

Balance Your Weight - Introduction



Did you know that it takes 21 days to create a new habit?

All you need to do is to put into action these small, positive changes and keep running through them on a daily basis for 21 days until they become a habit!

A permanent lifestyle change is the KEY to permanent weight loss. By applying some natural strategies, making a few undemanding changes and using some simple & easy tools, this can be easily achieved. Once you understand the HOW and the WHY of these changes and strategies you will feel more motivation to create your new, healthier lifestyle with permanent weight

reduction.

How would you like to access the secrets to permanent weight reduction? Balance4Life Programs has 7 keys to success that are designed to make your weight reduction program simple and easy.

It is well known that it takes 21 days to make or break a habit. Creating new habits can be challenging but when you do it with the right motivation, your new habit can become permanent. Making new habits around your thoughts about food will be more effective than the old fashioned way of dieting. In fact, statistics show that over 90% of people who have been on a diet will put most or all of their weight back on.



Why?

- Diets trigger chemical responses in your body that cause it to go into starvation mode.
- Diets rely on you to change your actions, not your mindset.
- Willpower can be easily sabotaged and you revert to old habits
- When you fail, you lose confidence and self belief , start thinking negatively and this sets you up for the cycle of emotional eating and weight gain.

So how can YOU achieve permanent weight reduction?

You are what you think. Your thoughts have led you to make choices about your lifestyle and your current body weight.

To make changes for permanent results you need to know these secrets

- You need to create changes on a **mental level**, by creating a leaner mindset. This means changing your thoughts & making better choices that will result in

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a leaner body weight. You also need the tools to move through those challenges you may encounter on the way.

- You need to create changes on a **physical level** by choosing the food, nipping those food cravings in the bud and exercises that will result in you becoming leaner and fitter for life.

Connect the mind and the body and you will be able to take action to achieve your goals easily and effortlessly.

Follow the 7 Keys to Success and put into practice these tips and tools for just 21 days and you will create a new healthy habit, new mindsets and new behaviours that will enable you to start shedding those kilos – permanently.



Eliminate any barriers to your success by learning new ways to self motivate yourself and maintain focus. Who knows what new & positive habits you can create?

By following the 7 Keys to Success, you can construct your permanent weight loss plan. Over the next 21 days you will focus on this plan and practice new ways of thinking and actions. They may feel a little strange at first, but will get easier by the end of the 21 days as they have become more routine. Imagine – these new mental & physical habits will give you permanent results and you can shed those unwanted kilos!

Your first step to success is to get a new notebook or journal and make a plan for the next 21 days.

Focussing on each Key for the next 21 days will create your new habit.