

DAY 5

EDUCATION: PUTTING IT ALL TOGETHER

MOTIVATION: HOW GOOD DO YOU FEEL TODAY?

INSPIRATION: EAT THE DAMN COOKIE™

DAY 5 PUTTING IT ALL TOGETHER

DID YOU KNOW:

Most diets DO work. Yep, I said it, they work (if weight loss is your sole concern). If they didn't work, there wouldn't be an industry making millions of dollars off of supplement, shake, meal and snack subscriptions, diet books, exercises programs, etc. every year. However, the majority of diet programs have one thing in common: they all have an expiration date. A date that you should receive X, Y, and Z results by, and if not, you get your money back.

What is different about the 5 Day Happy Body Nutrition Reset?

There's no expiration date. The education you received over the past week provides you with the foundation to establish healthy behaviors and to maintain a happy lifestyle.

THE HAPPY BODY LIFESTYLE

BALANCE, BALANCE, BLAH, BLAH, BLAH:

"Life is about BALANCE". That word is so ubiquitous so I don't like to use it too often. Instead I want you to think about balance as your "happy lifestyle" and where you feel in most control of your body's needs regarding nutrition, fitness, stress management and quality rest.

NUTRITION:

Since the focus of this reset was nutrition, I should probably shed some light on my personal nutrition. I follow a 3 meal per day, 2-3 snack intake plan. Posted to the group Facebook page is a sample meal plan to show you what a balanced meal plan looks like. If you need to prioritize and pre-plan your meals to get optimal nutrition throughout the day then utilize a meal plan.

HAVE A PLAN:

Not planning = planning to fail. Think about what your week looks like ahead of time. Ask yourself what type of meals you plan to have each night, then ask yourself if the right groceries are in the house to make those meals. Will you be away for work all week? What snacks do you have stashed in your carry-on and what do you plan on ordering when out to eat with colleagues? What's your go-to healthy dish you can depend on? HAVE A PLAN.

YOUR BODY, YOUR RESPONSIBILITY:

Stop waiting for the doctor to give you poor results from a physical.

Stop waiting for someone to pass around you from the complications of a disease.

Stop postponing "eating well" for Monday, the new start to the week.

And stop waiting for your breaking point to come.

There is **NO BETTER TIME THAN NOW**. BE **PROACTIVE** and make the most of every moment you have on Earth.

You have one body, embrace it, give thanks for what it is capable of and make it the **HAPPIEST** it's ever been!

WHAT DID YOUR BODY TELL YOU?

You gave your body a serious break, so moving forward, think about what unhealthy foods you could continue to eliminate or limit in your diet.

If you're over the hump of relying on caffeine to wake up then why start it back?

If you gave up dairy or grains and experienced severely less abdominal bloating then why reintroduce those foods?

If you found yourselves not debilitated by hangovers on the weekend, then really try to limit the alcohol consumption.

Learn how your body responds to various foods, beverages, and supplements. Stick with what makes your body happy.

[#EATTHEDAMNCOOKIE™](#)

CAN YOU DO THIS ALONE:

You have the basics so now it's time to decide whether you want to take the reins and see what you can do on your own or* you can stick with me to continue along the path to maximizing your health and happiness. You can join the Happy Body Coaching program and receive 1:1 counseling to determine your exact energy needs, macro and micronutrient requirements and get the attention you need to solve any challenge you face individually.

Whatever you decide, I am here for you. If you'd like to continue with some 1:1 coaching sessions, email me for the special post-nutrition reset rate!

If you'd like to sign up for 1:1 coaching and counseling in the future, email me then as well, and thank you for participating!

DAY 4 MOTIVATION: HOW GOOD DO YOU FEEL TODAY?

TAKE A MOMENT TO SIT, RELAX, PONDER AND WRITE DOWN HOW GREAT YOU FEEL TODAY AND HOW ACCOMPLISHED YOU FEEL AFTER THE PAST 5 DAYS OF THE NUTRITION RESET:

- 1.
- 2.
- 3.

DAY 4 INSPIRATION:

HERE'S THE STORY AND THE MEANING BEHIND THE SLOGAN THAT HAS BECOME THE MOST IMPORTANT FOUR WORDS IN MY LIFE.

The story:

When I became a Registered Dietitian I was 25 and I started to counsel client after client who wanted to lose weight. I have encountered every type of "non-dieter" who offsets the amount of calories they consume by working out for two hours a day, only drinking red wine at night, restricting carbs, counting calories endlessly and subscribing to detox after detox plan to maintain or lose weight.

A typical session would go like this:

ME: "Walk me through your usual day of eating"

CLIENT: "It starts out good, I eat a healthy breakfast, then I get to mid-morning and I'm hungry but lunch is two hours away so I'll hold off on consuming any additional calories. Someone brought fresh baked cookies to the office but I restrained (didn't want the empty calories) and didn't have one even though they smelled so good. I ate my puny salad for lunch, skipped an afternoon snack, worked out and then came home. By then I was STARVING and I remembered the cookies from earlier, and we happened to have a stash in the pantry from my kid's birthday party. I woofed down six before I got out of the pantry, then I felt like crap and now I'm guilty as ever.

ME: "Let me take you back about eight hours into your day: you're hungry, there was food, you restricted and then fantasized for the rest of the day. Had you just EATEN THE DAMN COOKIE, enjoyed it, savored it, and moved on, you would be in a much different mental state by the end of the evening! So next time, EAT THE DAMN COOKIE™!!"

The meaning:

Stop restricting. When you restrict your brain, body and soul yearn for that restriction ten-fold. Give yourself a break and do the best you can do to make healthy choices most often and finally, when you desire something so much and can't stop thinking about it, take a breathe, go

slowly and just **EAT THE DAMN COOKIE™!**

EAT THE DAMN COOKIE™