



— ULTIMATE —
**METABOLIC
NUTRITION**
GUIDE

WHEN YOU NOURISH YOUR BODY WITH GOOD FOOD, YOU TRANSFORM YOUR BODY FROM THE INSIDE OUT.

What You Eat Can Affect Your Metabolism

In order to stay healthy and keep your metabolism (or body processes) functioning like a well-oiled machine, it's important to exercise and eat a nutritious diet.



Although exercise plays a very important role, it is important to know that 80% of your desired results will come from the foods you eat. GetFit21 is designed to provide you with the support and education you need for life-long health. We'll guide you through healthy eating skills, such as how to reduce your sugar intake and which types of fat to avoid. We'll also explain the science behind the principles of nutrition, such as why the timing and size of your meals can be just as important as what is in them. By following the principles outlined in this guide, you will set yourself up to be metabolically fit for life.

So... What is Metabolism?

Metabolism is the sum total of all chemical reactions in the body that take place at the cellular level. The body is an amazing molecular machine, and performs over 10,000 classes of chemical reactions every single second. These changes produce energy and substances needed for cells and organisms to grow, reproduce, and be healthy. However, just as a car needs regular maintenance to keep it running smoothly, your body also needs consistent care to maintain metabolic function.

One major factor that can destroy metabolic function is a poor diet. Today's highly processed diet is very high in carbohydrates and sugar, while providing very little nutritional value. This throws the body's metabolism out of whack. When this happens, the reactions stop occurring as often as they should, leading to high blood pressure, high blood sugar, weight gain, excess body fat around the waist, and/or abnormal cholesterol or triglyceride levels.

So, if you want to become metabolically fit, the first thing you need to do is control your blood glucose and blood lipid levels. Here's the GOOD news: we're going to show you how!

Small Improvements Make Big Changes

Losing just 10 pounds can reduce your risk of diabetes and other chronic diseases. Weight loss has the most positive impact on those who are overweight and are diagnosed with hypertension.

In addition to weight loss, exercise is the next most important thing you can do to take control. Benefits from regular exercise include reducing your risk of metabolic syndrome and increasing your likelihood of a longer life. In fact, the Center for Disease Control and Prevention (CDC) recommends about 150 minutes of movement per week to see these benefits. * **

The key to exercise is to find something you enjoy doing and will stick with, whether it's walking, swimming, cycling, weights, or Zumba. It is important to include both cardio and resistance training for overall health.



https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

Best Food Choices to Enhance Your Metabolic Health



The foods you eat DO make a difference. In order to get the BEST results, whether you want to lose fat, manage your cholesterol or diabetes, reset your metabolism, or just feed your body well, there are a number of helpful methods you can use to plan your meals. Let's look at some healthy foods and why these BEST food choices are better than others.

Beans/Legumes

Filled with soluble fiber, lean proteins, and complex carbohydrates, beans are a great food choice when creating your balanced meal plan. Beans can be an easy addition to meals, if you select the canned variety. When shopping, choose canned beans that are low sodium, and be sure to rinse them before preparing.









- 🔄 Black Beans 🔄 Kidney beans 🔄 Navy beans
- 🔄 White beans 🔄 Garbanzo or chickpeas 🔄 Pinto beans
- 🔄 Soybeans 🔄 Lima beans



Beans/Legumes

These vegetables are a great source of vitamins, minerals, fiber, and even protein. They do contain some carbohydrates but not enough to significantly raise your blood sugar. Non-starchy vegetables are integral to a healthy meal plan. Fresh vegetables are ideal as are frozen varieties. Low-sodium/no-sodium canned can













be a quick addition to your meals. Be aware, canned vegetables typically are less nutritious. Best preparation tips: eat raw, steamed, grilled, or roasted.

-  Broccoli
-  Mushrooms
-  Kale
-  Spinach
-  Peppers
-  Arugula
-  Collard greens
-  Onions
-  Cauliflower

Lean Proteins

Lean proteins are indispensable for the growth and maintenance of every cell in your body. When eaten as part of a balanced meal, they keep your blood sugar levels steady while providing the protein your body needs. Some options, such as salmon, also reduce your risk of heart disease by providing Omega-3s. Best preparation tips: baked, broiled, grilled, roasted, or stewed.








-  Salmon
-  Egg whites
-  Tofu
-  Catfish
-  Turkey
-  Beef
-  Cod
-  Chicken
-  Pork
-  Tilapia
-  Seafood.
-  Eggs



Dairy Products

Full Fat Dairy products are a great source of protein. They have an added bonus of being calcium rich. Be aware they do contain carbohydrates. Be mindful of Low-Fat varieties and additions like fruit, as they are full of sugar.

-  Yogurt (choose a PLAIN unsweetened, Greek variety that is high in protein and low in carbohydrates and sugars)  Cheese
-  Milk (consider using unsweetened almond or coconut milk)
-  Cottage cheese  Sour cream

Nuts and Seeds

Nuts and seeds contain healthy fats, as well as nutrients like magnesium and omega-3 fatty acids. It is important to incorporate them into your diet. Add them to your meal or use them instead of croutons on your salad for a healthier crunch.



- Almonds
- Cashews
- Pumpkin seeds
- Brazil Nuts
- Walnuts
- Peanuts
- Flax seeds
- Pistachios
- Chia seeds
- Natural Nut Butters



Whole Grains








Heart healthy foods like steel cut oats are high in fiber, which actually helps slow glucose absorption. Because they are carbohydrates, keep portion size in mind, as they will still raise your glucose.

- Oatmeal, steel cut
- 100% whole wheat breads
- Whole-grain pasta
- Brown or wild rice (not parboiled or instant)

Fruits

Fruits that are high in fiber make a great option to help curb a sweet tooth. Stick with whole fruits, rather than juices, as the naturally occurring fiber in fruits helps slow your body's absorption of carbohydrates. Fruits can also provide your body with antioxidants and nutrients. Choose lower glycemic options like berries. Be cautious of ripe bananas and tropical fruits which have a high sugar content.












-  Blueberries
-  Peaches
-  Raspberries
-  Pears
-  Blackberries
-  Unsweetened frozen fruit
-  Apples

A serving of fruit is considered to be one small to medium size piece of fresh fruit or a half cup of chopped fresh fruit. These amounts provide roughly 15 grams of carbohydrate. The amount and type of fruit you eat are what affects your blood glucose level the most, but several factors, including whether the fruit is cooked or raw and whether you peel it or eat it whole, can also influence your blood glucose level.



Healthy Fats

Healthy fats are essential for a balanced diet. Contrary to past advice, **FAT WILL NOT MAKE YOU FAT!** Healthy fats are necessary for brain health, balancing hormones, appetite control, decreasing inflammation and blood sugar regulation. Be sure to include a healthy fat in every meal. Adding a healthy fat to your Complete shake will keep you satisfied for at least 4 hours. Adding avocado to a Complete shake is a delicious, smooth and creamy way to include your healthy fat!

-  Avocado
-  Olives
-  MCT Oil
-  Coconut
-  Olive Oil
-  Avocado Oil
-  Coconut Oil
-  Nuts/Seeds
-  Fatty Fish (tuna, salmon, sardines, mackerel)

Foods to Avoid The Danger Zone:

Just as the previous section provided examples of the best foods to choose for metabolic health, this section covers the types of foods you need

















to steer clear of. It may not be possible to avoid them completely, but you do need to make a conscientious effort to avoid these foods because of the negative affect they have on blood glucose levels.



High Glycemic Carbs

Highly processed, high carbohydrate food like cereals, pastries, cookies, syrups, jams and jellies, sodas, and candy can spike your blood sugar and insulin levels, causing your body to store fat, frustrating your weight loss efforts. These foods rarely provide your body with any nutrients and are mostly devoid of fiber, meaning your body quickly converts the food into sugar.



- | | |
|---|---|
|  White breads |  Regular jelly or jams |
|  White potatoes |  Diet & regular sodas/ energy drinks |
|  Pastries |  Juices |
|  Cookies |  Dried fruits |
|  Candies |  Syrups |
|  White pastas |  Yogurts |
|  Instant oatmeal |  Alcohol |
|  Granola or granola bars |  Processed foods |



Fried Food

Deep fried foods are an unhealthy choice due to the fact they could contain hydrogenated fats potentially increasing your risk of bad cholesterol, heart disease and cancer. In addition, the breading on many fried items will add additional carbohydrates.



Processed Foods

Processed or convenience foods can contain a number of harmful ingredients, including trans fats, chemicals, and preservatives. Snack foods and baked goods usually have a high fat content, high sodium content, and refined white flour. These food products promote inflammation, can increase your insulin resistance, and increase your risk for heart disease and other inflammatory problems. Don't be fooled by snack foods labelled as "Low Fat". They are often replacing the fat with lots of sugar.



Don't Drink Your Sugar

Everything you eat and drink affects your blood sugar. Sugary drinks like soda, fruit punch, fruit flavored drinks, fruit juice, sweetened energy drinks, power sports drinks, and sweetened tea quickly will spike your blood sugar while adding several hundred calories in just one serving. For example:

-  One 12-ounce can of soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in 10 teaspoons of sugar!
-  One cup of fruit punch and other sugary fruit flavored drinks have about 100 calories (or more) and 30 grams of carbohydrate.

Say No to Soda *

Soda can negatively impact metabolic health. Besides skipping the sugar, say "No" to diet soda. A study from the Journal of General Internal Medicine found that diet soda consumption was associated with certain vascular risks, like high cholesterol. In addition, soda can impair your gut health and decrease bone density.

<https://link.springer.com/article/10.1007%2Fs11606-011-1968-2>



Watch the Sauce

Syrups, salad dressings and other condiments are usually filled with lots of sugars and/or unhealthy fats. Read labels carefully. Eating healthy doesn't have to be flavorless. Be smart and experiment with various vinegars, mustard, spices, and herbs. Lemons and limes can spruce up some flavor.

Meal Planning Options for Healthy Metabolic Meals

It's nice to have options!

First, let's recap the characteristics of a healthy metabolic diet.

- ✓ Eat reasonably sized portions to manage weight
- ✓ Include fruits and vegetables
- ✓ Choose whole grains rather than processed ones
- ✓ Include fish and lean cuts of meat
- ✓ Avoid processed meats like bologna and hot dogs
- ✓ Select beans and legumes
- ✓ Use virgin olive oil or avocado oil for salads, cooking, and vegetables
- ✓ Include a healthy fat in every meal
- ✓ Stay away from trans fats
- ✓ Avoid high-glycemic snacks and desserts like chips, cake, and ice cream

Depending on your current diet, this may or may not involve major changes for you.

This next section will introduce you to three popular methods of metabolic meal planning - the plate method, carb counting, and the glycemic index.



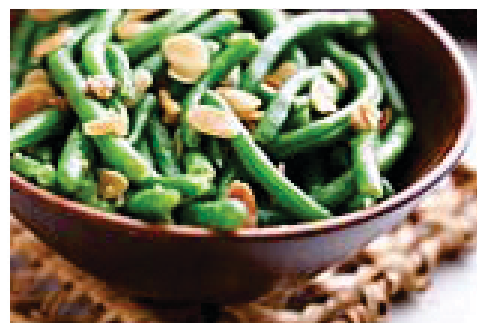
The Plate Method

If you're the kind of person who likes to keep it simple, the American Diabetes Association recommends a healthy, easy-to-remember strategy called "Create Your Plate". Use it to balance what's on your plate. When you do, you'll manage your health and lose fat at the same time. The size of your plate matters. Use a 9-inch plate or measure that size out on the plate you use. Here's how it works: Draw an imaginary line down the center of your dinner plate. Then, on one side, cut it in half again so you have three sections on your plate.



Fill the largest section with non-starchy vegetables

- 🍴 spinach, carrots, lettuce, greens, cabbage, bok choy
- 🍴 green beans, broccoli, cauliflower, tomatoes
- 🍴 salsa, onion, cucumber, beets, okra
- 🍴 mushrooms, peppers, turnips



Fill one of the small sections with carbohydrates:

cooked beans, such as pinto beans, black-eyed peas, garbanzos, black beans or dal

- 🍴 green peas, corn, lima beans, sweet potatoes,
- 🍴 winter squash, yams



Limit the choices below to 3-5 selections per week...Do not eat them daily.

- 🍴 whole grain breads, such as whole wheat, sour dough or rye
- 🍴 brown (not instant) or wild rice, whole wheat pasta, bean pasta, whole wheat tortilla

Fill your other small section with lean protein:

- ④ chicken or turkey without the skin
- ④ fish such as tuna, salmon, cod or catfish
- ④ other seafood such as shrimp, clams, oysters, crab or mussels
- ④ beef and pork such as sirloin or pork loin
- ④ tofu, eggs, cheese



Add a serving of healthy fat to each meal. Choose healthy amounts. For cooking, use olive, avocado or coconut oils. For salads, some healthy additions are nuts, seeds, avocado, and olives. If you choose, add a no calorie drink like water, unsweetened tea, or coffee.

This approach offers several advantages. Most importantly, you don't need any special tools and you don't have to do any counting!

Carbohydrate Counting **CARBS**

Carbohydrate counting, or carb counting, is another meal planning technique.

Carbohydrate counting requires you to

keep track of how many grams or servings of carbohydrates you eat. You set a limit for your maximum amount of carbohydrate to eat for each meal. With the right balance of physical activity, this method of meal planning will help you toward your goals.

How many carbohydrates you eat varies from person to person. Finding the right amount of carbohydrates depends on many things, including how active you are and what, if any, medication you take. Some people are very physically active and can eat



more carbohydrates. Others, like diabetics, may need to have less carbohydrates to keep their blood glucose at an optimum level.

- 🕒 A good target to aim for is about 0-15 grams of carbohydrate at breakfast and 15-30 at Lunch and dinner.



Foods that contain carbohydrates include all starches and sweets such as:

- 🕒 Grains such as rice, oatmeal, and barley
- 🕒 Grain-based foods such as bread, cereal, pasta, and crackers
- 🕒 Starchy vegetables such as potatoes, peas and corn
- 🕒 Fruit and juice 🕒 Milk and yogurt
- 🕒 Dried beans such as pinto beans and soy products like veggie burgers
- 🕒 Sweets and snack foods such as sodas, juice drinks, cake, cookies, candy, and chips
- 🕒 Wine and Beer

Non-starchy vegetables like all leafy greens, cucumbers, broccoli, and cauliflower etc. have a small amount of carbohydrate, are high in fiber and nutrients. Include non-starchy vegetables in at least two meals per day.



Carbohydrate counting is easier when food labels are available. You can look at how much carbohydrate is in the foods you want to eat and decide how much of the food you can eat. The three most important lines on the label for **carbohydrate counting** are **the serving size**, the **total carbohydrate amount**, and the **amount of fiber**.

UNDERSTANDING LABELS

Serving Size

All the information on the label is about the serving size listed. If you will be eating a larger serving, be sure to factor this in by doubling or tripling the information on the label.

Fat:

There are good and bad sources of Fats. Good sources of fats include mono and polyunsaturated fats found in nuts, seeds, and olive oil.

Unhealthy fats are found in Trans Fats or hydrogenated oils. Limit the amount of Saturated Fat from meat sources.

When choosing a healthy fat, always follow the recommended serving size. (*See Food Guide)

Nutrition Facts	
Serving Size One Bar (63g)	
Servings Per Container 18	
Amount Per Serving	
Calories 180	Calories From Fat 10g
Total Fat 1g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 5mg	
Sodium 50mg	
Total Carbohydrate 10g	
Dietary fiber 1g	
Sugars 4g	
Sugar Alcohol 1g	
Protein 3g	

CARBOHYDRATES:

There are good and bad sources of carbs. Healthy sources include whole grains, non-starchy vegetables, and legumes. Strictly avoid processed carbs like white bread, chips, cereal, etc. Always stick to the serving size for healthy carbs. (*See Food Guide)

PROTEIN:

Not all protein is the same. There are good and bad sources of protein. Healthy sources include lean meats. Unhealthy sources include fatty and processed meats. (*See Food Guide)

SUGARS:

Look for foods that are low in sugar. Sugars listed on labels include both natural sugars (like fruit), and those added. There are many different names for added sugar (corn syrup, fructose, dextrose, etc.). Avoid foods with added sugar. Always stick to the serving size for natural sugars. (*See Food Guide)

CAUTION:

Label always refers to 1 portion

Carbohydrates Minus Fiber = Net Carbs

The number of grams listed for "total carbohydrate" on the label already includes the sugar and fiber.

Fiber negates the net effect carbohydrates have on your blood sugar and can be subtracted from the total carbohydrates. The total carbohydrates minus the total fiber is referred to as "net carbs".

If a food label states "high fiber," the product must have at least 5 grams of fiber per serving, according to the Whole Grains Council.

Choose high-quality complex carbohydrates instead of low-quality simple carbs. Whenever possible, pair your carbohydrates with protein and healthy fats. Keep in mind that all carbs raise your blood sugar. High-quality carbs include:

- 🔄 Vegetables
- 🔄 Fruits (fresh and frozen, unsweetened)
- 🔄 Beans
- 🔄 Peas
- 🔄 Lentils
- 🔄 Brown rice
- 🔄 Wild rice
- 🔄 Barley
- 🔄 Oatmeal, steel cut
- 🔄 Whole-grain cereals
- 🔄 Whole-grain breads
- 🔄 Whole-grain crackers
- 🔄 Quinoa
- 🔄 Amaranth
- 🔄 Wheat berries
- 🔄 Millet



Once you know how many carbs to eat in a meal, choose your food and the portion size to match. This method requires quite a bit of planning and personal discipline, but may be worth it if you prefer the flexibility that the carb counting method offers.

Fats

The trend of Low Fat diets has been rejected by modern science.

- 🔄 To reduce your risk of heart disease and stroke, look for products with the lowest amount of saturated fats per serving.
- 🔄 Avoid all trans fats.
- 🔄 When choosing dairy products, opt for full fat unsweetened yogurt and full fat cheese and cottage cheese.





Sodium

Select foods with less sodium (salt). Most canned foods are high in sodium. Choose unsalted or low sodium and add salt to your taste at the table.

Fat Burning Zone: 4-4-12



Breaking News

For years we have been taught the importance of eating 5 to 6 small meals a day. Scientific studies are now showing that going back to 3 square meals a day, without snacking in between, will create a fat burning window between meals!

The Science

When you eat a balanced meal with lean proteins, complex carbohydrates, and healthy fats, you set yourself up to slow down the process in which foods turn to sugars. As soon as you have used that food for energy, your body will turn to your fat stores and start using your fat reserves instead. This is great news! You are now using your excess fat to fuel your energy needs! This will create a window of serious fat burning until you eat again. This is why it's best not to snack between meals. Just eating an apple, which may be healthy, will still spike your sugars, causing your insulin to spike and stopping the fat burning process you started.

Caution: Try not to go more than 6 hours without eating or skipping meals during the day. You may become so hungry that when you finally sit down to eat you might be tempted to overeat or make reckless choices. From dinner to breakfast fasting 12-16 hours is ideal.

Exception to the Rule

Unicity Matcha, Unicity Unimate and Unimate Fuel are the exceptions! These are refreshing, great tasting drinks that can be taken in between meals without spiking your blood sugar, allowing your body to stay in the "Fat Burning Zone!" They are an instant gratification drink. You will have more energy, better mental clarity and focus, and fewer cravings.

What's more, you will increase your metabolism and burn more fat. On top of their weight loss benefits, they are also great for your overall health, providing a rich source of antioxidants and nutrients. **Unimate Fuel** contains healthy fats keeping you satiated to help you stay in the Fat Burning Zone longer.



YOUR DAILY MEAL ROUTINE is as EASY as 1,2,3...

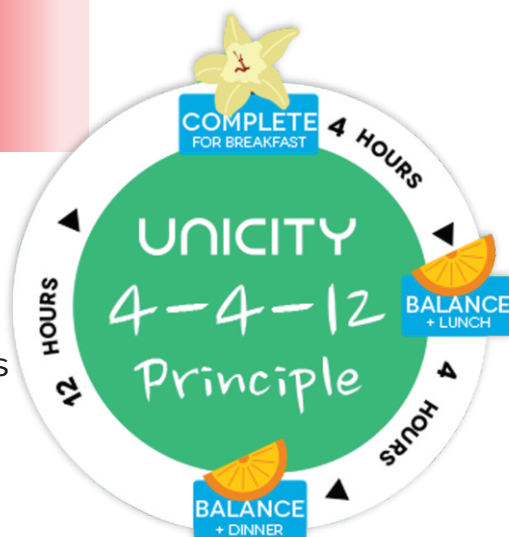
To Jump Start Your Success:

FIRST WEEK:

Drink 2 Unicity Complete meal replacement shakes and one healthy lean and green meal.

SECOND and THIRD WEEK:

(You may continue 2 shakes per day for weight loss and/or convenience as an option)



Step-1

For a high-protein, low carbohydrate breakfast drink Unicity Complete, then wait at least 4 -6 hours to eat lunch.

Step-2

Eat a healthy lunch, and then wait at least 4-6 hours to eat dinner.

Step-3

Eat a healthy dinner, and then wait at least 12 hours to eat breakfast. No snacking after dinner.

Between Meals:

Drink water or Matcha, Unimate or Unimate Fuel but do not eat snacks or other beverages because they interrupt the fat burning process. Remember: the 4-4-12 or 4 – 6 hour rule helps the body burn fat for extended periods of time between meals. If you get hungry between meals, add more lean protein and healthy fat to that meal the next day.

Highly Recommended:

- 🕒 To obtain a great metabolic start for the day, drink **UNICITY COMPLETE** every morning. Unicity Complete is a protein packed, fiber and vitamin enriched, delicious meal replacement.
- 🕒 For optimal fat loss and glucose control. take **UNICITY BALANCE** 10 -15 minutes before your two largest meals.
- 🕒 With your meals, drink only water, zero calorie/zero carbohydrate flavored waters, and unsweetened teas.
- 🕒 Say NO to snacks with the exception of **UNICITY MATCHA, UNIMATE OR UNIMATE FUEL.**
- 🕒 And for the extremely determined, **PASS on your Reset meal** your first week. Having your reset meal that first week may derail your progress. If you have diabetes, you will have to decide if a reset meal works for you.



UNICITY **COMPLETE**

A delicious meal replacement that infuses your body with high-quality protein, natural fibers, 100% daily recommended allowance of vitamin and minerals, and when mixed with water or unsweetened nut milks tastes great!! Complete provides the daily fuel you need and helps jump-start your metabolism to ensure a fit, energized, and well-nourished body. (Available in vanilla, chocolate, and vegan)



UNICITY **BALANCE**

Promotes healthy cholesterol, triglycerides, blood glucose levels and overall health. When taken 10 to 15 minutes before a meal. Balance slows the glucose response of the food you eat, helping your body burn more fat and helping you feel fuller longer.



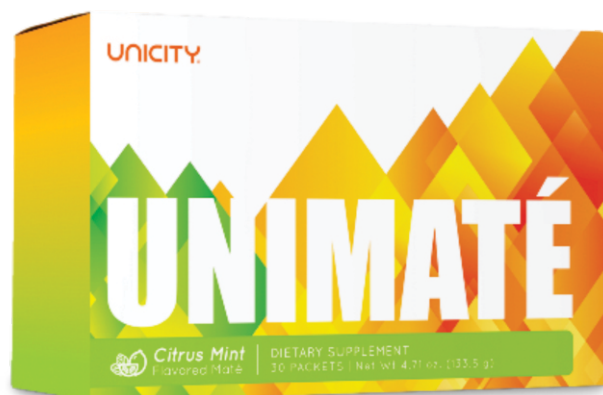
UNICITY **MATCHA**

A chi-oka blend rich in antioxidants, this natural fat burner also suppresses appetite, provides a natural source of energy and mental clarity, and increases your metabolism. Listed in the Physician's Desk Reference



UNIMATE

A refreshing drink that contains efficacious amounts of chlorogenic acid, theobromine, and triterpene, which work together to affect energy, mood, and focus along with fat burning and metabolism.



FUEL

A delicious drink that contains MCT-rich healthy fats from coconut oil and a delicious salted caramel flavor offering a satisfying solution to extend your time in the Fat Burning Zone. In addition to elevating your energy, mood, and focus...it helps to control your hunger and cravings while boosting fat burning and metabolism.



Everyone Loves the RESET MEAL!!

Is it possible for you to have dessert as a treat once in a while? Absolutely! In fact, treat yourself weekly! In the event that you have had a spot-on week (exercising 5 days per week and following the meal recommendations), treat yourself to a guilt-free reset meal!



- 🕒 Choose one meal during the week.
- 🕒 Take your Balance 10 to 15 minutes before you eat. (Highly Recommended)
- 🕒 Eat anything you desire, including items from the FOODS TO AVOID list.
- 🕒 Eat slowly and stop when satisfied.
- 🕒 You must be finished and back on track within one hour. No longer.

This hour-long "free" meal is important. It allows you to have a break and relax a bit, benefiting you mentally, physically, and emotionally. But remember: Only ONE meal a week if you are working towards fat loss and are trying to lean up. Otherwise, it can backfire and derail your goals.

If you have diabetes you may need to skip the reset meal. Let your glucose numbers be your guide.



Dining Out

- 🕒 Drink **BALANCE** as soon as you sit down at the table.
- 🕒 Plan ahead-most menus are now available online!
- 🕒 If the restaurant offers sizing options (such as a lunch sized entree), choose the smallest one.
- 🕒 Share meals with a dining partner.
- 🕒 Request a take-home container when you place your order.
- 🕒 Make a meal out of a protein-rich salad or soup and/or an appetizer.

- 🕒 Make smart substitutions (salad instead of fries or a double order of veggies).
- 🕒 Avoid creamy sauces, as they tend to be high in calories.
- 🕒 Order your protein broiled, roasted, grilled, or baked.
- 🕒 Lastly, skip the temptation of the all-you-can-eat buffet!

Be Assertive

Your waiter/waitress is there to assist you in making sure that your eating experience is just the way you want it. Politely ask to switch out the rice and potatoes for an extra serving of vegetables or ask for "double the protein" on your salads. This will help you to stay on your eating plan, and they will enjoy the nice "tip" you give them for their excellent service.

Five Important Tips to Remember

1. Exercise

Make time to exercise. Aim for five times a week, with a minimum of 30 minutes a day. Make sure to include cardio, strength training, and stretching. Find activities you like to do naturally, like going for a hike, swimming, cycling, or Zumba. So let's get moving and have some fun



2. Stay Hydrated

The Institute of Medicine recommends that men drink about 3 liters of water per day, and women drink 2.2 liters of water per day. A great way to meet these goals is to carry water with you throughout the day.



3. Master The 4-4-12

Intermittent fasting is a beneficial strategy for glucose control and fat loss.



4. Stop Late Night Eating

Set a goal to eat dinner early. Break any late-night eating habits, such as eating right before bed or while watching late-night TV.



5. Don't Skimp on Sleep

Believe it or not, it does make a difference. Good quality sleep is your metabolic re-set button. Not getting enough can cause undue stress on your body, increasing your cortisol levels. Elevated cortisol levels can lead to increased fat in your abdominal area. So keep stress low and get plenty of good quality sleep.

Conclusion – GOOD NEWS!

The choice is yours! Your health and quality of life are in your control. The level of success you achieve will depend on the decisions you make every day. These decisions include what you choose to eat and drink (and what you choose NOT to eat and drink), your level of daily exercise, and the other factors outlined in this guide.

Remember, this is NOT a diet. Diets don't work. We are showing you how to have a healthier lifestyle to help you achieve
AWESOME RESULTS and LONG TERM SUCCESS.

You now have the support, the education, and the tools you need to create a healthier **"NEW YOU!"**

So what are you waiting for? Let's get started!!

