

Welcome back to Quick Tips CD #5 of your Be Fit for Life Weight Loss Program. In this CD we will be focusing on Your Metabolism. While you listen to me talk you will remain awake, alert, and focused at all times.

The past two weeks, you should have been listening to your Quick Tips CD #4 Courage To Let Go any time you wanted to; as well as listening to your Hypnosis CD # 4 as you went to bed each night or while you were resting. Last week we focused on your reactions to life experiences, letting go of the bad memories of your past, and acknowledging the positive. You should now be focusing on allowing only positive self talk. You should be well into your action plan and wherever you started, you should now be feeling better each day.

In CD #5—Increase Metabolism, we will be focusing on just that...Speeding Up Your Metabolism. OK so we have all heard the word...but exactly what is Metabolism?

One “definition” of Metabolism is: “The chemical processes that occur within a living organism in order to maintain life”. Another definition is: “The amount of energy (calories) your body burns to maintain itself.” In other words: Whether you are walking, sitting still, drinking water, cleaning your house, talking, eating, thinking, moving in any way, or even sleeping...your body is constantly burning calories to keep you going. Your body is constantly processing, and constantly rebuilding itself... This is metabolism.

So how can you speed up your metabolism? To lose weight you must burn more calories that you take in. Providing you are able, you should have already begun to do some type of exercise or physical activity. Again...if you are able your action plan should have included increasing your exercise or activity level a little each week. Any physical activity is better than none...so if you are capable, get out there and get moving. If time restraints or some physical reason makes exercise impossible...you can still have success. Either way, you must continue to watch your food choices. Lowering your fat, starch and sugar intake and eating lean protein and fresh green vegetables are your best food choices all the way around.

Now of course, some physical activities require (or burn) more calories than others. Also keep in mind, certain activities, such as resistance work (lifting

weights, using exercise bands, using hand weights, and many general exercises) promote building muscle. Keep an open mind...when you create muscle, this does not mean you are going to, look like a “body builder”. But, you do want to create what most people refer to as muscle tone. You have to create muscle to have muscle tone. Muscle mass uses more calories to maintain itself than fat. Thus people who are more muscular have “higher” metabolism rates than people that are less muscular. At the same time you can also decrease your level of stored body fat by doing some type of aerobic exercise (walking, running, riding a bike, swimming, etc.) Some studies state that muscles begin to atrophy within a day or two of non-use. So remember to move...

In general, if you are physically able, perhaps now is the time to “tweak” your exercise plan a bit. Yes, you **MUST** enjoy your exercise plan...However, sometimes if you focus on the outcome...you might be willing to try an activity that is not quite as “fun” if you know it will bring on the results you really desire. Some of you will want to join a reputable gym, others will just want to research and develop your own set of exercises, still others might invest in some type of home exercise equipment. What ever you choose...research it and try it out **BEFORE** you spend a lot of money on something you dislike and therefore will leave unused! Looking at a piece of expensive equipment sitting there, unused, day after day will be **UNPRODUCTIVE** to you feeling good!! You **MUST** feel **GOOD** about what you are doing and what you have accomplished. So take a deep breath and feel proud of yourself.

**MOST IMPORTANTLY, TAKE IT SLOWLY!** If you hurt yourself and are unable to do any physical activity...this will set you back both mentally and physically. So do some research, do **ONLY** what you can, and increase any activity **SLOWLY**.

During this process of exercise, decreasing body fat and increasing muscle tone...you must eat...you have been learning to watch the types of foods you eat, and to make healthy food choices. You need to eat lean meats and plenty of vegetables...and you need to drink your water!! Since this is week five of your Be Fit For Life Weight Loss program...you should have already begun to developed a healthy eating plan. You want to eat and drink, foods that will fuel and run your body properly. That is **KEY**—the

foods you eat are consumed to keep you alive and healthy. Put good fuel in your body!!! Remember to be proud of yourself for any and all of your accomplishments, especially choosing and eating healthy foods.

Good, now lets talk about hypnosis again... Through hypnosis, we will change your beliefs, your thoughts, and yes we can even help speed up your metabolism. Through the use of hypnosis, we are helping you make healthier eating and drinking choices, which helps your body to use up the stored fat and build more lean muscle. We are helping you to stick with your ACTION PLAN which should (if possible) include some exercise that will also help your body to use up the stored fat and build more lean muscle. The hypnosis CD #5 "Speeding Up Your Metabolism" eliminates all of the barriers you have created subconsciously and thus allows your metabolism to do its job to full potential. Making changes through the use of hypnosis is natural and MUCH EASIER! So keep listening to your hypnosis CD #5 "Speeding Up Your Metabolism" when you go to bed or when you want a "power nap". You must believe...you already have a metabolism that is perfect for your unique self.

Now lets review again:

You have learned about healthy foods and eating to live. You have learned how enjoyable good healthy foods taste and how good you feel when you nourish your body and give it plenty of water. You have decided that you will succeed at becoming slimmer, you have become determined that you will succeed at becoming healthier. You developed an ACTION PLAN and are developing new positive habits through following your plan. You learned how to visualize your desired outcome...the slim, trim, fit you. You reinforced following your ACTION PLAN through taking note of even small changes that have already occurred. You replaced old negative thoughts and habits and negative self talk with new positive habits and positive self talk. Then through it all you have been increasing your physical activity.

Be proud of yourself and the changes you have made, keep following your plan and stay focused on the positive outcomes. Remember to take it easy on yourself...you are making a lot of changes! Define to yourself what makes you happy each day. Ask yourself, what do I see, what do I hear, and/or what do I feel that makes me feel happy each day. Write it down. Getting control of your emotional life really does feel better. YOU ARE



## MAKING CHANGES...GREAT ACOMPLISHMENT!!

Have a GREAT two weeks...enjoy life...be positive and remember to use your hypnosis CD #5 Increase Metabolism for the next two weeks when you go to bed...YOU CAN DO IT!!

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Now I am going to give you a list of positive affirmations that you should be saying to yourself as often as you like. Right now...Say them with me, to yourself as I speak. Remember, you will stay awake and conscious as you listen to these positive affirmations. Pick your favorites or write your own...just be sure they are POSITIVE! Enjoy them, believe them!

I am making positive changes in my life.  
I am happy as I exercise each day.  
I am happy as I choose healthy foods each day.  
I am worthy of being slim, fit, and trim.  
I burn more calories than I take in each day.  
My metabolism is working for me to run my body efficiently.  
I do enjoy my exercise time.  
I feel really good after I exercise.  
I am becoming healthier each day.  
I love to eat good healthy foods.  
My exercise plan is fun and effective.  
I have a positive outlook on life.  
I appreciate all the wonderful things that have occurred today.  
My body uses the good foods that I give it to function properly.  
I feel energized.  
I feel good today.  
I am happy with the choices that I have made today.  
I believe in my success.  
I am enjoying my life everyday.  
I change what I can each day.  
I release and let go of concerns that I have no control over.  
I love to get up and move.  
I love to drink fresh water.  
I believe in myself and my ability to make changes in my life.

I have released the past.  
My metabolism is working exactly as it should.  
I have a positive point of view on life.  
I drink water when I first think I feel hungry.  
I stop eating when I feel full.  
I am happy with the new choices that I have been making.  
I am becoming healthier each day.  
I eat the foods that my body needs.  
My metabolism runs my body exactly as it should.  
I eat good food that gives my body the fuel that it needs.  
My body uses the good fuel that I give it.  
I am strong, confident, and brave today and for the rest of my life.

\*\*\*Repeat any or all of these affirmations to yourself as often as you like...change your self talk to POSITIVE self talk! You will find that you are THINKING ABOUT THINGS IN A DIFFERENT WAY and positive changes are occurring! Have a GREAT DAY!