

SIMPLE WEIGHT MANAGEMENT

SECTION 12

Rebooting Your Body ~ Action Plan



...powerful habits to transform your life!

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Quick Guide

Section 12 (of 12) is entitled ~ **Rebooting Your Body ~ Action Plan**

This 12th section is to help you turn it all into reality.

With all the information imparted over the previous 72 pages, this section will act as a step-by-step guide and planner to help you prepare, in readiness to start the programme.

Once you've completed the 9 recommended actions, you're all ready to go 😊!



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.

12. Rebooting Your Body ~ Action Plan

*“You’re going to build the foundations and create the environment to start your journey moving towards your optimal weight and a lifetime of natural holistic weight management and vibrant health... **THE BALLS IN YOUR COURT** 😊”*

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.**
- 9 - You’re reprogramming your mind & body with the 11 powerful success principles.
- 10 - You’re going to adopt a permanent new routine using the 15 core behaviours.**
- 11 - You understand there’s a short term option to eat plenty and still lose weight if desired.

Time to reboot your body

We’re at the business end of the programme, now it’s time to put it all into action!

Let’s just have a reminder of what you’re about to embark on;

- ✓ Your new routine is about understanding and automating your biology to reboot your body back to your optimal weight & size and create a leaner and healthier body, that makes you feel good and more energised.
- ✓ It’s about eating the right foods and regularly moving your body to help your organs and systems function efficiently.
- ✓ You’ll be helping your body’s chemicals and hormones do what you want them to do, **burn fat, not store it** and **keep you feeling satisfied, not hungry** 😊.

This whole programme is about automating your habits and rebooting your body back to its factory settings (optimal weight).

Small gestures lead to long term success

Psychology studies show that making a small gesture like clearing all the ‘bad for you’ ingredients out the cupboard or buying a step tracker or buying some exercise gear, **triples** your chances of success.

Its initially about momentum, as one positive action means you’re 3 times more likely to follow through with your intended plan/new routine.

Let’s set the groundwork!



Action Step 1 ~ Prepping your environment

This step is psychologically very important as it's setting up the foundations for your new weight management routine.

In section 9 (*Reprogramming Your Mind & Body ~ 11 Success Principles*) we discussed engineering your environment for success, we highly recommend you cover these 5 key aspects;

1. Inspiration ~ print off all the success guides at the rear of the programme and place on your fridge or kitchen cupboard where you'll see them every day.

2. Have a clear out ~ go through your food cupboards and get rid of anything that you're realistically not going to consume. Be bold and have a clear out (any highly processed stuff dripping in refined sugars and bad fats), you need to make space for your new routine foods.

3. Exercise needs ~ dust off, buy/order any exercise equipment and clothing you need such as mini-trampoline, exercise ball, exercise band, trainers, exercise clothes etc.

4. Equipment needs ~ dust off, buy/order items that will become a regular part of your routine such as belt(s), blender, fruit bowl, smaller plates.

5. Fun stuff ~ why not get yourself a laughing bag (mechanical laughing device - £5 online) so you can have a good laugh anytime you have a bad day. Or a kitchen apron with a slim and sexy body featured on the front as it makes you laugh when you see it. These are to keep things light-hearted and to remind you that you're only human and doing your best 😊.

Action Step 2 ~ Prepping your new shopping list

If you've read every word so far in this programme (I hope you have 😊) you've probably already binned certain foods in your mind and added others you're going to consume from now on.

Now you need to sit down and draw up a general list of food for your new eating routine – we recommend you plan for a whole week's eating.

We don't want to give you a precise meal plan as only you know your tastebuds. This programme is a generic blueprint in terms of the recommended food groups, principles and behaviours, whilst leaving it for you to individually tailor it to suit your personal needs and requirements.

Here's a guideline;

Think in terms of ***“what nutritious, healthy, mostly natural foods that keep me full, am I going to fuel my body with...”***.

- **Breakfast** ~ using the meal consistency recommendation (page 65) plan for one or two breakfasts you'll consistently have. Consider options with plenty of whole grains, complex carbs, fibre and protein.



- **Lunch** ~ again using the meal consistency recommendation (page 65) plan for a small number of lunch options you'll consistently have. Consider options with healthy fats, complex carbs, whole grains, fibre and protein.
- **Dinner** ~ feel free to vary this as much as you want. Consider options with complex carbs, healthy fats, proteins, legumes, vegetables. Also consider recipe box services (see below).
- **Drinks** ~ plenty of water, natural fruit juices (ideally no added sugar) and smoothie options.
- **Snacks** ~ as you want to stay full and satisfied, you'll want to have a few snack options. Consider all types of fruit, all types of nuts & seeds, yogurt, dark chocolate.
- **'Bad for you' foods** ~ although the above list shows healthy and nutritious options that will help satisfy you and keep you full, you need some treats too! As we've said throughout the programme, nothing wrong with some 'bad for you' foods, moderation is the key.

Use the 80%/20% rule ~ aim to eat at least 80% nutrient rich 'good for you' foods.

Recipe Box Service – if your budget and circumstances allow, consider a recipe box delivery service (Gusto, Hello Fresh, Noom etc) as their ingredients and meal options pretty much tick all the right boxes in terms of variety, ingredients and quantity.

We've never personally used them but have family and friends who do, and their feedback is very good indeed, we're really impressed.

Adjustment/experimental period – it may take you a few weeks to establish an eating routine works really well for you. Don't be afraid to experiment and adjust as necessary, remember, we're creating something here that you can use for the rest of your life to achieve the size & shape you desire. Take all the time you need and get it just right for you, there's no rush.

Action Step 3 ~ Know your optimal waist size

I would wager money that you've measured any previous weight loss successes by the number of pounds you lost, right? There's a fair chance you also set a target weight too!

Obviously, we're not interested in the bathroom scales anymore as they won't take into account your newly toned muscles.

What we are interested in right now though, is your current **waist size** and the **optimal waist size** you want to accomplish with this programme.

Measuring your current waist size allows you to see the progress you are making as you progress, this also adds motivation as it starts to reduce.



Important - rather than pick a specific measurement you want to achieve as your optimal waist size, pick a **waist size range** you would be happy with. For instance, pick say 29 to 30 inches or 32 – 34 inches, as this allows for natural fluctuations and reminds you that your body naturally fluctuates (and stops you obsessing with a specific number like you most probably did with the scales 😊).

New helpful habits

✓ Plan your day in advance

Plan each day in advance, so you know what you are going to eat for each meal, this helps prevent skipping meals. The only time you should skip meals is if you've planned a specific fast, say a 24 hour fast.

You'll probably only need to do this in the first few weeks as you're likely to develop meal routines that work well for you and become a regular choice.

✓ Pay close attention to food packaging labels

Make it a habit to read food packaging labels to understand the ingredients and spot any **hidden enemy** foods. Look out for **manipulative marketing** (*low fat, sugar free*) which often gives the impression of healthy and nutritious food until you discover they often have substitute ingredients that aren't good for you.

Avoid/Limit ~ simple/refined sugars, bleached/refined flour, trans fats, saturated fats, HFCS and MSG.

Look for **100% whole grain** or **100% whole wheat** and watch out for **refined** whole grains which indicates that the outer shell and germ have been stripped away so you only get the endosperm.



Action Planner ~ Here's an action planner covering the 9 individual actions (from the 3 action steps) for you to check off as you complete them.

	Rebooting Your Body Action Planner	Completed on date:	Check (✓)
1	<u>1. Prepping Your Environment for Success</u> Inspiration: Put up motivational and supportive information where you'll see it.		
2	<u>1. Prepping Your Environment for Success</u> Clear Out: Have a good clear out of food cupboards and make space for the new foods.		
3	<u>1. Prepping Your Environment for Success</u> Exercise Aids: Buy or order any exercise equipment that will support your new routine.		
4	<u>1. Prepping Your Environment for Success</u> Equipment Needs: Buy or order any new equipment that will support your new routine.		
5	<u>2. Prepping For Your New Eating Routine</u> Shopping List: Plan out your new weekly shopping list for your new routine.		
6	<u>2. Prepping For Your New Eating Routine</u> Daily Meal Planning: Plan each day's meals in advance (first few weeks) to help routines.		
7	<u>3. Emotional Eating Test</u> 24 Hour Food Diary: Record your food intake whilst monitoring hunger levels. Then assess it.		
8	<u>3. Waist Size Progress Tracking</u> Waist Size Target: Measure your current waist size and decide your optimal waist size range.		
9	<u>3. Eliminate Surplus Items</u> Bathroom Scales: Sell or throw away your bathroom scales, we dare you 😊!		
Every worthwhile journey is accomplished one step at a time, just keep moving forward ❤️			



Final words

It's page 78 and we've come to the end or shall we say, it just the start 😊.

We highly recommend multiple readings of this material and to use it as a reference guide as often as you feel inclined to.

Take your time, feel free to experiment and tweak as much as you need to establish the routine that works best for you.

We'll leave the final word to Qual (Stephen's spirit guide);

“What does your wealth look like, without your health?”

It goes without saying, good health is more important than anything else in your life as you can't buy it, you can only nurture it by the way you treat your body.

We wish you the body you deserve, vibrant health and all the love in the world,

David & Stephen

