

Weight Control - Plan

Tactics

- 1) Timing;** Commit to coming to three sessions every seven days. Start this program when Weight Control can be a priority for the next 21 days.
- 2) Audio;** Listen to *Weight Control - Strategy* audio once a week for 3 weeks. Listen to *Weight Control - Hypnosis* audio 3-7 times a week for 3 weeks.
- 3) Throw out** the food you don't want to eat any more, like highly processed foods with chemicals or empty calories. Buy mainly fresh whole foods that deliver good macro and micro nutrients.
- 4) New Activity;** Add an enjoyable, sustainable exercise activity.
- 5) Suggestions;** *"I eat the right foods at the right times in the right amounts". "I'm in control of my weight and eating, and enjoy creating my authentic body."*

Five Insights & Five Questions

- 1. Manage your Appetite and Fullness Level (AFL).** Stay between 3 and 7 out of 10. Don't get starved (below a 3), or stuffed (over a 7). This means you eat regular moderate meals, so your body stays fueled but not overloaded.
Q1; Am I physically hungry or emotionally hungry?
- 2. Drink water.** When we think we're hungry, we're often actually just thirsty. If you think you feel hungry, drink a glass of water and do 5 rounds of deep breathing, then check your AFL. Once you know you are at a 3 and are ready to eat, drink a glass of water slowly, ten minutes before you start eating.
Q2: Am I hungry, or thirsty?
- 3. Eat consciously.** For these 21 days, eat 80% of your previous portions at half your normal speed. Focus on chewing and tasting your food for twice as long. Put down your knife and fork in between bites. Take a half time break in the middle of your meal for five minutes.
Q3; Is this food the right amount?
- 4. Be prepared.** Manage your shopping and your schedule so that you don't slip below an AFL of 3. Choose fresh whole foods with macro and micro nutrients like fruits, over foods with processed chemicals or empty calories.
Q4; Is this food the right food for my body?
- 5. Regular activity or exercise.** Make any form of movement a scheduled priority. *Know* 'I don't feel like it' becomes 'I'm glad I did it'. Don't push hard, just do consistent regular even moderate exercise that raises your heartbeat.
Q5; How can I find a way to do a physical activity?

Your Plan For Your Body

Deep down, *you already know what works for you*, at a subconscious level.

We can be distracted by the thousands of plans others are selling. There are many diets and approaches - and all of them can work, for some people.

It's tempting to be forever a student, learning about the 'new' thing, with an interesting *complex* story. Atkins vs veganism, intermittent fasting vs six small meals a day. We create a duality of opposing opposites, and an endless debate, that once internalized can become a limiting belief and emotional block.

If there is a *way of being* that you've used successfully before, for a year or more, we can use hypnosis to reconnect with that ability, and reinstall it in your subconscious automatic pilot. So if you know that a specific plan works for you, and others that don't, then you are the 'some people' who can really do that, so we can use that to work for you again.

Yet it's time to realize, in essence, all weight control is actually *simple*.

Calories In; You're not 'counting calories' constantly - but you have a general awareness you are doing, to get the right food, in the right amount.

- 1) Estimate how many calories you are consuming per day, compared to your required intake. (*e.g it's 10% more than needed.*)
- 2) Decide how to reduce those calories, so it's 10% less than needed, so...
 - i) You can eat the same of everything, yet reduce all portions to 80%.
 - ii) You can keep the same portion size of main meals, yet reduce all sugar snacks and drinks if they make up 20% of your daily calories.
 - iii) You can keep the same portion size of main meals, but substitute out excess calorie foods for lower calorie foods that still deliver macro and micro nutrients.
 - iv) You can use a combination of all the above, that means you go from calorific excess to a small calorific deficit, that you can easily manage for six months, or until you hit your BMI target. This is a marathon, not a sprint.

Calories Used; For many long term weight control happens in the kitchen, not in the gym. Many naturally thin people don't 'train hard'. This is optional.

- 1) Do not get over motivated and do excess exercise, then get pain, or burn out, and oscillate from 'trying hard', to feeling bad after.
- 2) Do simply do moderate activity, that helps your heart, lungs and organs function better, while burning and extra 200 calories a few times a week - in an way which is sustainable for years and enjoyable.
- 3) If you are, or could be again, an exercise type person, we can address this in session.

Daily Log of Eating Triggers

Keep a record of your eating habits to gain awareness of when and why you eat. Be patient and accepting as you gradually make new habits for life.

Time; Did you eat regularly to maintain peak energy and performance?

Food; Your choice of portion size and calories?

Reason; Did you respond to *physical* hunger, not emotional hunger or thirst?

AFL; What was your *Appetite And Fullness Level (AFL)* before eating?

Emotion; How did you feel while eating the food, and after eating the food?

Time	Food / Calories	Reason	AFL	Emotion

Three Negatives Avoided, Three Gains Achieved

Describe three of the negative aspects of excess weight you will avoid.

1.

2.

3.

Describe three of the benefits you will receive by gaining your best body for life.

1.

2.

3.