

# HOW TO LOSE FAT FAST

**LOSE  
WEIGHT,  
NOT YOUR  
TIME!**

# Welcome to Red Dawn Martial Arts

**Dear Cardio Kickboxing Members,**

We look for the best within ourselves and the best within our students. We are dedicated to expanding the benefits of martial arts training to everyone in our community. I am very proud of the quality training provided by Red Dawn Martial Arts. By working together, we are confident we can help you to achieve a healthier lifestyle.

As a member, one of the privileges available to you is the opportunity to invite friends and family members to our school as your guests. Enclosed you will find 2 free VIP guest passes for you to give to friends or family members.

For the more than 30 years we've been teaching new students, we've found that students enjoy the school even more when they have one of their friends in class with them. This is a great way to motivate someone to get started on an exercise program.

We look to you, as a dedicated and intricate part of our Red Dawn Martial Arts family, and an upstanding community member, to strengthen the quality of our community and school by referring someone of high standard like yourself.

**SUPER BONUS!**

**AS an add gesture of our appreciation to you, for each of your guests that join before the expiry date of the endorsed passes, you will receive 1 month added to the end of your membership.**

Healthy Regards,  
Anthony Elliott

Red Dawn Martial Arts  
12 Fisherman Drive Unit 2  
Brampton Ontario, L7A 1B6  
905-840-4990

<http://reddawnmartialarts.com>  
[info@reddawnmartialarts.com](mailto:info@reddawnmartialarts.com)

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Author Anthony Elliott

Phone (905) 840-4990

Email: [info@reddawnmartialarts.com](mailto:info@reddawnmartialarts.com)

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# Kick Slim

## 30-Days to A Slimmer You!

Welcome to the Red Dawn Kick Slim program. In this booklet we will cover briefly how to lose weight naturally through cleansing, exercise, natural supplements and getting your mind, body, and spirit in balance.

It's a great way to jump-start your weight loss goal and when you need a quick slim-down for those special occasions.

**In just 30 days, you can lose up to 10 pounds.** This plan will cleanse your body and change your daily habits, which will enhance your results and have a lifelong effect on your overall wellness.

There is a pre-requisite to success with our program as with any wellness program. You must be devoted, open-minded, and willing to make changes. If you are out of shape, overweight, or unhealthy, there is no miracle pill that's going to take away all of your fat, straighten your posture, clear up your skin, increase your energy, and improve your mood in two weeks. It's also not something that you do for a few weeks, get to where like and then quit.

To achieve your weight loss goal you will need to truly want it so bad that you're willing to develop some self-discipline to get there.

### WHAT IS IT?

Kick Slim consists of 30 disciplined days of "clean" eating combined with the Isagenix cleansing and fat burning system, plus the Red Dawn cardio kickboxing program. This short-term weight loss program will rev up your metabolism to burn big-time fat and calories.

This booklet is divided into 2 sections: Section 1 gives you quick weight loss tips and section 2 is your 30 Day Kick Slim Guide.

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## **Introduction**

Congratulations! You're about to pull ahead of the pack of dieters who try, time and again, to lose weight and keep it off. No matter your age or fitness level, the fat loss tips in this book will propel you toward your goal.

You will soon learn how to:

- Blast stubborn belly fat
- Get rid of bloating once and for all
- Boost your energy
- Make the most of your metabolism – even if it's been damaged by yo-yo dieting
- Eliminate food cravings
- Separate fitness fact from fiction
- Avoid “diet” foods that make you hungrier
- ...and much more!

You took a huge step toward your health and weight loss goal when you join Red Dawn Cardio Kickboxing Program. Now sit back, and digest the useful information in this booklet, and prepare to stop dieting and start losing fat permanently.

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## 5 Secrets to Getting a Flat Belly

As dieters, we've all dreamed of having tight, toned stomachs with sexy six-packs. Unfortunately, abdominal fat is not only dangerous, it's just plain hard to get rid of. For many of us, the midsection seems to be the first place we pack on extra pounds, and the last place we lose them.

But don't give up hope just yet! Here are five proven secrets you can use TODAY to get a flatter stomach while you work to reduce that stubborn belly fat.

### **Secret #1: Reduce overall body fat.**

There is no such thing as spot reduction. That is, you can't lose fat in your stomach area without losing fat everywhere else. To get the lean stomach you want, you'll need to reduce your overall body fat percentage. This can only be done through a healthy diet and exercise regimen that combines aerobic exercise with strength-training.

Start today by researching a food plan and exercise routine you'll enjoy. The most successful plans feature diets high in lean protein and complex carbohydrates, plus cardio exercise and strength-training three to five times a week.

### **Secret #2: Fill up on fiber and protein.**

Snacking on the wrong foods can sabotage your tummy-busting efforts. So stay away from junk food by filling up on whole grain oatmeal, fruits and vegetables, beans, lean meats, nuts, and olives. Foods that are high in Omega-3 fatty acids, such as fish, help counteract the fattening stress hormone cortisol.

Cortisol sends signals to the body that cause it to go into survival mode, storing fat all over, but particularly around the midsection. Reduce your cortisol levels, and your body will start to burn through those fat stores again. You can reduce cortisol today by practicing relaxation and eating foods high in Omega-3s.

### **Secret #3: Stay away from salt and sugar.**

Carbohydrates cause us to retain water (hence the -hydrates suffix). This can result in bloating, especially in the tummy area. Salt is another notorious bloat-inducer. Instead of loading up on table salt, try smaller amounts of sea salt, or a salt substitute.

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For quick stomach shrinkage, reduce the number of carbs you consume each day. The ones you do eat should come from whole grains, nuts, fruits and vegetables. These complex carbohydrates help regulate hunger and minimize cravings.

#### **Secret #4: Strengthen your core with regular sculpting exercises.**

Exercise will help remove the layer of fat that hides your abs from view. It will also help shape those hidden muscles so that they'll look great when they finally make their appearance. A strong core will also help you stand and sit upright, which has a two-fold benefit: Good posture makes you look thinner, and also gives you ample opportunities to work those abs by holding them taut as you walk or sit.

For the strongest, most sculpted abs, do core-strengthening exercises like sit-ups, V-ups, leg lifts, or Pilates three or more times a week. Vinyasa yoga has several poses which strengthen the core and help you clear your mind of stressful thoughts that stimulate cortisol production – a fat-busting bonus!

#### **Secret #5: Drink water to flush fat away.**

It might seem counter-intuitive to load up on water when you already feel bloated, but the fluid you consume actually helps your body get rid of the fluid it's holding on to.

Bloating occurs when the body is dehydrated. In an effort to preserve its vital fluids, the body holds onto every bit of water it has, resulting in puffiness in the hands and abdomen. The only way to counteract this is to drink enough water to make your body feel safe again, allowing it to flush the retained fluid from its system.

**A flat stomach is something you must earn over time, but that doesn't mean you can't make some quick fixes today! Starting now, you can:**

- **Shop for bloat-busting foods.**
- **Find a core-strengthening exercise plan that you enjoy.**
- **Drink plenty of water.**
- **Stand up tall! You're already making progress toward your goal.**

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## The Top 5 Ways to Boost Your Energy

Of course, it's hard to get that flat stomach of your dreams if you're tired all the time. Many of us lead busy lives that leave us feeling stressed out, drained, and just plain exhausted. While it's unrealistic to do away with all of the demands on your time, it is very possible to increase your energy level so that you can cope with those demands and still have enough oomph left to exercise.

Here are five great habits that will have you feeling energized in no time:

### **Tip #1: Eat small, frequent meals.**

Your body is in a constant state of action. It has to move, think, and carry on vital functions throughout the day. Therefore, it needs constant refueling in the form of small, frequent, healthy meals.

Start your day off right with a combination of protein and healthy carbs for breakfast, such as a whey protein shake with oatmeal or scrambled egg, and a cup of strawberries. Eat another snack two hours later, like a handful of almonds and a stick of low-fat string cheese. Distribute your calories throughout the day, eating every two to three hours, to keep your hunger low and your energy high.

### **Tip #2: Add exercise to your daily routine.**

One effective way to energize your body is through exercise. The more you move, the more your body will want to keep moving. Exercise will also speed up your weight loss, keep you flexible, improve your heart health, and decrease your stress level. There's no reason not to do it!

If you're not accustomed to exercise, experts recommend starting small. Find a fun cardio exercise, like walking or cardio kickboxing, and work it into your daily schedule five times per week. Each exercise session should last 20 to 30 minutes to begin. After just a few days, you will notice that you feel better, sleep better, and have energy to spare throughout your day.

### **Tip #3: Get enough sleep.**

Studies show that most people, especially women, aren't getting enough sleep these days. Like food, sleep is crucial for recharging your energy. Get too little, and you'll have

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trouble focusing on tasks, struggling through your exercise routine, or even staying awake.

How much sleep is enough? The typical adult requires anywhere from 7 to 10 hours per night. Sadly, less than 40% of all Canadian get a sufficient amount of sleep. To get the best rest possible, avoid drinking caffeine in the afternoon and avoid alcohol consumption at night. Caffeine can act as a stimulant for up to 7 hours after you drink it, and wine and other alcoholic beverages are notorious for causing nighttime wakefulness. Also, avoid over-the-counter sleep-aids if possible. These have been known to stimulate the appetite, and you could become dependent on them.

**Tip #4: Practice conscious breathing for stress-relief.**

Stress can zap your energy, leaving you physically and emotionally exhausted. Stress has also been linked to a large number of health complaints, from migraines and insomnia to weight gain.

To de-stress the natural way, choose a quiet place to sit and relax. Take a deep breath, inhaling as deeply as possible until your lungs are full and your stomach is distended. Hold the breath for a count of four, then release it slowly and completely. Wait four seconds and repeat the process. Conscious breathing calms the mind and revitalizes the body.

**Tip #5: Feel your best with vitamins and nutritious foods.**

A vitamin deficiency could be contributing to your lack of energy. It's important to get the recommended amount of vitamins and minerals each day. Try eating a variety of foods each day. Eggs, lean meat, low-fat dairy products, whole grains, and a variety of colorful fruits and vegetables will provide most or all of your nutritional needs.

Some vitamins, particularly the B vitamins, are crucial for optimal energy and metabolism. To fill in any gaps in your nutrition, take a good multi-vitamin each morning.

**A healthy body needs plenty of energy to work efficiently. You can boost your energy by controlling stress, eating properly, exercising daily, and getting a good night's sleep.**

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## How to Eliminate Bloating

You've been eating right and exercising, doing all the things experts say you should do in order to lose fat and get healthy. But when you step on the scale, you get a nasty shock: you've gained 5 pounds! What did you do wrong?

Absolutely nothing. Everyone experiences unexpected weight gains from time to time. These are caused by water retention, also known as bloating. Bloating can be very discouraging to dieters, but it's important to remember that the weight gain is temporary. You can lose the water weight as fast as you gained it by following these simple rules:

### **Reduce your carb intake.**

Carbohydrates give us quick energy, but they also make us retain water. When stored in the body, carbohydrates attract water. The end result is a puffier appearance, tighter clothes, and a few extra pounds on the scale.

To reduce bloating, eat fewer carbs. Note that this does not mean you need to eliminate all carbohydrates. Simply avoid sugar, starch, and any product made from refined white flour. Instead, eat protein, healthy fats, vegetables, and products made from ground flax seed. You will see a visible reduction in your bloating after one to two days.

### **Use up your glycogen reserves.**

Carbohydrates are stored in our muscles as glycogen. Glycogen combines with water to puff muscles up and make them look larger. While this is desirable for competitive bodybuilders, the typical dieter doesn't want to look any bigger than they already are. To do that, you'll need to make sure you're burning through those glycogen reserves.

The strategy is simple: eat fewer carbs and exercise more. Do a mixture of cardio exercise and strength training, and eat only protein and healthy carbohydrates, like fruits and vegetables, to fuel your workouts.

### **Drink more water.**

Quick: make a fist. Do your hands feel tight and puffy? If you wear rings, do they leave deep impressions in your skin after you remove them? These are sure signs of bloating, probably stemming from dehydration. Water is a sure cure for this type of bloating.

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When your body doesn't have enough water, it starts to hold on to every bit of fluid it has access to. This causes the fluid to build up inside you, leaving you bloated and sluggish. To overcome this survival mechanism, you'll need to drink a lot of water. How much is a lot? At least 64 oz over the course of a few hours. You can tell your dehydration is being corrected when you start to pass clear urine.

### **Cut out the extra salt.**

Sodium is a necessary mineral, but a diet heavy in processed and fast foods (ie, the typical Western diet) provides far more sodium than is necessary or healthy. The human body requires only 500mg of sodium daily, but many of us routinely take in 6,000mg or more each day!

All of this extra salt can have a detrimental effect on your health and your waistline. Sodium acts as an irritant to your muscles and organs. In order to dilute this effect, your body will retain water. This is why excess salt consumption leads to bloating in so many people. To avoid this, eat as many whole, unprocessed foods as possible. Use potassium chloride as a salt substitute, and drink plenty of water to flush your system.

### **Caffeine: A quick and dirty trick.**

Caffeine has both a laxative and a diuretic effect. Simply put, it makes you pass waste materials and fluids at a faster rate. If you need to look your best for a special event, but haven't been able to lose the bloat, drink some coffee along with 64 oz of water. This should get things moving!

Remember that caffeine is simply a quick fix, and should not be used as a long-term weight loss strategy. This method will result in a loss of temporary water weight only. Go back to your healthy diet plan as soon as possible, and follow the preceding tips to keep bloating at bay.

**Bloating can make you look and feel bad, but these tricks will help you fit into your skinny jeans in no time!**

## **3 Little-Known Ways Your Body Can Put on Fat... Even While Dieting**

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We diet to look better, feel better, and enjoy better health. Most commonly, we diet to lose weight. But did you know that millions of people actually *gain weight* on their diets? Of course, some people fall off the wagon and binge their way back up the scale, but for many, it's simply a case of being too virtuous.

To end your diet lighter than you began, avoid these common diet mistakes that can make you fatter:

### **The Fattening Feast & Famine Cycle**

Did you know that diets have been proven to make the human body more efficient at storing fat? That's disappointing news for the millions of people who start a new diet each year, but it's simple science. The human body was designed to preserve itself during times of famine. The problem is that, in modern days, most of us have replaced famine with diets.

Consider a typical yo-yo dieter. They go on a diet, lose some weight, go off the diet, and regain what they lost – plus a little extra. This cycle leaves many people heavier than they were before they started dieting. Their bodies, confused by periods of low caloric intake, do exactly what they were designed to do: store more fat to survive these periods of self-induced famine.

To avoid this, it's important to view healthy eating not as a temporary fix, but as a lifestyle. Choose a food plan you can comfortably follow 85% of the time, for the rest of your life.

### **The “Skinny Fat Person” Syndrome**

Your weight is not the only indicator of dietary success or failure. Since muscle is heavier and denser than fat, it's possible for a perfectly healthy slender person to outweigh their same-sized peers. Healthy thinness is achieved by regular exercise, strength-training, and a balanced diet.

Unhealthy thinness is achieved by starving the body. This often happens when a dieter uses their weight as the only benchmark of success. As they decrease their calories, their bodies begin to store fat due to the famine effect described above. Their weight may decrease, but only because their bodies are beginning to feed off of their healthy, lean muscle mass.

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To ensure optimal health, measure your body fat percentage. This can be done with calipers, or by visiting a gym where your measurement can be taken electronically.

Women should have a body fat percentage between 21% and 36%. Men should have a body fat percentage of 8% to 25%. If your weight is low but your body fat percentage is high, you should improve your nutrition and start a strength-training regimen. Your weight might increase as you become leaner but, in this situation, that's actually a good thing.

### **Artificial Sweeteners are Not Your Friend**

Researchers at Purdue University and the University of Texas have concluded studies involving the effect of artificial sweeteners on weight gain. Their findings are disturbing: test animals at Purdue gained more weight from saccharine than from natural sugar. The University of Texas researchers were shocked to find that the risk of obesity was higher in people who drank only diet sodas.

How on earth do test subjects gain weight on 0-calories sweeteners? There are many theories. Some researchers believe that artificial sweeteners actually stimulate the appetite, increasing hunger and making dieters eat more. Others think that dieters might believe they deserve more treats because they've been consuming 0-calorie foods and drinks.

Either way, the facts are certain: some, if not most, dieters gain more weight when they exclusively use artificial sweeteners. To keep this from happening to you, give yourself the go-ahead to eat sugar – in small amounts, and on special occasions.

**As you can see, the dieter isn't always to blame when they gain weight while on a diet. It's often not a matter of willpower at all. Keep yourself out of starvation mode and avoid chemical sweeteners whenever possible, and you will eliminate two of the most common diet saboteurs.**

## **Why Most Diets Don't Work and Why They Actually Make You Gain Weight**

You've probably known someone – or seen someone – who started out a diet with the best of intentions. You would lose weight, feel better, and enjoy greater health and

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confidence. Disappointment set in when, months or years later, you or your friend weighed in at a much heavier weight than ever before. Why did the diet only work in the short-term, and why was there a net gain when it was over?

The problem with diets is that they're diets. Many of us try the newest diet fads out of desperation, at times when we're feeling especially frustrated with our current weight. Something in the back of our minds tells us that we can't subsist on cabbage soup for the rest of our lives, but we ignore it in the rush to lose weight as fast as we can.

Diets do not result in lasting weight loss. Why? Because all diets come to an end, and when we go back to our former way of eating, we risk going back to our normal weight as well.

There is science to support the conclusion that diets can make you gain weight. Our bodies' efficient fat-storage served our ancestors well. When food was scarce, their bodies lived off of stored fat to stay alive. In times when food was plentiful, their bodies continued to store fat because another famine was likely on the way.

Today, most of us are fortunate enough not to face true famine. But we do put our bodies through self-imposed famines, or diets. When food is taken away, the body responds with its natural self-defense mechanism: feeding on stored fat. The problem occurs when the diet ends; that's when the body kicks its fat storage into high gear in preparation for the next diet.

There might be emotional issues at play, too. Some diets are so strict that they leave people feeling hungry. Feelings of deprivation cause some dieters to comfort themselves with food. This leads to a downward spiral of overeating, guilt and shame, and more overeating.

In 2009, Susie Orbach told the New York Times that she was interested in filing a class action lawsuit against Weight Watchers International. Her contention is that the diet industry thrives on repeat business, therefore it has no interest in helping its customers attain long-term weight loss.

That view might seem radical to some, but rigid food rules can lead to obsession and compulsive eating or starvation. Orbach advocates a more natural approach whereby people learn to identify true hunger and eat intuitively rather than eating predetermined amounts at preset times.

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So if you can't trust diets to help you lose weight, what can you do? Make a sustainable lifestyle change. Eat nutritious foods. Get out and move regularly. Find ways to relieve stress. Learn to identify things that masquerade as hunger, such as loneliness, boredom, and depression. These changes might not make you lose weight as fast as an all-juice diet, but the weight you do lose will stay gone.

**Remember: "Diet" is a four-letter word. To reach your health goals, you don't need a temporary fix. What you need is a permanent lifestyle makeover. When assessing a new eating plan, ask yourself, "Could I eat this way for the rest of my life and be healthy and happy?" If the answer is yes, you've found a sustainable eating plan to last a lifetime.**

## **Why Fitness Experts (Who Have Never Had a Weight Issue Themselves) are Totally WRONG about Exercise**

When it comes to weight loss and fitness advice, it's hard to separate fact from fallacy. Friends tell us one thing, doctors another, and lifestyle gurus tell us something else entirely. In an effort to sift through the conflicting information, many of us turn to fitness experts and treat their words as gospel. It's a safe bet; these people have spent years in the fitness industry, so they must know what they're talking about, right?

Guess again. It turns out that some of the leading fitness experts do little more than repeat the false information they've read in the headlines. Worse, most of these experts have never had a weight problem, and cannot relate to people who have struggled with obesity.

Thankfully, we live in the Information Age. Good advice is widely available, but it doesn't always come from the "experts". In fact, studies have proven time and again that fitness gurus have it all wrong.

Here are some important facts that so-called experts have gotten wrong in recent years:

**Wrong: You must always stretch before exercising.**

Really, it depends on the type of exercise you're doing. Runners might need to stretch a bit before they take off, but anyone doing resistance training will be better off leaving the stretching until after the workout.

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That's because when you stretch, the fibers of your muscles grow longer. This makes them less stable and more prone to stress injuries. You could actually harm yourself by stretching before a strength-training session. It is important to stretch after you're done, though, to promote circulation and ward off stiffness.

**Wrong: Light wrist and ankle weights will give you a more effective workout.**

Actually, the added weight is more likely to tire you out. If you throw in the towel due to fatigue, you're going to miss out on the benefits of a long cardio session. In fact, runners and walkers are better off leaving the weights behind so that they can go longer distances at higher speeds.

But what about weight training? Some experts suggest that wrist and ankle weights will add muscle mass, but the truth is that these weights are usually too light to be of much benefit. You are far better off devoting some time to weight lifting, using sufficient weight to tire your muscles out after 8 to 12 reps.

**Wrong: Women must exercise an hour a day to maintain their weight.**

This discouraging statistic recently showed up in the headlines, and it has been passed around by fitness experts in an attempt to get women to work out longer and harder.

What the experts don't tell you is that the accuracy of this study is very questionable. The sample group was very small, and consisted only of women over the age of 50. This group is not representative of women as a whole. The study also failed to take diet into consideration.

The real danger here is the spreading of false information, and its effect on female dieters. Many do not have an hour each day to commit to exercise, so they wonder why they should bother working out at all.

Some exercise is better than no exercise. You don't have to spend your life at the gym in order to lose weight (though there are some personal trainers who'd like you to think that). Half an hour of cardio five times a week, coupled with a healthy diet and a few sessions of strength training, is all it takes to maintain a healthy weight.

**Wrong: BMI is a good way to measure total fitness.**

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BMI, or Body Mass Index, is a measurement that factors your height and weight to determine if you're at a healthy weight. It has been in use for many years, and continues to be used by many professionals today - which is unfortunate.

BMI does not take muscle mass into consideration. Muscle is much denser than fat, meaning it takes up less space but weighs more. Therefore, a heavily muscled man might be considered overweight or obese by the BMI scale. A slender woman might have a healthy BMI, when she actually has a high percentage of body fat and little muscle.

If the BMI charts have kept you running in circles for years, trying to fit the mold of health, just ignore them! Your waist-to-hips ratio and body fat percentage are much better indicators of a healthy weight.

**Wrong: Exercise is more important than diet.**

There are fitness experts who would have you believe that you can eat whatever you want, as long as you work out long enough to burn off the calories. In theory, it sounds plausible; weight loss is a matter of burning more calories than you consume. But when you dig deeper, you find that this is really bad advice.

Diet is at least as important as exercise in maintaining a healthy weight. By learning to control portion sizes and distribute calories throughout the day, you are learning to give your body the fuel it needs to perform its best.

Eat small meals throughout the day, never going for longer than 3 hours without snacking. You will find that this strategy decreases hunger and cravings, and leaves you energized and ready to work out.

**Wrong: You should exercise on an empty stomach.**

The premise behind this bad advice is that exercising on an empty stomach will force your body to tap into its fat stores immediately. If you eat before you exercise, your body will only burn off the calories you just consumed.

This is wrong for many reasons. First, when you exercise, your body always burns a combination of carbs and stored fat. Second, your body needs fuel so that it can metabolize its fat stores. It won't do this efficiently if you're hungry or dehydrated.

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Finally, working out on an empty stomach can quickly lead to low blood sugar, which causes dizziness, fatigue, irritability, and nausea. Low blood sugar also makes you more likely to binge later in the day.

The best approach is to eat a small meal one to two hours before your workout. Make sure that the meal includes lean protein and carbohydrates. Some tuna with low-fat mayonnaise on a whole grain roll is a good example of a balanced pre-workout meal.

**Wrong: You'll get a better workout at the gym than at home.**

Again, there are a lot of gym owners and trainers who would love for you to buy into this myth. And it seems plausible, since gyms have a lot more equipment and group exercise routines than we have access to at home.

But gym memberships aren't a necessary part of weight loss. In fact, results continue to prove that old classic exercises like push-ups, pull-ups, and running provide the most benefit. While these exercises might not be glamorous, they get the job done without the need for pricey equipment.

Many people have trouble sticking to a gym-based workout plan. Some find it difficult to afford the monthly membership dues. Others find it inconvenient to drive to the gym. Still others simply never grow comfortable exercising in a group setting.

You don't need fancy machines to get a good workout; you just need your own body weight and a healthy dose of determination.

**Nobody has all the answers 100% of the time – not even the experts. You know your body better than anyone. Experiment with diet and exercise habits to find the best fit for yourself, regardless of what the fitness gurus tell you to do.**

## **A Simple but Effective Trick to Speed Up Your Metabolism**

Did you know that diets are a leading cause of slow metabolism? It's sad but true: the more diets you go on, the more damaged and inefficient your metabolism becomes.

If you've been a chronic yo-yo dieter for years, you might feel like your metabolism is broken beyond repair. Some life-long dieters find that they gain weight when they eat anything approaching a healthy number of calories each day. That's a demoralizing

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problem, but don't give up just yet! There is a fast and easy way to get your metabolism back up to speed.

**The key to a faster metabolism is *more food*.**

How is that possible? To better understand the reasoning behind this trick, let's take a crash course in dieting and metabolism.

Everyone has a certain amount of calories that they must consume in order for their bodies to function properly. This is called the Basal Metabolic Rate, or BMR. You can find BMR calculators online, or you can quickly estimate your BMR by using this simple system:

- 12 to 13 calories per pound of body weight will result in weight loss.
- 15 to 16 calories per pound of body weight will result in weight maintenance.
- 17 to 18 calories per pound of body weight will result in weight gain.

(It's important to note that these estimates assume that you get a regular amount of physical activity each day. If you are completely sedentary or very active, your calorie requirements will vary. Consult a BMR calculator that takes various activity levels into consideration.)

Dieting can lower your BMR by 20 – 30%. Very low-calorie diets, also known as starvation diets, result in the most damage. A healthy, active 150 pound person needs approximately 2,200 calories per day to maintain their body weight. If that same person goes on a low-calorie diet, they will maintain their body weight on a mere 1,870 calories.

Now let's say that person decides to lose a few pounds. If the dieter has a healthy metabolism, they can lose weight by consuming 1,800 calories a day. But with a diet-damaged metabolism, that dieter will need to drop their daily calorie consumption to 1,260. That's bordering on dangerously low.

So how does one speed up their metabolism after years of ravaging diets? As stated above, more food is the key. You need to nourish your body to encourage it to heal.

This might sound too good to be true. After all, if all it takes to lose weight is to eat more food, why doesn't everyone do it?

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It's not as easy as it sounds. When you start to eat normally again, you will almost certainly gain weight. This quick gain scares many dieters, sending them back to the near-starvation diets they've grown accustomed to.

But if you can just wait it out, the scale will start to move in the right direction once more. Remember, it took your body a while to reset its metabolic rate to a slower speed. It will take just as long, if not longer, for it to speed back up.

There are some things you can do to minimize the waiting period. First, calculate how many calories you would need with a healthy BMR. Start eating that number of calories each day. It might feel like a lot of food at first, but just remember that your body is repairing itself, so it needs plenty of fuel.

Instead of digesting three large meals several hours apart, allow your body to burn food throughout the day by eating 5 or 6 small meals. Eat foods from a variety of groups. Take at least half of your calories from whole grains, fruits and vegetables. Try to eat some lean protein at each meal.

Be sure to get a little physical activity each day, even if it's just a half-hour walk after dinner. Add in some meditation and deep, mindful breathing to alleviate stress. Now you've got all the bases covered: food, energy, and oxygen. All three are vital for maintaining a healthy metabolism.

It might take longer than you like to see a weight loss with this method, but the loss you do attain will be a healthy and permanent one. Some habitual dieters are able to speed up their metabolisms in weeks. Others take months. Your individual success will depend on age, genetics, and adherence to the plan.

**Remember: Diets slow down metabolism, but it can be repaired! Give your body small doses of fuel throughout the day, plus the movement and oxygen it needs. This is a simple, proven trick for getting your metabolism back on track.**

## **5 “Weight Loss” Foods That You Should Avoid**

### **#1 – Fat Free Foods**

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It's an unfortunate fact that fat gets a bad rap among dieters. True, fat contains more than twice the number of calories per gram as does protein or carbohydrates, but some fat is necessary for the absorption of vitamins and a feeling of satiety.

Fat free foods usually contain more sugar than their full-fat or reduced-fat counterparts. They also tend to be less satisfying, leading many dieters to overeat in an attempt to satisfy their natural craving for fat.

Instead of eating only fat-free foods, compromise by eating moderate portions of reduced-fat dairy along with avocados, nuts, olive oil, and salmon. These foods contain unsaturated fats that meet your dietary needs and improve your heart's health.

## **#2 – Diet Soda**

Diet soda is a dieter's best friend, right? After all, it contains no calories, so it can't have detrimental effects.

Wrong! Artificial sweeteners like those found in diet sodas have been the focus of many scientific studies. Those studies found that people who drank only diet sodas were more likely to be fat than those who drank an occasional sugary soda. There is some debate over why this is the case, but some experts suspect that the diet sweeteners stimulate the production of insulin, which in turn increases the appetite.

Water is the healthiest drink for dieters. Green and black teas are also good. But if you can't give up the fizzy drinks altogether, at least limit your intake to just a few sodas each week.

## **#3 - Pre-packaged Frozen Diet Meals**

Frozen diet foods are very convenient, and some even taste great. Simply buy one, pop it in the microwave, and you've got a quick, portable, low-calorie meal.

The problem with these prepackaged meals is their sodium content. Your body only needs 500mg of sodium in order to function properly. More than that can have an irritating effect on your organs, and can lead to bloating and even high blood pressure. If you eat one or more frozen meals per day, you can easily take in three times the sodium you need – or more!

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Some frozen meal makers offer low-sodium options. Try those, or take a can of low-sodium soup with you. You could also pack yourself a turkey sandwich on whole grain bread, with broccoli and baby carrots to snack on.

#### **#4 - Coffee**

Caffeine tends to decrease the appetite and stimulate energy, which has given it a reputation as a good diet supplement. But coffee (and any highly caffeinated beverage) can actually work against your weight loss efforts in three ways.

First, coffee is often taken with sugar and cream. Many dieters forget to factor in those additions when calculating their caloric intake. If you have a habit of buying morning lattes, you'll want to kick that habit soon. One large latte can set you back hundreds of calories. If you do drink coffee, drink it black or with low-fat milk.

Too much coffee can leave you jittery, putting additional stress on your body. When your body feels stressed, it produces the hormone cortisol, which causes abdominal fat storage. Reducing your caffeine intake can help you feel more relaxed and get better sleep, both of which will counteract cortisol production.

Finally, caffeine is a diuretic. It pushes fluid from your body, and can leave you dehydrated as a result. Even mild dehydration can cause your kidneys to stop functioning efficiently. Your liver acts as a back-up filtration system, which takes it away from its usual task of metabolizing fat. Thus, dehydration slows your fat metabolism, in addition to its other nasty side effects.

Make it a habit of drinking one to two glasses of water for each cup of coffee you consume. This will head off dehydration and give you the benefits of increased water consumption as well.

#### **#5 – Diet Junk Food**

There is a huge selection of reduced-calorie, reduced-fat, and reduced-sugar snacks at the grocery store. But diet junk food is still junk food, so don't waste too much of your calorie allotment on "virtuous" snacks.

When you're trying to lose weight, every calorie counts. It's much better for your body if you load up on high-quality foods that pack a lot of nutrition into a small calorie count. Diet cookies, snack cakes, and chips are good on occasion, but they add empty calories to your daily intake.

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Watch out for artificial sweeteners and fat substitutes. Many people are sensitive to saccharine and aspartame; too much of these substances gives them bloating, joint pain, increased hunger, and fatigue. Olestra, a fat substitute used in some potato chips, can cause intestinal pain and diarrhea. Some sugar alcohols used to sweeten sugar-free candies cause the same effects if eaten in large quantities.

Diet snacks labeled “cholesterol free” can be misleading. If these products contain tropical oils like palm kernel oil or coconut oil, you can bet they’re loaded with saturated fat – the kind that clogs your arteries. While tropical oils are technically cholesterol free, consuming them can lead to high cholesterol levels.

**Diet foods aren’t always the best choice for dieters. They can add heavy doses of sodium, flavor-enhancing chemicals, and saturated fats to your meal plan. If you’re going to splurge, you might find it healthier and more satisfying to eat a small amount of “real” junk food on occasion.**

## **How to Stop Your Cravings Dead in Their Tracks**

You’ve been doing well on your diet, sticking to your plan and making healthy changes. Then, BAM! You can’t stop thinking about chocolate. Or salty potato chips. Is it hunger, or is it a craving? Sadly, many of us have lost the ability to tell the difference.

Hunger is the body’s way of telling you it needs more sustenance. However, it is rare for people in industrialized nations to crave foods due to a real nutritional deficiency. If you crave fat, salt, or sugar, you can bet you’re not feeling true hunger. The modern Western diet is high in all of those things.

Most cravings stem from feelings of deprivation, poor blood sugar control, or an unmet emotional need. Sometimes cravings are stimulated by the flavor-enhancing chemicals in processed foods. Some individuals, especially those with insulin resistance or type 2 diabetes, have cravings for carbohydrates that seem to get stronger as more carbs are consumed. This is due to rapidly rising and falling glucose levels.

Here are some helpful tips for discovering the root cause of *your* cravings, and stopping them dead in their tracks.

### **Eat Enough, Often Enough**

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Can't stop thinking about food? Chances are good that you might actually be hungry. If you find yourself craving foods that are typically considered healthy, such as meats, fruits, or vegetables, give into your cravings. Your body is telling you it needs more nutrients. To keep cravings away, eat a small, healthy meal (approximately 200 calories) 6 times a day.

Avoid artificial sweeteners. Aspartame, sucralose, and MSGs enhance the flavor of our foods. Unfortunately, these chemicals have also been shown to create a hunger response in some individuals, even after they've eaten. Stop your cravings by reducing the amount of chemically-enhanced, processed food you eat. Prepare whole foods instead, and eat a small amount of real sugar on occasion instead of large amounts of artificial sweeteners every day.

### **Carbs Create Cravings**

If you're diabetic, pre-diabetic, or insulin-resistant, you probably know what it's like to daydream about carbohydrates. That's because your body doesn't use glucose correctly, so it constantly craves sugar (and other carb-rich foods that cause a jump in blood glucose levels). Choose foods that are low in carbohydrates, or whole grain foods with plenty of fiber. These foods don't stimulate cravings the way processed flour products do.

### **Discover What You're Really Hungry For**

If you find that you're hungry most of the time, you should take a moment to sit down and reflect on what you're hungry for. Food has a strong emotional connection for many of us, and it can be difficult to discern real hunger from boredom or loneliness. Sometimes a hug or a new activity can satisfy our needs much more than extra food can.

### **Evaluate Your Diet**

If your cravings persist after taking the above steps, your diet might not be providing all the nutrition you need. Write down all the foods you eat for a week or two, and then have a doctor or nutritionist evaluate your diet. They can recommend dietary changes or supplements that will reduce your cravings.

### **Eat What You Want (In Moderation)**

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Of course, everyone gets stuck in a food rut every now and then. Your cravings could be a signal that you've grown bored with your eating plan and need a little something to increase morale. If that's the case, go ahead and eat what you're craving, but keep it in moderation. Instead of having a huge slice of pie, have a smaller portion and split it with a friend. Have those cheesy nachos, but increase your exercise to compensate for the extra calories. Almost any food can be an occasional part of a healthy diet.

**Cravings are your body's way of telling you what it wants or needs. Once you get to the root cause of your cravings, you can take steps to send them packing – permanently.**

## **Now It's Up to You**

By now, you've seen how the fitness and diet industries use sneaky tactics to keep you coming back again and again. You've learned that cravings can have surprising causes. You've discovered ways to flatten your belly and eliminate bloating. You've even learned how to repair a damaged metabolism.

Armed with this new information, you're more likely than ever to succeed at losing fat and keeping it off. You will never have to diet again, because you have learned that a life-long healthy eating and fitness plan is the key to lasting weight loss.

Start with small changes, and add more over time. Find exercises that are fun to do, because the best exercise program is one you'll stick to. Feel free to use this booklet often as you make your way toward a lifetime of health.

**Remember: the most important factor in the weight loss equation is you.**

In order to help you get started with your new healthy lifestyle, I'm providing you with the 30 Day Kick Slim guide in section 2 of this booklet to help you kick start your weight loss effort.

We wish you the very best on your journey!

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# Kick Slim

## **30-Day Guide to A Slimmer You!**

**Set Clear Goals**

**Meditation**

**Visualization**

**Affirmation**

**Nutrition and Weight Control Evaluation**

**Measurements**

**Assignment**

**Nourishment**

**Glycemic Index**

**7-DAY FOOD JOURNAL**

**30 Day Kick Slim Schedule**

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## Set Clear Goals

The best way to lose fat permanently without muscle loss is to lose weight slowly with a focus on exercise rather than severe calorie cutting. In the ACSM's position statement on "Healthy and unhealthy weight loss programs," The ACSM recommends losing weight at a maximum rate of two pounds per week. This two pound figure has become almost universally accepted as the standard guideline for safe weight loss.

Why? Because you can lose more than two pounds of weight per week, but you're highly unlikely to lose more than two pounds of fat per week. Even at two pounds per week, it's difficult to lose 100% body fat with no loss of lean body mass.

### 1. Set a deadline for your goal.

- If you need to lose 30 lbs, you would set the deadline to lose 30 pounds at a future date. For example, if today is January 7<sup>th</sup> you would set the deadline for May 7<sup>th</sup>.
- Write your goal in a statement as if you already achieve it and what you have done to achieve it.
- Write your goal out like this: It is now the 7<sup>th</sup> of May 2012 and I have more energy, I'm my ideal weight and feeling super fit, because I lost 30 lbs doing cardio kickboxing classes 4 times per week and have been eating healthy food naturally consistently for the last 4 months.

Make sure that the deadlines you set are realistic. The key is to reduce fat, not lose water weight or muscle. Track your waistline, legs, arms, and other significant places on your body to ensure that you actually are losing fat. Trying to lose too much weight too fast will actually cause more harm than good. Generally, losing one to two pounds a week is safe.

### 2. Write your weight loss goal statement here:

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## **Meditation**

Once you've identified your goals, write them down somewhere. There's power in committing goals to paper.

The next step is to pick a time of the day, where you can spend 5 to 15 minutes, uninterrupted and do nothing but focus on your goals

The best time to do this is in the morning when you've just woken up. Lie up in bed or on a comfy couch. You'll spend the next few minutes focusing on your goals

### **This will be your daily meditation time.**

Don't get hung up on the word "meditation". We're not talking about specific forms of Eastern or Religious meditation. We're talking about moving into a peaceful relaxed state where you can connect to your subconscious.

Before you can calm your mind, you must calm your breath. If your breaths are short and uncontrolled, your mind will be restless and unproductive — full of thoughts that have no relevance to the present moment.

1. When you have some time preferable in the morning, sit in a chair or somewhere comfortable with legs cross. Sit with your back straight, eyes close, and pay attention to your breath. Bring the attention of your of your inner gaze to the tip of your nose (without strain), this helps with concentration. Listen to the air flow in and out. Feel your lungs expand and contract. Notice how calming it is to just watch yourself breathe. Try to focus on the present moment and do not think. It is natural for your mind to wander. Just gently and patiently bring it back to the breath.  
.
2. Then, practice letting the breaths become longer and longer. When you feel calm, try the following exercise for a few minutes: To start out, practice a breathing exercise called 10-10-10 breathing. You breathe in for a count of 10 seconds, hold the breath for a count of 10, and exhale for a count of 10. If you cannot take breaths this long, just do the periods for as long as feels comfortable for you. You may need to start out with a count of 2 or 5. You will notice that over time your lung capacity will grow to a count of 10 or longer for each breath.

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Whatever period of time you choose for each interval, make sure to keep each interval the same length. If you choose a count of 5, breathe while counting to 5, hold while counting to 5, exhale while counting to 5. Practice this 6 to 12 times.

Then forget the breath. Relax, with calm steady breaths, your gaze and attention focused on the tip of your nose, your spine erect, your chin tucked under, and your arms and shoulders relaxed your mind will wander to things you need to do, errands you have to run, situations at work, and events from the past. Try to patiently bring it back to the present moment, your breathing, and concentrate on peace and calm.

You may wish to meditate after feeling the calming efforts of this exercise. I recommend you spend a few moments with your eyes close in stillness after practicing this exercise to incorporate the peace and calm gained from it into your life.

A state of peaceful meditation can be the perfect time to reflect and realize what you desire.

Research shows that people tend to be more creative and in touch with their intuitive sides when they are in such states of meditation. Use this time to think creatively about what you wish to do with your life.

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## **Visualization**

While at your state of relaxed meditation, visualize yourself having attained that which you're seeking to achieve. Visualization is the art of seeing what you want. It a technique used by some of the most successful athletes in the world.

When we visualize we send a picture to our subconscious mind. Your subconscious mind does not know the difference between what is real and what is not. It cannot distinguish fiction from reality. As you repeat this picture over and over again your subconscious begins to pick it up — it begins to believe that what you are visualizing is actually happening — that it is real. And you subconscious mind then goes out and creates your reality based on the images that you send.

For example, if you're seeking to have a better body, see yourself looking at your new body from the third person perspective, that is from someone else's point of view. Imagine your new physique from the front, then slowly rotate it in your mind so that you can see it from every angle.

You must focus on details here. You must see everything exactly how you want it to look from your chest to your shoulders to your back to your legs. Lock that image in your brain and focus intensely on it. Now in one quick, explosive movement, transport yourself into that body.

You are now experiencing your new physique from the first person, looking through its eyes. Look down at your muscles and see them as if they are yours. Feel them. Flex them. Experience them. Imagine that you're looking in the mirror and seeing a reflection of this new body. Try to make this visualization process feel as real as possible. Experience this reality in your mind as if it were actually happening. Imagine the sound, the smells and the textures that are around you.

There are many ways to practice visualization. What you're doing here is called "Creative Visualization". It's creative in the sense that you're attracting to you — creating— that which you visualize.

### **Techniques for visualization**

- Decide exactly what you want.
- Be clear. Make your images as real as possible.
- See yourself accomplishing your goals now.
- Practice every day.

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## **Affirmation**

Affirmations are statements you repeat to yourself over and over again until your mind accept it as a belief. Affirmations are a powerful tool to help your create what you want. For positive change in your life you must state your affirmation in the positive. Affirmation won't work if you say them and then cancel out with negative affirmation. You must continue to repeat your affirmation over and over again with faith, until they replace your old negative internal dialogue.

Do not desire or want to be a certain way. Wanting and desiring only bring about more wanting and desiring. Be the change you want to create. This means telling yourself you're something until you make yourself have that trait.

Write out your goals in the form of affirmation. After your visualization, start to affirm in your own voice that which you wish to achieve.

### **Below are some sample affirmations. Repeat your affirmation statement three times each.**

1. All struggles for living a healthy life style is now over.
2. All my old excuses for not working out and eating healthy, no matter how good they sound, are garbage.
3. I alone am responsible for both my failures and success.
4. I'm passionate about building flexibility, strength and endurance.
5. I've eliminate all desire to buy junk food.
6. I choose determination and persistence over quitting every time
7. I buy only natural foods because they provide the body with the energy it need.
8. I see myself as a winner and I do the things that winners do.
9. All images of overweight are gone from my life.
10. My mission is always in front of me — It keeps me determined through every set back.
11. I'm considering how every action I take affects my health.
12. I see no excuses for failure — only challenges that I must overcome.

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## **Tips For Affirmation**

1. Repeat your affirmation daily
2. Make your affirmation in the present tense and always make them positive.
3. Make your affirmation reflect goals you're trying to achieve.
4. Make your affirmation short (10 to 15 words at the most).
5. It best just to do one affirmation at a time.
6. Repeat your affirmation for a minimum of 21 days straight.
7. Follow your affirmation with action

Continue repeating your affirmation daily until your subconscious mind accepts them as your new reality. You may want to change your affirmation a bit after about 4 months, as their effectiveness tend to start fading after this time.

## **Action Plan**

Once you know what you want and able to channel your thoughts and emotions towards this outcome the next step is to start paving the way for that future reality to come your way. The key is ACTION.

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## Assignment 1

### Make a list of three reasons for starting a weight loss program

Reasons for starting a weight loss program vary from “My doctor told me I should” to “I want to look better in a bathing suit.” In the space provided, write down your reasons for starting a weight loss program. Whatever your reasons are, it’s important to clearly identify them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Assignment 2

### Make a list of your short range, intermediate and long range goals

Understanding your goals will help you achieve them. What are your long-range, intermediate, and short range goals are:

#### Long range goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Intermediate goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Short range goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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### Assignment 3

Make a list of three things you could do right now that would make a difference in your health or well-being today.

(Hint: these things could be as simple as refusing dessert just for tonight, or cutting portions in half for just one meal. And here's a note to your "inner voice" that keeps coming up to criticize you: don't invalidate whatever you come up with by saying "well, that wouldn't make that much of a difference"~ That's not what's important here. What's important here is that you list something- some tangible action- that would be a step, no matter how small, in the direction you want to go. We'll worry about how "big" or "important" it's going to turn out to be later.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Assignment 4

Make a list of three things that you are giving up by not being fitter and having a body you can be happy in. What is it costing you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

(If you're really ambitious and want some "extra credit", try tackling this one as well:  
What do you gain by keeping things the way they are? What's the hidden payoff?)

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## Assignment 5

What are five ways you could add activity to your life? If you're already active, what are five ways you could add *more* activity to your life?

(Hint: you don't have to do any of these yet. Just dream them up. Maybe it's as simple as walking one bus stop from your house. Maybe it's having an imaginary ten minutes a day to jump rope. If you can't think of any ways... keep thinking. Make something up. This is not an action plan; it's an exercise in visualization. Start writing!)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Assignment 6

Make a list of foods that you consider your downfall. Then ask yourself when they call to you the loudest. What are the biggest stressors that trigger unwanted eating for you? What foods do you reach for first? What situations (or people) trigger it?  
*(examples: M&M'S and popcorn while watching TV; ice cream when I feel lonely; beer when I'm out with friends after work)*

<b>FOOD</b>	<b>Notes (People/Places/Things/Circumstances)</b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

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## **Nourishment for cleansing and rebuilding your body**

Nourishing the body and building a strong, healthy immune System is also essential for healthy detoxification. This crucial step in the KICK SLIM program involves following a well-planned detoxification diet that includes plenty of healthy organic foods and replenishing your cells with high-quality natural supplements. When properly nourished and maintained, the human body has remarkable recuperative powers. For this reason, supporting your body's natural cleansing physiology is an essential part of preserving your overall health.

### **The Detoxification Diet**

The concept of nourishing your body is directly related to what you eat. The foods you eat will ultimately determine whether or not your cells are getting the sustenance they require to function optimally. During a cleanse or prior to beginning a cleanse, we recommend the following dietary changes to assist with the body's natural detoxification processes.

- Eat plenty of lean meats, poultry and fish, and choose meats from organically raised, grass-fed animals whenever possible. Try to avoid fatty meats.
- Choose smaller fish such as flounder, sole, and halibut instead of larger fish such as shark and swordfish. Choose wild fish over farm-raised fish, and avoid raw fish.
- Limit egg consumption to no more than six each week. Choose organic, free-range eggs.
- Eliminate sugars and artificial sweeteners, including foods made with them.
- Choose grains that do not contain gluten, such as corn, millet, teff and quinoa. Select only whole grains, and eat them sparingly.
- Eat plenty of fruit, especially those that are low on the Glycemic Index (a measurement of how quickly the body breaks down carbohydrates into glucose in the bloodstream). Low-GI fruits include berries, pears, peaches, plums, cherries, bananas, apples, grapefruit, kiwi, grapes and dried apricots.
- Eat plenty of non-starchy vegetables. Minimize your intake of starchy vegetables (such as potatoes and yams), as well as legumes (all beans, peas and lentils).

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- Avoid all canned, bottled and frozen juices, as well as freshly prepared fruit juices (which lack the fiber of fresh fruit and are higher on the Glycemic Index). Stick with freshly prepared vegetable juices, especially green juices.
- Avoid commercial dairy products such as milk, sour cream, buttermilk, cheeses and margarine. The exceptions are butter and plain (not low-fat or no-fat) yogurt, in small amounts— no more than one half a cup per day.
- Avoid or greatly minimize your intake of alcoholic beverages.
- Avoid or limit your intake of coffee and tea. Choose organic, decaffeinated coffee and/or herbal teas instead.
- Eat nuts and seeds in moderation (and always soak them in water overnight before eating to deactivate enzyme inhibitors).

Among the beneficial nutrients necessary to nourish and support the body are antioxidants, amino acids and enzymes.

- **Antioxidants** are substances that will help protect your body from the damage of free radicals (highly reactive chemical compounds that can damage healthy cells) and may help to prevent poor health and disease. An effective antioxidant complex should include vitamins, minerals, and nutrients that are known for their antioxidant properties.
- **Amino Acids** are the building blocks of protein, and dietary proteins perform countless important functions in the body. They help repair and rebuild muscle tissues; grow hair and nails; create enzymes and hormones; and maintain the health of your internal organs and blood. They are also necessary for digesting fat, where toxins can be stored.
- **Enzymes** are protein-based substances that play an essential role in every function in the human body, including digestion; seeing, hearing and smelling; breathing; kidney and liver function; reproduction; and elimination. Historically the best sources of enzymes have been from the consumption of fresh fruits and vegetables, but the enzymatic level of fresh foods is often reduced by long-term storage, pesticides, and toxins in the water and soil.

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Essential fatty acids, probiotics and beneficial greens also play an essential role in nourishing the body by supporting healthy digestion and elimination, and promoting healthy immune function.

- **Essential Fatty Acids** (EFAs) are often referred to as 'good fats' because of the healthy benefits they provide. Since the body cannot produce EFAs on its own, the only way to get them is through a proper diet or supplementation, thus making outside sources of these fats essential. EFAs promote cardiovascular and nervous system health, as well as proper brain function, hormone balance and healthy elimination.
- **Probiotics** are the beneficial bacteria that live in your digestive tract, which is home to more than 500 different species of bacteria. In addition to supporting a healthy balance of bacteria in the intestines, research has shown that probiotics play an important role in healthy digestive and immune function.
- **Beneficial Greens** formulas offer combined extracts from various nutrient-rich sources such as dark, leafy vegetables and sulfur-containing vegetables, sprouts, and green tea. Liquid formulas are best, as they are more easily absorbed by the body.

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## Glycemic Index

The following is a chart of the glycemic index of some representative foods. The glycemic index is a relative measure of how quickly a food, eaten by itself, will raise your blood sugar. This version of the index uses white bread, which is rated at 100, as the measuring standard.

Cherries	32	Pastry	84
Lentils	36	Cheese Pizza	86
Grapefruit	36	Ice Cream	87
Pearled Barley	36	Hamburger Bun	87
Kidney Beans	42	High-fructose Corn Syrup	89
Butter Beans	44	Beets	91
Dried Apricot	44	Macaroni and Cheese	92
Chocolate Milk	49	Wheat Bread	97
Pears	53	Stone wheat Thins	96
Apples	54	Cream of Wheat	100
Plums	55	Potato boiled/mashed	104
Grapes	66	Whole-wheat Snack Bread	105
Green Peas	68	Doughnut	108
Mixed-grain Bread	69	Waffles	109
Carrots	70	Instant Potatoes	118
Oatmeal	70	Cornflakes	119
Yams	73	Instant Rice	128
Sweet Corn	78	Malodextrin	150

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Brown Rice 79

Tofu nondairy Frozen Dessert 164

White Rice 83

Remember: Not all high-glycemic foods are "bad" and not all low-glycemic foods are "good". However, keeping the glycemic index in mind can help you to create meals that are not heavily weighted towards the high end of the scale. That will go a long way toward keeping you off the blood-sugar roller coaster and keeping energy levels even and cravings at bay.

Note: I have recently switched over to using the Glycemic LOAD which is a more accurate measure of the effect food has on your blood sugar. For the most user-friendly and most accurate listing of the glycemic impact of foods, go to <http://www.mendosa.com/gilists.htm>

### **7-DAY FOOD JOURNAL**

A pen and a piece of paper is absolutely one of the most important tools you have to help you reach your weight loss goal.

As you begin your new program use your 7-Day food journal, so that you can keep track of what you're eating and how you're feeling. It will help you to focus on your new program, evaluate your progress and gain a better understanding of your personal eating behaviors.

The 7-Day food journal gives you a snapshot of what you're eating each day. It will help you understand where you're on your journey, so you can start incorporating more natural foods or start cutting out junk food from your diet.

Writing down what you eat and how you feel each day in the 7-Day food journal is a mandatory part of the Kick Slim program.

Use the 7-Day Food Journal on the following page to record your daily food intake and how you feel. Made copies of the 7 Day Food Journals.

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## 30 Day Kick Slim Schedule

Ready to get started? Here's a sample 30-day plan that will have you shedding pounds FAST! Remember: The more weight you need to lose, the faster your initial weight loss will be. We tend to lose weight at a slower pace as we approach our ideal weight.

### Things to Do Before Day 1:

- Buy healthy foods, drinking water and snacks (fresh, whole foods and produce — organic is preferred) and remove tempting, unhealthy foods from your home.
- Establish your health and wellness goals and write them down in a journal or post each goal on your refrigerator or bathroom mirror.
- Order the Isagenix cleansing and fat burning system
- Choose the days you'll do cardio kickboxing or yoga plus class
- Take steps to ensure a good night's sleep
- Plan each day in advance so that you can make the system more convenient to fit your lifestyle. This will ensure you stick to the program.
- Come out to the Saturday morning Life Fitness Class for support
- Rule out medical issues that prevent you from losing weight

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## **Shake Days (Day 1 Thru 6)**

### **Morning**

When you wake up, drink 1–2 oz of Ionix® Supreme to increase energy and help your body better cope with the effects of stress. And, drink 1–2 glasses of purified water. For best results, add IsaWATER™ Alkalized Concentrate.\*

### **Breakfast**

Mix 2 scoops of IsaLean® Shake with 8 oz of purified water. Take 1 Natural Accelerator™ capsule to help jump-start your metabolism. Take 1 AM packet of the Ageless Essentials™ Daily Pack for Men or for Women.\*\*

### **Mid-Morning Snack**

Pick one option from the Shake Day Support Options below.

### **Lunch**

Eat a healthy, low-glycemic and balanced 400–600 calorie meal. A typical plate should consist of one half fruits and vegetables, a serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, (see example of foods to eat from page 39).

### **Mid-Afternoon Snack & Supplement**

Pick one option from the Shake Day Support Options below. Take 1 Natural Accelerator.

### **Dinner**

Mix 2 scoops of IsaLean Shake with 8oz of purified water. Take 1 PM packet of the Ageless Essentials Daily Pack for Men or for Women.\*\* Salad

### **Evening**

Take 1–2 IsaFlush!™ capsules with 8 oz purified water.

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## **Shake Day snack Options**

- 1 serving FiberSnacks!™\*
- 1 serving SlimCakes®\*
- 1 serving IsaDelight Plus™ (1–2 dark chocolates, up to twice daily)\*
- 1 serving Isagenix Snacks!™\*
- Hazel nuts, Almonds, Cashews, Macadamias, or a Slice of Sprouted Grain Bread, Goat Milk Yogurt, Fruit (also go to page 39 for more example)

## **Cleanse Day (Day 7)**

### **Cleanse One (Breakfast)**

Drink 4 oz of Cleanse for Life® liquid or mix 2 level scoops of Cleanse for Life powder with 4–8 oz of purified water.

Take 1 Natural Accelerator capsule to help jump-start your metabolism. Take 1 AM packet of the Ageless Essentials Daily Pack for Men or for Women.\*\*

### **Morning Snack**

Take 2 Isagenix Snacks! and drink 1–2 glasses of purified water. Drink 1–2 oz of Ionix Supreme to increase energy and help your body better cope with the effects of stress.

### **Cleanse Two (Late Morning)**

Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4–8 oz of purified water.

### **Afternoon Snack**

Take 2 Isagenix Snacks! and drink 1–2 glasses of purified water. Take 1 Natural Accelerator capsule.

### **Cleanse Three (Late Afternoon)**

Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4–8 oz of purified water.

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## Evening Snack

Take 2 Isagenix Snacks! and drink 1–2 glasses of purified water.

## Cleanse Four (Dinner)

Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4-8 oz of purified water.

Take 1–2 IsaFlush! capsules with 8 oz purified water.

Take 1 PM packet of the Ageless Essentials Daily Pack for Men or for Women.\*\*

\* Products sold separately.

\*\* This planner is based on the 30-Day Cleansing and Fat Burning System with Ageless Essentials Daily Pack. If you purchased the original 30-Day Cleansing and Fat Burning System, disregard the Ageless Essentials Daily Pack in the planner portion of this guide.

The next 23 days will be very similar to the first 7. Continue to put an emphasis on adequate sleep and fluid intake, regular meals, and exercise. Vary your cardio routines, but try to get between 30 and 60 minutes of cardio each day. Lift weights at least twice per week. Weight training shapes and tones your body.

Also do your meditation, visualization and affirmation every morning.

On day 30, you'll be lighter, leaner, healthier, less stress and happier. Be sure to reward yourself with a great treat, and get ready for the next 30 days.

Healthy Regards,  
Anthony Elliott

Red Dawn Martial Arts  
12 Fisherman Drive Unit 2  
Brampton Ontario, L7A 1B6  
905-840-4990  
<http://reddawnmartialarts.com>  
[info@reddawnmartialarts.com](mailto:info@reddawnmartialarts.com)

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