

DAY 1

Hello to you!!

My goal over the next 6 weeks is to get into your head to help you make the right choices for your long term health.

Please feel free to pass on to those you know may benefit.

Welcome to your journey of nutritional learning which will put you back in the driving seat of your health. Too many diets emphasize what you can't eat or are too regimented with prepared meals or shakes so you don't learn how to take control after the programme.

Day by day with Healthpointe you will learn how to put your body into fat burning mode (so you lose fat not weight) and how to make the choices to get to your goal weight and health and stay there forever. Forever Lean but more importantly Forever in Optimal Health!

Over the next 6 weeks of the program we are going to educate everyone that decides to come to the meetings about many weight loss myths.

Our success over the past 12+ years is solely because we aim to educate each participant in healthy eating but more importantly learning how to feed your body so you are in control.

But let's now turn on the natural body hormones to put your body into fat burning mode. Yippee!!

So today should be your first protein day. Please remember to eat regularly from the protein list. 2 hrs between food is great but if you find yourself hungry please snack up to hourly. I hope everyone remembered their Double X, Concentrated Fruit and Vegetables and Omega 3 today. I also take Vitamin C plus extended release and fibre blend chewable. If you feel a slight headache it is usually associated with carbohydrate withdrawal for "carb junkies". Stay the course and use some ibuprofen, paracetamol etc if you like. More water helps as well.

Today would be a great day to read the Healthpointe Manual. It is a quick read so go for it!! It is also good to go through the food lists at the back and throw out anything in the house that doesn't fit into the program. Now is also the time to inform the rest of the household that you would like their support. Most people are helpful if asked nicely and after all, if you are preparing food all they have to do is eat the same food in different quantities if they are not interested themselves.

I know everyone recorded all their measurements today and remembered to record all their food and water consumption and exercise. Please take some before photos and find a body that you want for your after photo and stick your head to it. I hope everyone has had time to go to the chemist and get some keto-diastix ready for tomorrow morning.

So today let's focus on keeping proper records and eating regularly from the protein list. It is also important that we anticipate any challenges. (e.g. staff morning tea or eating out) Be strong and always carry protein bars for those difficult times. Also if eating out there is nothing wrong with just asking for the meat only and a small serve please. Let's not blame our circumstances but become the master of them.

If there is no junk food or high carbohydrate, high sugar and high fat food in the house it is hard to eat it.

So today record, read, clean out the fridge and pantry and enlist support.

Looking forward to speaking tomorrow,

Jamie