9. Reprogramming Your Mind & Body (11 Success Principles)

*“We’re going to reprogramme your **thoughts, behaviours** and **actions** around food and exercise to develop a new healthy routine that will help you create and maintain the body you want for the rest of your life... **JUST FOLLOW IT** 😊”*

Your Simple Weight Management educational journey so far...

- 1 – You understand there’s no quick fix and long term consistency of good habits is the key.
- 2 – You’re mindful of the hidden dangers in the food chain and will work around them.**
- 3 – You know working with your biochemistry is the answer and you’re ditching diets forever!
- 4 – You’re aware the real battle is between your brain chemicals and balancing them.**
- 5 – You fully understand how ‘Bad for you’ and ‘Good for you’ foods affect your body.
- 6 - You’re aware of the dangers of emotional eating, the cause of it and the remedy.**
- 7 – You appreciate the importance of regular exercise and its multitude of benefits.
- 8 – You marvel at the simplicity of the ‘magical waistline regulator’ and will use one.**

Reprogramming your mind with your Blueprint for Success

The first 8 sections are predominantly educational to help you understand how your body and mind interact when it comes to food and how the world around you can affect your eating habits.

By having this background knowledge, you understand **what** is happening and **why** certain actions and habits are recommended. As with any weight management or health related programme, it’s all about the actions you subsequently take as a result, that ultimately counts.

So, from this section onwards, we’re going to get more practical culminating in a set of success principles, behaviours and recommended actions for you. This will help you establish the right habits to systematically create a healthier, leaner body (ultimately your optimal weight) that makes you look and feel good.

Changing your beliefs

This whole programme is about changing your beliefs, so you don’t fall into the standard routine of; *bad habits – need to lose weight – calorie restriction – obsessed by food – lose some weight – happier – slip back into old ‘bad’ habits - repeat* 😊!

Simple weight management ~ 11 Success Principles

We’re now going to establish a set of success principles to guide you as **part 1** (of 2) of your **blueprint for success**

1. Think of food as fuel (for today only) and medicine.

Your body needs food for one purpose only – **energy** to power and maintain itself.



Your body is incredibly complex and mind-blowingly beautiful in all its automatic functions that enable you to go about your daily life. Apart from choosing what clothes to wear, taking pride in your appearance, there's basically nothing else to do, except fuel it!

To get the very best out of this phenomenal biological machine, it makes sense that you power it with the **best fuel available**. Yes?

The closer the food is to nature, the higher vibration it is and the more in tune it is with your body.

Your body at any time is a reflection of how you have been treating it, forget the past, we can't change that, but you can make a substantial difference moving forward.

Every time you are choosing what to eat, think “**What am I going to fuel my body with today?**”

Only fuel it accordingly with what it needs in energy for today's tasks: **Energetic day ahead – consume plenty of fuel**, lazy day ahead – **less** fuel needed!

Regularly over fuelling and not using it ~ you'll store the excess as fat 😞!

Nothing wrong with having some high calorie treats for pleasure (we all love a cheesecake 😊) as that is good for morale and your wellbeing. **Moderation** is the key.

Love your body by fuelling it predominantly (at least 80%) with what it likes best for optimal performance (close to nature/'good for you' foods) and it will love you for it.

2. Eat to stay full and satisfied

You need to eat to stay full (with the right routine), to both lose weight and maintain your ideal weight.

It's not about eating less as calorie restriction leads to the slowing of the metabolism and putting your body into starvation mode (i.e., fat storing mode!). It also sends your hunger hormone (ghrelin) crazy, making you want food even more, hence why diets are such torture.

Remember, you are hardwired to eat – but not a lot, so don't overeat, learn to recognise when your hormones are telling you are full, by eating slowly and savouring each mouthful.

You should eat plenty of **complex carbs, good protein, good fats and fibre based foods** that naturally keep you satiated – such as fish, chicken, fish, lean meats, eggs, whole grains, oatmeal, fruits, veg, nuts, seeds, olive oil.

3. Wisdom – work smart with intelligent strategies

Consistently eating right and healthy should make you feel more energetic, feel good about yourself and more positive about life in general.



However, you need to be mindful that eating is an emotional action and it's also an addictive one, meaning it can be very pleasurable and also a burden if it becomes a self-medicating mask to cope with deeper issues.

It's important you understand (to a degree) how your mind and body interact and adopt a corresponding set of habits, processes and strategies that work in tune with both your biology and neurobiology.

Your body naturally wants to take you to your optimum weight as your organs and the processes of your body are programmed to function best, at your ideal weight and size.

Weight management becomes simple when you work with your biology! Study this programme and the success guides (in the index) until it all becomes second nature.

4. Automate your routine

With regards to food, when we overthink, we tend to overeat or alternatively obsess about it (mild torture) whilst dieting. Keeping it simple with habitual routines is the key.

Use some trial and error to develop the ideal routine that works for you. After a while, the routine will become a set of established habits that automatically create the optimal weight and body you desire.

It doesn't matter how long it takes to establish your ideal routine as once you've got it, you can use it for the rest of your life (no more calorie restricted mild torture ever 😊).

Establishing habits do 2 important things ~ they train your mind to automatically do the right things whilst systematically training your body to feel a certain way. Take your time and tweak until you get the outcome you desire.

5. Waist is the Key

Your waist measurement is far more important than your actual weight as that can fluctuate depending on the time of day and be influenced by stress levels, hormones and menstrual cycles etc.

Reality check – what do a lot of the people do, after attending diet clubs that base progress on a weekly weight in?

From our observations and discussions, **they go on a binge** 😊. This is human nature, they know they'll be accountable in front of everybody at the weigh in, so they restrict calories more on the day or two before it and then once it's done, they have a little blowout later that day or in the next 24/48 hours.

The weekly accountability is great as it motivates people to lose weight using the 'mild torture' method, but if we're being brutally honest (*and a little judgmental!*) there is an element of self-delusion for those who binge straight after.

So don't pay much attention to what the scales say (we know you'll still check occasionally out of habit 😊), focus on staying full and reducing your waistline instead.



The closer your waist to ideal, the healthier your arteries and immune system and the more energy you'll have. Drop your waist size and you'll drop your blood pressure too.

Focus on exercise activities that strengthen your core muscles, not only will it tone your stomach muscles, but it will also burn fat helping to reduce waist size.

Developing a healthy eating routine that keeps you satisfied, plus some regular exercise & toning, along with the habits in the main programmes, will shrink it for you 😊.

6. Love Yourself Unconditionally

Appreciate the complexity and beauty of your brain, body and internal organs and how they interact, it's a phenomenal process. Always be kind to yourself and remember its human to have bad days.

Whenever you're feeling guilt or shame, I want you to think about your sat nav when you're driving, you'll like this 😊...

Sat – Nav (GPS) analogy – we all know how they work, we put in the desired destination, press go, and it gives us precise directions. But what happens if we miss a turning?

It doesn't start berating you and ask what you're playing at! It simply and calmly recalculates the route and guides you back on track to arrive at your destination, no matter how many mistakes or missed turns you make.

However, when it comes to the mild torture regime of dieting, one bad session or day and people generally beat themselves up mercilessly at how useless they are, "I always be fat", "can't even stick to a lousy diet," "That's it, I've blown it, might as well throw the towel in now, pass the cookies!"

Instead, take a deep breath and remember that mistakes and wrong turns happen in life and you're only human doing your best!

Face it head on, acknowledge the little detour and say to yourself (preferably with laughter as it desensitises it) ...

"At the next available moment, make a right turn back onto my lovely, satisfying, energising, healthy eating routine that makes me feel good" 😊

So, don't take it too seriously, you're allowed to eat anything in moderation. It's completely fine to have a bad 'anything goes' day or weekend and return to normal the next day/Monday morning, always be kind to yourself.

Fancy a binge day or two?

If you've got a big event on, say a wedding, party or holiday, and want to have a big binge day(s), go ahead! Just do it and get straight back into the new routine as soon as the event is over.



You may put on a pound or two whilst bingeing, but by getting straight back into your new routine the following day or a few days later, you'll stimulate your systems and be back to where you were in no time.

I'm speaking from experience ~ if you're in a disciplined healthy routine (such as this programme) you'll enjoy getting back into the routine.

***Think about it like this** ~ binges are good for the soul; you get to have a blowout and feel good doing it! However, there is a downside with regards to feeling bloated/sluggish/hungover from the excesses. So, once you've established your new routine, your body will want to get back into it, as it feels good 😊.*

I'm sure we've all been on foreign holidays with very late nights and lots of excess, but towards the end of the holiday, we're actually looking forward to an early night and not drinking for once!

7. It's a Holistic process ~ Use The Supporting Habits

Use the accompanying essential/advanced habits to nourish your mind, body and soul alongside your weight management/eating routine.

Optimal Hydration (Habit 1), **Intermittent Fasting** (Habit 3), **Quality Sleep** (Habit 5), **Gut Health Regime** (Habit 7) and **Quality Nutrition** (Habit 10) all have a big impact on weight management.

Earthing (Habit 2), **Optimal Breathing** (Habit 4), **Meditation** (Habit 9), **Emotional Freedom** (Habit 13), **Emotional Release Tools** (Habit 14) and **Self-Esteem & Self-Confidence** (Habit 16) all have a big impact on your mental health.

Regular Laughter (Habit 6), **Regular Orgasms** (Habit 11), **Feel Good Now** (Habit 17), **Positive Expectation** (Habit 18), **Gratitude & Appreciation** (Habit 20) and **Socially Connecting** (Habit 21) all have a big impact on your emotional health and help you feel good/connected/wonderful 😊.

Hence (I know we bang on about it 😊) why this programme is only available in conjunction with the essential/advanced programmes, as there are so many connected facets of your health that need taking care of to support good weight management practices.

Traditional weight management programmes tend to only focus on what goes in your mouth rather than a holistic approach, to take care of all the key elements that effect your weight, health and wellbeing.

8. Create a friendly support network

It's a team game, surround yourself with friends, family and the vibrant health community who will continually support, guide, nurture and encourage you.

Exercise - if you can find an exercise partner for the outdoor stuff (walking, running, sports etc) you'll add a social/fun element and more importantly, additional motivation for those days you're not quite feeling it.



9. Engineering your environment for success

This is very important and pretty obvious really...

Set up your immediate (home/work) environment for success as it's far easier to reach and maintain your optimal weight when your environment is automatically supporting you.

By doing this, you're making the right actions/habits easier to do through convenience and the power of suggestion because the right foods/drink/equipment/information are immediately available around you. Here's some examples;

- ✓ Both Stephen and I always have mini-trampolines around our home so the opportunity to have a bounce for a couple of minutes increases. I'll often have a bounce whilst the kettle is boiling. These little bits of exercise add up.
- ✓ On my kitchen surface I have a bowl of fruit and my *infamous* 'nut station 😊' which is 6 bags of different nuts/seeds next to my blender. Every time I walk into my kitchen, the foods I see are all 'good for you' foods that my body and health love.
- ✓ Both Stephen and I have an earthing bedsheet (Habit 2, **Earthing**) so we sleep earthed every night.
- ✓ I have drinking water available around me all the time (Habit 1, **Hydration**). Whether sat at my desk (just taken a drink right now 😊), at the table or on the sofa, there's always a glass of water by my side. When I'm out during the day, I have a 2 litre bottle of water in my van (which I'm never far from). By having this readily available in my environment, I automatically drink more as I have the constant visual reminder (just by seeing it) of this important habit, all day long.

Suggestions...

- ✓ **Inspiration** ~ Print off and laminate (if you can) the set of 6 success guides and place them on your fridge or food cupboards, as continual inspiration.
- ✓ **Label** ~ Place a sign on your food cupboard and/or fridge saying 'Fuel Store' as a constant positive reminder.
- ✓ **Belt** ~ Leave a coiled belt on your set of bathroom scales as a continual reminder that it's not your weight but your waist size that is more important.
- ✓ **Exercise** ~ perhaps develop a habit of doing say 3 minutes of a mini-trampoline or 1 minute plank every time you boil the kettle;

The exercise psychology: *whereas I have a bounce whilst waiting for the kettle to boil (making the dead time productive) I've set up the **trigger** of putting the kettle on as a time to have a quick bounce. If you pick a regular event (e.g., exit the bathroom, boiling the kettle, every 3rd advert break) as a **trigger** to do a quick exercise, these minutes will productively add up, you'll feel good for doing it and these brief exertions will hardly detract from your day 😊.*



10. Slow down and savour your food

Remove any unnecessary distractions (TV) to minimise mindless eating, take your time and savour every mouthful. This gives you greater satisfaction and allows your brain to keep up and register when you are feeling full.

Eat healthy portions without overloading the plate (consider smaller plates) and wait a while before deciding on seconds (it takes around 20 minutes to register full).

It's very easy to miss leptin (your full hormone) kicking in if you are distracted by external influence such as screens/media due to mindless eating or you eat too quickly. What happens is you overeat as you miss the signals and then feel uncomfortable and bloated, you might then need to undo your trousers and belt a little 😞!

Summary ~ remove any screen distractions, eat healthy portions without overloading the plate, eat it slowly and savour every mouthful. Wait a while before deciding on seconds.

11. Movement and exercise are your best friends

Whether its sex, gardening, dog walking, dancing, fidgeting, or any physical exercise – just get moving regularly.

From stimulating fat loss, strengthening your immune system, building more muscle mass, boosting your metabolism, enhancing your mood, increasing your self-esteem and reducing the stress in your life... your body will love you for it.

Final words

Beliefs are more important than actions for humans as we base our actions on our beliefs at any given time.

These 11 principles are to help you develop a new mindset that will create a supporting framework around you to take care of all aspects of weight management, related health and wellbeing.

In a nutshell, we're reprogramming your mindset, this concludes **part 1** (of 2), of your **blueprint for success** 😊.

Are you ready for part 2 of your blueprint?

