

DAY 14

Hi All,

Well it is the half way point in the first round of the weight loss part of the program. You should be feeling great!

Exercise is hopefully causing some endorphin release and our diet of low carbohydrates, low fat, adequate protein should have you in a ketotic state. Ketone bodies increase your brains feelings of wellbeing, provide satiety (feeling full or satisfied) and the scales are definitely motivating. Main thing though is to look at the measurements and record them again today. Remember to do it at the same time of day as before.

I know most people are on track, but with a houseful of hormonal teenagers, I do empathise with people who are struggling. The good news is you only have to make sure you take one step in the right direction and just keep going. I have favourite audio cds (for me its Bob Andrews and Louie Carrillo), favourite music, a favourite place to walk alone and a favourite place to walk with Julie, a favourite spot to do pushups which is 2km walk from home up a steep hill, and favourite protein bar combinations (chocolate and peanut). I also am habitual about hanging around a positive environment with the business preview, Healthpointe meeting, the BDS and the Weekend Seminar. (Just received notification of my tickets for the next one with Ray Keller. Note to self listen to “Busride of a Lifetime” again today to know how much I am looking forward to the 5-7th February)

All I know is if I am feeling “not on track” I just have to be purposeful about doing one of the aforementioned actions and the rest happens almost automatically. It’s called habits. They can be our best friend or greatest foe and about now is the time you may be struggling most with that change. Good news is after 2 six week rounds of Healthpointe you will innately have your own solutions! But until then try mine.

Six weeks twice is not a long time to be purposeful for a lifetime of health and energy.

Tomorrow is the start of a new week (with a protein day) and let’s kick start it by making sure we get to bed as early as possible tonight. Why? Because that habit of watching TV, facebooking, internet surfing etc are not a step towards your longterm health and stop you from feeling like getting up for exercise in the morning. So do a bit more exercise today, get an early night and let’s kick off tomorrow with half a protein bar and half an hour of exercise. Get to bed an hour earlier, get up 30mins earlier and you will have half an hour more sleep, feel great and KNOW “you’re on track”!! (To Quote a famous man)

Speak tomorrow,

Jamie