

Be Fit for Life Series

Key Number Five – Increase Metabolism

Sit or lie in a safe and comfortable position...I want you to close your eyes...keep them closed...until I ask you to open them. (Pause) I want you to take a very good, deep breath, fill your lungs up with air and then let it out slowly. (Pause) Very good. Now I want you to take another really good deep breath, fill your lungs and let all the air out very slowly and already you FEEL your body starting to relax.

Now let this wonderful feeling of relaxation flow all the way down to your feet. (Pause) Feel your feet becoming very comfortable and relaxed...now if you don't feel it right away in your feet, don't let it disturb you because it will gradually catch up to you. (Pause) Now let this wonderful flow of relaxation flow from your feet into your ankles. (Pause) From your ankles going up all the large and small muscles of your legs to your knees. (Pause) Such a wonderful comfortable feeling and with every breath you exhale, your body just keeps on relaxing, deeper and deeper. Relax, relax

Now let this wonderful flow of relaxation flow from your knees ...into your thighs...from your thighs...into your hips...from your hips into your abdomen...and with every breath that you exhale...your body just keeps on relaxing DEEPER and DEEPER. Relax

Now let this wonderful flow of relaxation flow up the large and small muscles of your back...let all the back muscles go loose and limp like a rag doll. (Pause) Let this relaxation flow up into your shoulders...Now over your shoulders...and DOWN into your chest...such a wonderful comfortable feeling...and with every breath that you exhale your body just keeps on relaxing...DEEPER and DEEPER. Relax, relax

Now let this wonderful flow of relaxation flow down the muscles of your arms to your elbows...from your elbows to your wrists...from your wrists into your hands...right on out to the ends of your fingertips. (Pause) Such a wonderful comfortable feeling...and with every breath you exhale your body just keeps on relaxing DEEPER and DEEPER. Relax (Pause)

Now let this wonderful flow of relaxation flow up all your large and small muscles of your neck...coming up into your head...over your head...and down into your brow...all the muscles of your eyes relaxing...all the muscles of your cheeks relaxing...all the muscles of your chin relaxing, DEEPER and DEEPER. Relax, relax

Now if you teeth are clenched just unclench them. Your body relaxes much more...just let your jaw sag...feel all the tension go out of your facial muscles. (Pause) Now as I count from three down to one, with each and every count just allow your body to relax much DEEPER. (Pause) THREE, more and more relaxed. (Pause) TWO, more and more relaxed.

(Pause) ONE, very DEEP, very comfortable, very relaxed.

The sound of my voice guides you deeper into relaxation...following my suggestions guides you deeper into relaxation...and the deeper you go into relaxation the better you feel...and the better you feel the more and more your body relaxes...with just terrific, good, marvelous, wonderful, feelings going through your body and very happy, content thoughts going through your mind...relax...and let yourself go...relax...and let yourself go...

Now I want you to relax still more to a deeper state of relaxation, much more relaxed...so again I will count from five DOWN to one...as I count from five DOWN to one, your body will automatically double the relaxation you have right now. (Pause) FIVE, relaxation starting to double, (Pause) FOUR, relaxation doubling more and more. (Pause) THREE, relaxation

doubling...TWO, relaxation is now almost doubled in your body. (Pause) ONE, relaxation now has doubled in your body from the top of your head to the tip of your toes. Every fiber, every tissue, every organ, every gland, every minute part of your body has doubled its relaxation...you feel great...you feel wonderful...you feel fine...with just terrific feelings going through your body and content, happy thoughts going through your mind...relax...and let yourself go...relax...and let yourself go.

Now I want you to relax still more to a deeper state of relaxation, much more relaxed...so again I will count from five DOWN to one...and this time your body will automatically triple the relaxation you have right now. (Pause) FIVE, relaxation starting to triple. (Pause) FOUR, relaxation tripling more and more. (Pause) THREE, very comfortable, very relaxed. (Pause) TWO, relaxation is now almost tripled in your body. (Pause) ONE, relaxation now has tripled in your body...from the top of your head to the tip of your toes. Every fiber, every tissue, every organ, every gland, every minute part of your body has tripled its relaxation...you feel great, you feel wonderful, you feel fine...with just marvelous feelings going through your body and very happy, content thoughts going through your mind, relax...and let yourself go...relax...and let yourself go...all tension leaving from your body...all discomfort leaving from your body...all of your organs functioning normally...all of your glands functioning normally.

You are listening to this CD because you have chosen to take a big step towards being fit and losing weight. In this session, you are going to increase your metabolism. You have the lifelong ability to stay at a healthy weight. You deserve this permanent success.

No matter who you are, no matter what you do, you absolutely and positively have the power to change. Metabolism is how your body burns the foods and drinks you put into your mouth. You maintain a healthy metabolism, one that uses up and burns all of the calories you eat. The keys to weight loss are (1) a

healthy metabolism, (2) a healthy balance of the proper foods, (3) plenty of fresh pure and delicious water , and (4) the right amount of exercise.

Your body is HEALTHY AND YOUR METABOLISM FUNCTIONS PROPERLY. Your body is very smart. So, from this day forward, give your body the right amount of food in order to allow your body to function at its maximum potential!

From this day forward you will no longer force your body to have more calories than necessary. You will give your body just the right amount of food in order to allow your body to function at its maximum potential!

You can adjust your body’s metabolism at the subconscious level by programming your inner self to make healthier eating and drinking choices. You are a healthy individual and you eat the proper amounts and types of foods for your body. Eating the proper amounts of foods is a natural choice of yours because you have chosen to increase your body’s metabolism. You can also adjust your body’s metabolism at the subconscious level by committing yourself to an exercise program. You are a healthy individual and you are committed to a regular exercise program. Exercise keeps your metabolism strong and it burns excess fat and calories. You can also speed up your metabolism with the following exercise that I know you will enjoy.

I am going to be silent in a moment, while you think about something that you do over and over again each and every day. You can either choose something like “talking on the phone”, “driving your car”, “sitting at your computer”, or anything else that you find you do a lot of during the day. Choose that activity right now while I remain silent for a while..... Good. Now that you have chosen an activity, you are going to tell your subconscious mind to speed up your metabolism each and every time you do your chosen activity..... Very good. Each time you do your chosen activity, your metabolism will increase, burning more and more calories than before.



So, from this day forward, your metabolism will triple its ability to burn calories and excess fat whenever you do your chosen activity.

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You achieve a new body that is at your ideal weight. Your body easily and naturally maintains this ideal weight. Your body keeps this healthy weight. Achieving and maintaining a healthy weight will do much to improve your life. You believe it and you make it happen. You take responsibility for the body that you have.

Your body transforms adversity into endless energy. You fully convert all of the calories you put into your body into boundless energy. Your body easily breaks down all the compounds derived from the foods you eat. When you consume calories, your body properly breaks down and digests all of these calories. Your body properly and completely breaks down these calories. To derive fuel that runs all aspects of your body.

Your metabolism maintains your body at its ideal weight by properly balancing your body's food input with your body's output of heat, energy and you eliminate properly.

Your metabolism is perfectly balanced. The molecules, enzymes, cells, muscles, tissues and fibers in your body all cooperate to ensure your metabolism is healthy and strong. Your energy output is at the perfect level, in order for you to achieve and maintain your ideal weight.

So now, I want you to form a new and improved image of your body in your mind. That's right. Picture a beautiful, healthy and more fit you. Capture that thought in your mind and remember it. See it! From now on, whenever you picture your body in your mind, you picture this newer and thinner you! See how wonderful your body looks and how pleased you are! Make sure you see it..... concentrate on your ideal body weight, and your slimmer legs, your toned arms.

Starting right now, you are going to change your inner thoughts and mental picture of yourself. You are now going to make your body work for you. Your body is your good friend. You like your body, because your metabolism functions so well, any extra calories are used up. Your body is a fit body. You burn up lots of excess calories. You find it fun and easy to build muscle and to be fit. Your body likes to be trim and strong. You feel your best and your healthiest when you are fit and at your ideal body weight.

Now, I want you to picture in your mind an engine. This engine is shiny and new. It is a big engine that functions properly. This engine is so wonderful. This perfectly running engine is your metabolism. This engine continues to work as long as you eat healthy foods and drink plenty of clean, delicious water. You are such a wonderful person and you deserve all of the benefits and rewards that come from having a metabolism that functions just as a shiny new engine does. This shiny new engine is your engine. Embrace it and thank it for doing such an incredible job for you and your body.

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relaxation the better you feel...and the better you feel the more and more your body relaxes...with just terrific, good, marvelous, wonderful, feelings going through your body and very happy, content thoughts going through your mind...relax...and let yourself go...relax...and let yourself go...

Congratulations, you have programmed your subconscious mind that each and every time you do your activity, your metabolism will actually speed up. You will burn more and more calories than ever before when you do your activity. I am so proud of you.

You are proud of yourself! You have successfully changed your mental picture of yourself. You see yourself as a trim and fit individual. You see yourself at your ideal weight. Feel how good that is. See how great you look! Enjoy this feeling.

You possess the power and the confidence to make these changes in your every day life. You have the courage to change your thought processes. You deserve to be healthy. You love yourself for taking the necessary steps towards weight loss. You are empowered by the goals you have set for yourself and know that you will achieve them. You have a wonderful metabolism. Your metabolism functions properly and it helps your body maintain its ideal weight. Your metabolism works just like a shiny new engine. It burns calories and pumps energy into your body's cells, molecules, tissues, muscles and fibers. You feel great.

You have a (1) a healthy metabolism, (2) a healthy balance of the proper foods, (3) you drink plenty of fresh pure and delicious water , and (4) you get the right amount of exercise.

Your body is HEALTHY AND YOUR METABOLISM FUNCTIONS PROPERLY. Your body is very smart. So, from this day forward, give your body the right amount of food in order to allow your body to function at its maximum potential!

From this day forward you will no longer force your body to have more calories than necessary. You will give your body just the right amount of food in order to allow your body to function at its maximum potential!

So, from this day forward, your metabolism will triple its ability to burn calories and excess fat whenever you do your chosen activity.

If this is your normal bedtime, you may drift into a natural state of sleep now...knowing that you will awaken at the correct time in the morning.

If this is not your bedtime...In a moment I'm going to count from one up to three. At the count of three, and not before, you will open your eyes and become fully refreshed, totally alert, feeling wonderful and marvelous in every way.

ONE! Slowly, easily and gently feel yourself coming back to your full awareness.



At the count of **TWO**, you're still relaxed and calm, but a wonderful feeling of new energy flows throughout your mind and body; and your eyes under your eyelids feel as if they are clearing, as if they are being bathed in a cool mountain stream.

On the next count, eyes open alert, feeling wonderful and marvelous in every way. Get ready now. All right, number **THREE**, eyes open, fully alert and notice how good you feel!