

MENTAL WELLNESS EXPERT AND ICF CERTIFIED COACH

ELLE BENÉT



**PLUS
A BONUS!**

—
**MY SECRET
FAT BLASTING
WEAPON**

SCULPTING THE BODY OF YOUR DREAMS

THE 24 HOUR FAT BURN

YOUR GUIDE FOR A
TOTAL BODY TRANSFORMATION

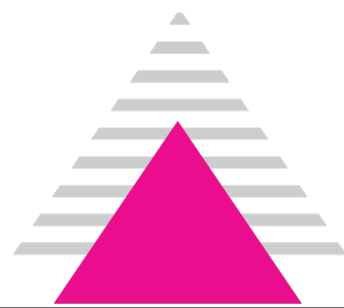


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PREFACE

Fitness as a lifestyle

In your journey towards fitness, it is important to create a sustainable lifestyle for yourself. Please take the time to understand exactly what this means. By the end of this book you will be able to create a regimen that you enjoy!

○ I've seen countless people make a commitment to their health. They go HARD and end up stressing out their mind and body with crazy exercises and super restrictive diets. It's no surprise they would say "staying in shape is too tough".

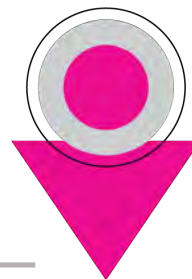
○ You don't have to kill yourself trying to reach your weight loss goals. Take gradual steps and plan carefully instead. I personally write my workouts and meal plans in a journal. It's a pretty fun routine too!

○ **My whole goal is to make your entire fitness journey FUN! It's time to blast the tummy fat and stay bikini body ready...for life!**

Here's to your health!

ELLE BENÉT





INTRODUCTION

What if I told you, it is possible to burn fat 24 hours a day?

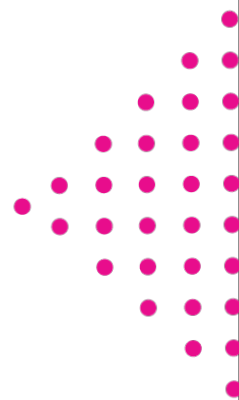
What if this all-day fat burning could be supplemented with the perfect style of cardio and strength training to further shred your fat and boost your metabolism?

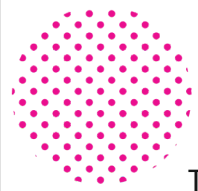
How quickly do you think you could attain your ideal body shape and fit into that dress that you have been eyeing for so long but decided against it as you felt it wouldn't be a perfect fit?

With the ongoing COVID-19 crisis, there is hardly any good news these days. However, if your answers to the above questions have gotten you interested, I have some great news for you.

YOU can burn fat 24 hours a day. The perfect way to do this is by complementing it with cardio and strength training as well. You can find out about the secrets to both these mind-boggling revelations here in this Guide.

Put them into action along with the rest of the methods I'm about to share with you and you will end up looking your best. In this way, you can use your stay-at-home days to work on yourself and attain fitness like never before. And, I can assure you that this will happen at a fast and furious pace! Unless you have a medical issue, which prevents you from getting lean (in which case you must consult a physician), you've been handed a clear plan, that will help build a new you. However, discipline and perseverance on your part will be essential in achieving your goal.





The trick lies in mastering your metabolism. This is the key to learning how to burn fat 24 hours a day. Here are some of the things that we're going to talk about:

1. Manage your diet to burn fat 24 hours a day.

A lot gets written about diets that will change our lives. However, not all of it is worth paying any heed to. In our Guide, you're going to get the most bang for the buck. We have strictly adhered to only that which has been proved to supercharge your metabolism and get you ripped. There are no fillers here.

2. Training methods that will boost your metabolism and make you look fabulous.

Along with your diet, your exercise routine is extremely important. Your training should help you improve your metabolism and not slow it down. We'll make sure of that.

3. Supplement strategies to help you shred fat.

There is a lot of misinformation out there regarding dietary supplements. If you can filter all this out, make no mistake, many super-powerful supplements can not only burn fat but also give you added energy when you need it. The secret lies in knowing what to take and when and ensuring that your safety always comes first.

4. The lifestyle choices that will help you achieve your ideal body weight

Making the right lifestyle changes plays an extremely important role in getting fit and staying that way. With the right plan, this doesn't have to be



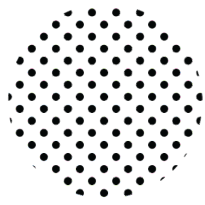


difficult, but it does involve discipline and commitment on your part. The plan here in our Guide has worked time and again. It will work for YOU too, if you apply it! You're holding in your hands the key to unlocking your metabolism and using it to help reveal your ideal body. A body that looks great, is packed with energy, and feels like it's in its prime, irrespective of age. These methods work beautifully for both men and women and the young and old. It will help you be the best version of yourself and help you to stay ahead of the game, even during these difficult times.

It is safe to say that when we're done, you'll have the equivalent of a Master's degree in metabolism. So now, let's get ready to burn fat 24 hours a day!

Thanks for giving me the chance to share this knowledge with you. It's now time to get to work!





CHAPTER 1

UNDERSTANDING METABOLISM

Before we talk about how we can transform our bodies into a 24- hour fat-burning machine, it would be quite helpful to have an understanding of how metabolism works.

Our Body And Energy

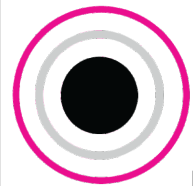
We are using energy for almost everything we do, on a day-to-day basis. We use energy when we run when we work on our computers when we workout and when we have sex. No matter what we do, our body needs to increase our energy levels to perform its various functions. For better or for worse, this is an inescapable fact of life.

The energy requirements of our body can be seen in terms of two broad categories. The first is automatic functions. Some examples of automatic functions in our body are the beating of our hearts, twitching of our eyes, the working of our livers and kidneys, and so on. We don't control any of these, but as we will see later in our Guide, dietary and lifestyle choices can certainly affect how much energy we expend on them.

The second are the functions that we choose to perform. This includes almost everything we do in our daily lives, for example walking the dog, getting up to grab the milk, and almost everything else that we "do". All of this requires the utilization of some sort of energy.

All this energy is measured in a unit, which you must be quite familiar with. It's called a calorie. Metabolism can be defined as "the caloric sum of both your automatic and voluntary functions that must take place to allow the energy forming process to occur.





For our purposes here, we have broken down metabolism into four parts. They are:

1. Resting Metabolic Rate (RMR)

This is, by far, the largest part of our metabolism. It accounts for more than 75% of our daily calorie expenditure. All our automatic body functions are powered by the RMR. Can you see where even small enhancements here can add up to more pounds of the fat lost week after week?

2. Thermal Effect of Feeding (TEF)

The amount of calories spent on storing, digesting, and absorbing food is called the TEF.

3. Thermal Effect of Activity (TEA)

It's the number of calories we spend on activities such as cardio and strength training. For some of us, it can amount to up to 30% of our caloric expenditure a day. This is the area we can exert the maximum influence.

4. Adaptive Thermogenesis (AT)

We can think of this as our body's "adaptive" metabolism. It adjusts according to changes in our environment. A wide variety of factors, ranging from the temperature we are operating in, to our mental state can affect the AT. This is an area that can be greatly influenced to achieve our fat burning goals. The secrets you are about to learn in our Guide will help you do exactly that!

For most of us, these four pillars of metabolism are the usual obstacles in our path of trying to look our best and being healthy. We're going to do our best to make them our allies as we learn to burn fat 24 hours a day. The results will far exceed the effort!





CHAPTER 2

RETHINK YOUR DIET

It should come as no surprise that in the process of mastering metabolism, diet plays a pivotal role. Smart changes in your diet are undoubtedly the quickest way to shift your metabolic gears in favor of burning fat fast.

Follow these tips and no matter where your metabolism is now, it will quickly adjust to where you'd want it to be.

Maintain a caloric deficit

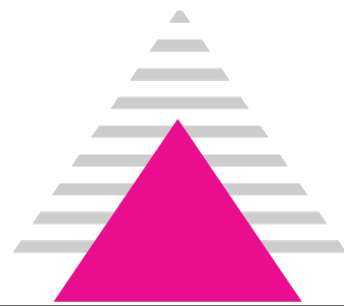
The first pillar of a successful diet plan is to ensure that you're not overeating calories. Now, this doesn't imply that you will have to do a lot of number crunching every time you decide to eat something. Instead, we're borrowing an old trick used by bodybuilding and fitness enthusiasts. All you need to do is, take your weight in pounds, and multiply it by 10. This is the area within which you should restrict your calorie consumption.

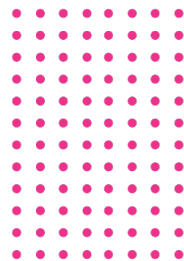
For example, if you weigh 220lbs it means that you should consume 2200 calories a day. 175lbs? 1750 calories a day. It doesn't get easier than that.

Never starve yourself

Now, this may come as a shock, but to keep your body's metabolism burning, it is very important to eat often.

As a survival mechanism, when you go for long periods without eating, your body shifts into a low metabolic state. In other words, there's no quicker way to cause your metabolism to shut down than by starving yourself. Unless you use some fairly complicated dietary strategies, when this happens, you will retain fat. You may even pack more on as you lose muscle!





Your goal is going to be to consume five or six meals a day but to still eat within the area of your caloric number that we determined above. By never getting hungry, you are also setting the mental stage to be able to maintain our fat loss program. I have learned through my personal experience and also by witnessing successful clients, that by avoiding the feeling of restricting ourselves day in and day out, we are much more likely to stick to our diet plans. This one included.

The net caloric deficit will make sure you are losing weight. Your metabolism becoming high from eating five or six meals a day will aid the fight to be fit by shredding extra fat all day, every day.

Have the same meals often

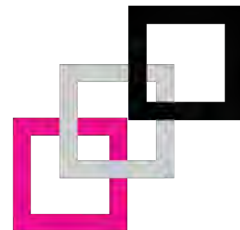
In case you're worried about having to count calories to keep yourself in the fatburning zone, there's an easy solution. Eat the same meals often. This way you can avoid overthinking the diet and impulse eating. I would suggest that you come up with two or three breakfast, lunch and dinner options. Rotate them whenever necessary to avoid being bored. No, this isn't about eating whatever you want, but it is a diet that will quickly get you the body of your dreams and help you fit into the clothes that you never thought you would!

Choose a free day

One day a week you can eat anything you want, however within reason. Not only will this help you stay sane, but it will act as an extra safety net in making sure your metabolism hasn't frozen. Sundays seem to be the favorite choice of many, but you can choose any day that best fits your schedule. As you can see, eating clean six days a week doesn't require an iron discipline to follow. You always have Sunday or whichever day you choose, to look forward to!

Follow these four tips and you will be amazed at how quickly the fat melts away. Are you ready to give it a shot?





CHAPTER 3

FOODS THAT WILL BOOST YOUR METABOLISM

Good news! Not only is it possible to burn extra fat based on how much we eat and when we eat it but we can also boost our metabolism by our sheer choice of certain specific foods.

The important thing to keep in mind here is to avoid as many processed foods as possible. The things listed here not only taste great but also have fat-burning characteristics. Incorporate them into your diet and the fat-burning flames will burn higher and brighter!

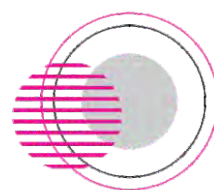
Salmon

The overall health benefits of Omega 3 fatty acids are quite exceptional. One among them is that they help optimize metabolism. A combination of healthy protein and fats makes salmon one of the best whole food choices of Omega 3. Eat salmon as often as you possibly can.



Organic vegetables and fruits with edible skin

It is true that going "all organic" can be expensive. On a budget, the best thing you can do for your metabolism is to at least try to go with organic veggies that have edible skin. This includes tomatoes, cucumbers, green beans, apples, and pears. The skins of these fruits and



vegetables, free of harmful chemicals, augment your metabolism rather than slowing it down. The more you eat, especially the skin of the organic vegetables, the better. As a bare minimum, you can aim for three servings a day.

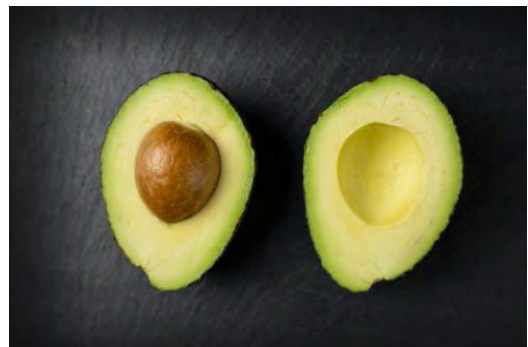
Yogurt

Now please understand, I am not talking about flavored yogurt that comes packed with sugary fruit on the bottom, but instead plain (preferably organic) yogurt. Yogurt again provides us with the much-needed protein but is also packed with probiotics which not only help the digestive process and fight belly fat, but some scientists also say it improves metabolism. So, whenever you feel a bit low, you can dig into a bowl of delicious plain yogurt. Not only will it make you feel better, but will also help you get the flat stomach you've been dreaming of.



Superfood Avocado

Inflammation is known to be one of the enemies of a fast metabolism. And avocado is known to fight it better than any other common food. Add avocado to your salads, as a side with your dinner and as a snack in the form of guacamole. In addition to its inflammation-fighting power, avocado is packed with fiber, which will help in making you feel full even while you're eating smaller meals. Have one serving of avocado every day.





Hot food that boosts your metabolism

If you love hot food, you are in luck!

Chili peppers give a huge boost to the metabolism. Now I understand they aren't for everyone, but if you enjoy (and can tolerate) the taste, feel free to add them to your diet.

The best choices include jalapeno, chipotle and habanero, along with Thai peppers. The hotter the better!



High fiber beans

Beans are inexpensive and high in fiber. They are an ideal choice to make your body burn more calories throughout the day. They are near perfect for powering your metabolism and can be used to supplement all of your major meals. Recent research

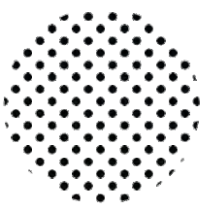
shows that the starch in beans can cause a 25% jump in energy expenditure during the process of digestion. Remember, this ends up in equally fewer calories that you have to worry about burning through other means which can be a real blessing.



Coffee isn't bad for you

Unlike many popular beliefs regarding coffee, let me assure you that a cup of coffee is great for energy and excellent for your metabolism. Just be sure that you don't pack it with calories. Go black with stevia for sweetness and keep it simple. As you work your way





through our Guide, a cup of black coffee is likely to be your best friend.
After all, the more energy we have, the more we can get done.

This shouldn't be considered as an exclusive list of metabolic boosting foods, just a good starting point. Feel free to research and explore!





CHAPTER 4

POWERING THROUGH CARDIO

Cardio is the art and science of burning calories. As an added benefit, it will also help in making you healthier and more able to perform the things you enjoy. Cardio ranges across a variety of activities from sports to making love. Increase your ability to do cardio and the quality of your life will improve. One of the best parts of doing cardio the RIGHT way is that your metabolism is enhanced to the point where you not only burn calories while you train but you continue burning them for the rest of the day too!

Why the emphasis on the "right" kind of cardio? Well, all cardio will shred calories but not all cardio is ideal for boosting your all-day metabolism. Some workouts, like long distance marathon running, does not help in boosting your all-day metabolism. In this regard, it is important to keep in mind that many cardio workouts can be done within the comfort of your home.

Keep the fire burning with smart cardio tips

Take your pick

There's plenty of ways to get in your cardio. Running, biking, and using a rowing machine are only a few examples. For your stay-at-home days, you can put on some music and choose from a variety of home cardio workouts, such as jumping jacks, squat jumps, kickboxing, place jogging, or just dancing. You can choose the workout that you find enjoyable and best suits your lifestyle. As long as you are sweating and breathing hard, your choice will do the job!

Sweat it out five days a week

To get the most out of cardio you need to do it often. Five or even six days a week are optimal. In case this leaves you too sore or exhausted early





into your training, start with four days until your body's endurance grows. Only one or two days of cardio a week will do nothing much for your metabolism. After all, getting the body of your dreams requires hard work and determination.

HIIT Cardio

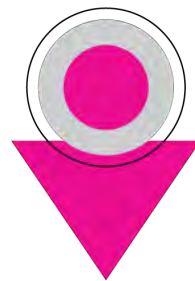
The style of cardio, which is the absolute best for reducing fat and boosting your metabolism, is called High-Intensity Interval Training or HIIT in short. Many books have been written on the subject, but in a nutshell, HIIT is a form of high-intensity cardio involving short bursts of hard work, with built-in recovery periods. Here's an example of running on a treadmill but the same principle can be used for other methods depending on what you choose to do: 30 seconds of all-out running (think of an 8 to 10 difficulty level) followed by light jogging for 1 minute (think a 3 or 4 difficulty). Repeat these HIIT "sets" for 15 minutes. As you become more fit, you can increase the duration of the sets to 20, 25, and finally 30 minutes. If you've never trained HIIT style, be prepared to see results very, very quickly.

Training sessions should not be missed

To boost metabolism, consistent cardio is essential. This requires a commitment to do your HIIT sessions and not let small disruptions get in your way. For example, if you end up working late, you can do cardio afterward. In case you are feeling under the weather on a particular day, you can drink some coffee and do your workout. The willingness to train despite all odds makes all the difference. This is what separates people who achieve their dream bodies and those who remain fat and lacking in health. Be a winner and don't miss training sessions.

Consider these tips as the Holy Grail of metabolic boosting cardio training. Use your days at home to the fullest and transform your body and life in the process. Are you ready to change your life?





CHAPTER 5

BURN EVEN MORE FAT WITH FULL BODYBLASTS

Muscle is the best friend of enhanced metabolism.

This may come as a surprise to you in a Guide about losing fat and getting lean, but it's one of the most important secrets I have to share.

Strength training is a vital component of ensuring that your body is burning fat 24 hours a day. You must remember that every pound of muscle you put on will help you lose two pounds of fat. And a certain style of strength training will set your metabolism to overdrive mode. Putting in the extra effort to get stronger will make you leaner and healthier. All this combined will have you looking your absolute best before you know it. You will feel more energetic and confident.

So, here's how to train to get lean. You'll be doing full-body blasts three days a week.


1. Choose three non-consecutive days to train.

I prefer to train on Monday, Wednesday and Friday. Your choice will likely be influenced by your work or school schedule, but three days a week is a must.

2. On the days you choose, you should do full-body workouts.

To train, you'll need a barbell and two dumbbells at the least. If you decide to train in a gym these will be easily available. If not, you can buy an





inexpensive set, along with a reasonable amount of weight plates. It's an investment worth making that will last you a very long time.

3. Strength training can be done before or after the cardio session.

Whichever choice works best for your lifestyle is fine. Only thing is that you should not neglect either, as both are extremely vital in optimizing your metabolism.

4. Each exercise should be done in 3 sets with 15 reps.

5. After each set, alternate between each exercise.

Once all three sets are done, you can move on to the next two exercises and follow the same method.

Pair 1:

Barbell Squat



Place a barbell with weights across your shoulders and squat down to just below parallel. Always squat in a rack or with a spotter.

Dumbbell Rows



Put one knee on a bench and hold a dumbbell in the opposite hand. Pull the dumbbell towards your core. This works the middle back.





Pair 2:

Pushups



These should be performed with tight abs and back using strict form.

Sit-ups



You can do bent knee sit-ups or crunches. It will help you immensely if you can do more than 15 reps.

Pair 3:

Pull Downs or Pull-ups



Both pull-downs and pull-ups help will help you build your overall strength. If doing pull-ups is not very hard for you, you may choose to do it over machine pull-downs. There's a reason they are the favorite exercise of athletes and the military.

Bicep Curls



These can be done using a barbell, a pair of dumbbells, or even on a machine.





Pair 4:

Dead Lift



Place a barbell on the floor. Bend your knees and pull the bar up to the middle quad as you straighten your legs. This will build strength in your entire body. Many trainers believe that a deadlift is excellent at giving the entire body a metabolic boost.

Being strong and being lean and fit all come hand in hand. If you would like more information on technique or correct form for the exercises, please [Click Here!](#)

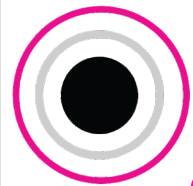
Only a month of dedicated full-body blast strength training can reveal remarkable results. Don't be surprised if it becomes your favorite part of the program!

Leg Lifts



Lie on your back and raise your legs straight to the sky stopping at the "L" point. This will build your lower and side abdominal muscles.






CHAPTER 6

FOUR ESSENTIAL SUPPLEMENTS + BONUS: MY SECRET FAT- BLASTING WEAPON

I can't stress enough that the subject of supplements needs to be approached with caution. However, this is not for the reason that you might suspect. Nearly all the supplements on the market today are relatively safe and there is no need to be concerned about their effect on your health. What we need to avoid are the many "miracle" promising fat loss pills and powders that are nothing but marketing gimmicks. The only thing these pills will make thinner is your wallet!

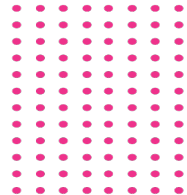


The four following supplements are the polar opposite of what's offered by those looking for a quick buck. If you add them to your daily regime they will do wonders to your metabolism and give you a significant edge in burning fat. Check them out.

Zinc

Recent studies have shown that a huge number of athletes who are not able to lose weight easily are suffering from zinc deficiency. It possible that rigorous training can cause this shortage of zinc to occur quickly, making it an area where dietary problems can manifest for even those who are making a point of breaking a sweat almost every day. Zinc will not only help optimize your metabolism and speed up recovery time but will also help you get a good night's sleep. You may take 15mg a day before going to bed.





Vitamin D

Vitamin D is an essential nutrient that helps maintain strong bones by absorbing calcium from food and supplements. It plays a vital role for the body's nervous system by providing communication between the brain and body parts. While **COVID-19** can threaten the immune system, Vitamin D is essential for helping to **ward off invading bacteria and viruses**.

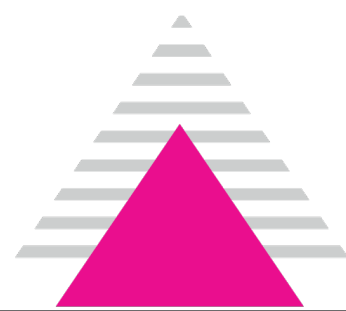
The common side effects of vitamin D deficiency can be thin and brittle bones. This condition is known as osteoporosis and is usually associated with older people.

Green Tea Extract

Having green tea is extremely beneficial for your metabolism and taking green tea extract is even better. At 300mg a day, green tea extract is a very powerful fat burner, which will help keep you in the fat-burning zone all day and night. When you buy it, make sure that it is from a reputable company. The reason for this is, for the last few years, there have been way too many junk green tea supplements on the market. I guess we can blame Dr. Oz for making it so popular!

Caffeine

There was a time years ago when a great many **"thermo-genic"** supplements were on the market. Many of them worked incredibly well, but as a result of being abused they ended up being banned in most countries. Now, these banned supplements have been replaced with products with similar names but which contain, for the most part, caffeine. This isn't a bad thing. Caffeine is safe when taken in reasonable doses. It can boost metabolism and provide the much-needed energy for your workouts.





BONUS!! How I lost 20 pounds in 2 Months



**This Is Me Before My
Bonus Weight Loss Solution**



**Me After 2 Months
of Taking My Weight Loss Solution
(Wearing the Same Shorts)**

[Okinawa Flat-Belly Fix](#) Guys , I'm so excited to share this product with you! This tonic has made fat loss a breeze. I literally lost 20 pounds in 2 months. I'm not on any crazy diets or doing insane workouts at the gym either. In fact, I no longer go to the gym. I enjoy doing a little yoga from home, though.

What I really like about the [Okinawa Flat-Belly Fix](#) is that it's specifically designed to target the root cause of obesity. Combine this with the fact that it's made with premium all-natural ingredients. If you need to lose the extra belly fat permanently I highly recommend this! But that's not it though. Take a look at these other benefits:





1. Fights food cravings
2. Stabilizes nervous system
3. Stops bloating
4. Increases energy
5. Reduces chances of return weight gains

This is my #1 solution for weight loss. I feel lighter, happier and much healthier after taking this. If you are having a tough time shedding the extra weight, give the [Okinawa Flat-Belly Fix](#) a go. I know it will give you the same exciting results I enjoyed!



SUPPLEMENT FACTS			
Serving Size: 1 scoop (2,800 mg) Servings Per Container: 30			
Amount Per Serving		%DV	
Calories	10		
Total Carbohydrate	2 g	1%**	
Dietary Fiber	< 1 g	3%**	
Thiamin	45 mcg	100%	
Riboflavin	1.7 mg	100%	
Niacin	20 mg	100%	
Vitamin B6	2 mg	100%	
Folate	400 mcg	100%	
Vitamin B12	6 mcg	100%	
Biotin	300 mcg	100%	
Pantothenic Acid	10 mg	100%	
Selenium	70 mcg	100%	
Chromium	200 mcg	167%	
			POLYPHENOL BLEND 2,150 mg
			Cherry, Carrot, Papaya, Aronia Berry Extract, Green Mango, Mulberry Fruit, European Black Currant Fruit Extract, Apple, Beet Root, Cranberry Fruit Extract, Acai Fruit Extract, Strawberry, Grape Skin Extract, Blueberry Fruit Concentrate, Pomegranate, Blackberry, Acerola Fruit Extract, Red Raspberry Extract, Pineapple Extract, Orange, Cantelope, Grape, Watermelon, Hibiscus, Lemon, Peach.
			METABOLIC BOOSTING BLEND 465 mg
			Shilajit Extract , Ginger Root, Cinnamon Bark Extract, Green Tea Extract, White Tea Extract, Turmeric Extract, Bitter Melon Extract, Black Pepper Fruit Extract.
			PROBIOTIC & PREBIOTIC DIGESTIVE SUPPORT BLEND
			Organic Blue Agave Inulin 100 mg
			Bacillus Infantis, Bifidobacterium Longum, Lactobacillus Rhamnosus, L.Reuteri HA-188,
			Lactobacillus Acidophilus 3 Billion CFU***

** Percent Daily Values are based on a 2,000 calorie diet.

Daily Value not established

*** At time of manufacture

OTHER INGREDIENTS

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CHAPTER 7

STRETCH IT OUT



Now we're entering an area that is usually not covered by most mainstream books on enhancing metabolism. I know this because I've read dozens of them.

Not only is stretching easy to do and helps you lose weight but it also performs a vital function of protecting you from injury. It's a shame that not many people know about this.

I am using the word stretching to not scare off anyone but if you feel more comfortable you could also use the term Yoga. The choice is yours!

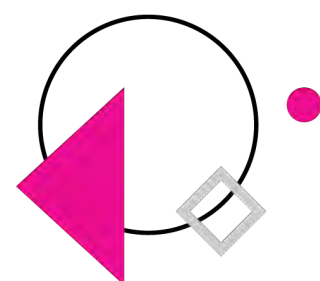
Here's why stretching every day, without fail, is essential:

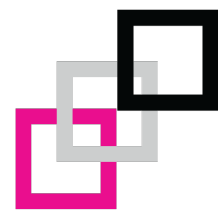
Stretching helps in digestion

Poor digestive function and a liver that isn't operating well will slow down your metabolism without fail. Full body stretching, which includes things like a hand to toe stretch (standing and sitting), will reinvigorate your digestive process. This causes your body to efficiently eliminate toxins and leads to a quick rise in your metabolism.

Stretch to build a strong, toned physique

Stretching helps build stronger and more visually appealing muscles. As I've discussed earlier, this will boost your metabolism even further. I would like to let my women readers know that I'm not referring to a "huge" muscular body builder's physique, but a toned and strong natural-looking body that nearly everyone admires.





Stretching improves circulation

If you are experiencing circulation issues, which could happen even without you realizing it, they are also likely to be causing your metabolism to become sluggish. I guess by now it is quite clear to you that metabolism, in essence, is a whole body concern. Getting your circulation flowing well again comes quickly with daily stretching sessions. For those into Eastern mysticism, an increase in circulation also serves to open up the body's chakras and internal energy movement. The result is that you look and feel better.

Stretching prevents you from overeating

Stretching helps in keeping hunger pangs at bay. So, it goes hand in hand with your practice of eating multiple small meals, instead of overeating and binging on food that's not good for you. Many of my clients have discovered that a quick stretching session works wonders when faced with irritating food cravings. How's that for a healthy appetite suppressant?

Getting started with stretching

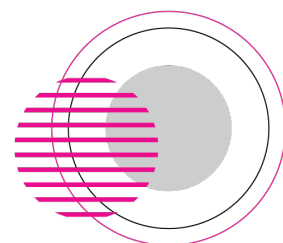
Intrigued, but unfamiliar with how to stretch or do Yoga? Don't worry, the learning curve for basic stretches is very small. I'd suggest you take these steps:

+ Take help from a friend

Most of us know someone who does Yoga. You could ask him or her to come by and teach you some basic stretches to do every morning. In the current Covid-19 scenario you could ask your friend to show you some stretches over video chat. It won't take you more than a few hours to learn them.

+ Take a yoga class

There are Yoga and Pilates schools almost everywhere. Many are very



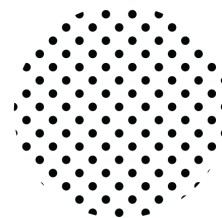


inexpensive. Stop by a school, take a class and help your metabolism. You may even greatly expand your positive social circle in the process! Since stepping out is not an option for most of us these days, you can take membership for an online Yoga class. There are many online classes to choose from.

+ Watch videos

While it is very difficult to teach stretches or Yoga from a distance, places like YouTube and Vimeo do offer some excellent videos, which can both, help you learn and provide inspiration. Search and find out what's out there. Make no mistake, your body burning fat 24 hours a day, is a sign of vibrant health. Stretching is one of the best ways to build that health. Flexibility and weight loss are two awesome things, so dive in with enthusiasm! Please use [this link](#) for the recommended stretching routines.





CHAPTER 8

TRAINING THE MIND

In our effort to lose weight, the physical aspect of it is not the only thing we should focus on. In fact, for a great many people the physical part comes pretty easily. They can do their cardio, hit the gym, and even eat right.

But they often end up being unsuccessful at reaching the finish line as their minds tend to give up.

Getting lean is probably at least 75% mental. Maybe more. Whether we like it or not, our minds and metabolism are closely connected.

Once we accept this fact, we need to start working on doing everything we can to getting our mind on board with our body becoming a 24-hour fat-burning machine. I can safely say that once your body and mind begin to work in the same direction, you can achieve anything that you set your heart to. The following tips will help you do exactly this.

Positive thinking goes a long way

If you are under the impression that positive thinking is nothing but a "new age" fad, you need to think again.

Your mind should be seen as the general or coach of your body. When your mind thinks negatively, you end up draining yourself of energy. Studies have shown that a negative and defeatist way of thinking can cause your metabolism to slow down. That's right, negative thoughts can make you or keep you fat. Whenever you find your mind drifting towards "dark" thoughts, you need to force your mind to consider the positive aspect of things or situations.

Doing this is not easy for most people. However, within 30 days of doing it, it becomes a habit. Wouldn't you rather develop a habit that works for you,





than hold on to habits that could harm you in the long run?

Positive Affirmation

Put up photos of people who possess the type of body you are striving for. You could also put up photos of a younger and fitter you. Place these where you will see them often, for example, on your bathroom mirror, in your car, and on your refrigerator. This will help your mind to focus on the goals you have set for your body and prevent you from binging on junk food. The trick is to look at them often and remind yourself, in a way that's charged with emotion, of the sense of satisfaction you'll feel once you meet these fitness goals.

Calm your mind

The tendency to overeat as a way to fight anxiety is a common trait among many these days. It causes people to become overweight, which just adds another issue to be anxious about. Instead of replacing overeating with some other vice, such as alcohol or drugs, consider adding a short nightly meditation session to your program. This doesn't have to be even remotely complicated. All you have to do is sit in a comfortable place and focus on your breath while keeping your eyes shut in silence. Doing this for just ten minutes helps immensely in calming the mind. If this approach appeals to you, you could pursue meditation training further.

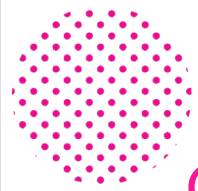
Reward your successes

Getting lean and fit can be hard work, even when you are burning fat 24 hours a day. However, when you do achieve your goals on the scale or in the mirror, you must celebrate your success and reward yourself. Maybe get that new outfit you couldn't fit in last year without looking ridiculous, or buy the pair of slim fit jeans that you have always wanted. Regardless, make sure you reward yourself for doing the right thing.

This will help keep that positive momentum going!

Your mind and body can be the best of allies. Cultivate that relationship!





CHAPTER 9

MISTAKES TO WATCH OUT FOR

In the earlier chapters, I have shared many tips and tricks on how to boost your metabolism and lose weight. However, it's also important to make you aware of some of the things that you **SHOULDN'T** be doing while you are working on your body. I am referring to the critical mistakes I've seen friends and clients make when attempting to crank up their metabolism and get lean. I am guilty of making some of these mistakes too.

You need to keep an eye out for these things. In case you notice them, it's a good idea to correct them **QUICKLY**. If not, you will be at risk of seeing your plan not succeed as well as you would like. Or, your plan might not lead to any success at all.

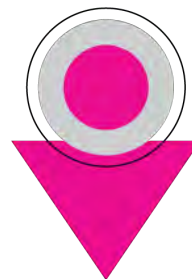
Not eating as frequently as you need to

To keep your metabolism's flames burning you need to be eating five or six times a day. It is not enough to just cut down on calories. If you aren't losing weight despite cutting calories and realize you are only eating two or three times a day, you can safely assume that your metabolism is slowing down. Eat more frequently and make metabolism your friend! This is one of the most common mistakes made by our clients who face difficulties in reaching their goals.

Packing on too many calories

This has been identified as the second most common mistake. If you aren't losing weight, write down **EVERYTHING** you have consumed in the last three days and find out if some hidden calories that you hadn't accounted for have managed to sneak in. If you still can't find anything, cut your calories by an additional 1% and stick with the program. Using this method will either help in





detecting the problem or reduce your calorie intake to a point where you are burning calories like wildfire again!

Eating too many carbohydrates after lunch

Carbohydrates act as fuel in our bodies. When this fuel isn't used, it becomes fat. Consuming large amounts of carbohydrates and then going to bed without burning them off is a recipe for disaster. Keeping this in mind, it's a good idea to keep your carbohydrate intake low after lunch unless we train later in the evening. You need to be careful about when you eat most of your carbs.

Expecting your supplements to perform miracles

You need to understand that your supplements will prove useful if you take the ones we have mentioned here in our Guide and you use them smartly. But if you are thinking they will perform miracles and do all the work for you, rest assured they won't. Getting the body of your dreams requires work and discipline. Whoever tries to tell you it doesn't is probably trying to sell you something, so be very extremely careful.

Drinking less water

Dehydration is the enemy of a firing metabolism. You should be drinking near a gallon of clean, pure water a day. You can develop the habit of drinking half a liter of water right after you wake up in the morning. If you let yourself get dehydrated too frequently it can take a week of re-hydration to normalize your body system before any of your work on boosting your metabolism can begin to start taking hold. When in doubt, drink more water.

Of course, these are not the only mistakes you can make. But keeping these in mind and correcting them as they appear will put you way ahead of the pack. Knowledge is power!





CHAPTER 10

FORMULATING A PLAN OF ACTION

Now, as you can see there lies before you a proven program that can help you get the most out of your body. What do you plan to do with it?

The sad truth is that over 70% of readers if the statistics are to be believed, will do absolutely nothing.

Don't be one of those people!

Taking action is the most important thing you can do right now. You can consider these suggestions as your official Action Plan.

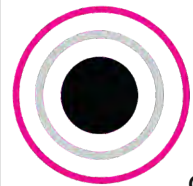
Start immediately

You have taken the time and effort to learn about how to manage your metabolism and get into shape. Now, the most important thing you can do for yourself is to take IMMEDIATE action on all that you have learned. Immediate, as in right now. Make an immediate change to your eating patterns, start your cardio, and begin doing some strength training. Every day that you put it off, you'll move further away from making any significant stride towards achieving your ideal body.

Chalk out your long and short-term goals

Goal setting is a skill that can revolutionize your entire life, including your fitness plans. The more effort you put into this area, the more it will reward you. It has been proved time and again that having a clear goal helps immensely in achieving success. Set your long-term goal of what you'd like to look like





and weigh (which is a quantifiable number that lets you set as a target) as well as continually updated weekly goals. For your weekly goals, I'd suggest to not focus so much on the scale, but rather on how many training sessions you will undertake and other motivating, achievable, set points.

Buy food in bulk

The less you go to the store to shop, the less likely you are to indulge in buying junk food. A better method is to try and shop only once a week. If you aren't around food that will ruin your diet, you won't eat it. It's a fact that's hard to argue with.

Train with a partner

According to many studies, it has been observed that those who train with a partner are more inclined to stick with our training and diet plans. This is perhaps because we are social animals at heart or maybe it's our competitive nature. Regardless of the reason, take advantage of this truth and get a training partner if you can. All the better, if your partner is someone who you live with. Training with a partner will make your experience of achieving your dream body all the more exciting. Both of you can share your adventure you're your friends and family for years to come!

Giving up is not an option

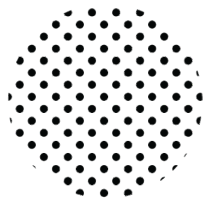
Every person who puts in the time and effort to get fit ends up facing some obstacles along the way. Some of the common issues that you may encounter are – loss of motivation, a small injury or social problems with friends who aren't quite ready to give up the "fat" you. Rise above these obstacles. You should keep in mind that not giving up is what separates those who "can" from those who "could", but didn't. The struggles along the way will make everything more worthwhile in the end. If it was easy, it wouldn't be an adventure!





Thank you for joining me on this wild adventure of learning how to make metabolism a friend and not your enemy. We are currently living in difficult times where we are not quite certain about what the future holds. But using the information I have shared with you, you can take control of your life and build a new you. By the time the world opens up again, your friends and family will be impressed to see the results you have achieved. I can't wait to hear about your journey!





FAQs

Question: I enjoyed running marathons about a decade ago, but since then I've packed on the pounds. Is it okay for me to follow your suggestions while continuing with marathon training rather than the cardio solutions you have suggested?

Answer: Great question! If you'd like to train for marathons you can, of course. But I'd suggest you lose the extra weight first using HIIT and once you are leaner and have built up your strength then make the switch to long-distance low-intensity cardio work that marathon training requires. That type of training can kill your metabolism and make it very hard to quickly lose weight, so my suggestion would be to lose the weight first. But certainly, any activity is better than no activity so whatever you choose to do, make sure it involves getting off the couch!

Question: I'm pretty caffeine sensitive. What do you think I should use to help boost metabolism since caffeine isn't an option?

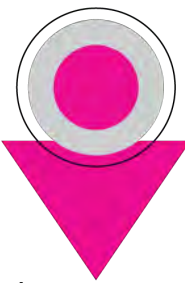
Answer: Caffeine-free Green Tea extract is a perfect choice for you. You'll not get the jitters, but you'll still have some of the metabolic boosts of the caffeine-based thermogenic. This route may even, ultimately, be a healthier option for many people, especially those in their 40's and beyond.

Question: I hate breakfast. Can I skip it and still optimize my metabolism?

Answer: Well, you can certainly not eat a traditional breakfast in the form of eggs and bacon or cereal or whatever. But you will still need to get in some calories. I'd suggest a protein shake or smoothie, which will serve the same purpose. It is quick to put together and you can even drink it in the car on the way to work or school if you need to!

Question: Can prescription medications affect metabolism?





Answer: Yes, of course, they can. Most hurt, but some can actually help. I'd suggest discussing with your doctor the effects of any medications you are on and getting his (or her) opinion. Your health should always come first, so never discontinue an important medication without clearing it with your health care professional first. No diet is worth risking your safety!

Question: How long will the suggestions in the Guide work for? Will I eventually need to switch them up to get my metabolism raging again?

Answer: These tips will work as long as you work them. I purposely left out any short-term fixes and focused all the content here on real solutions that will work for most people over the long haul. This is how you can establish healthy habits that you can count on over a lifetime. Diets that give you short-term fixes can serve a purpose in certain circumstances, but what you have here is fitness gold that was built to last.

Question: I'd like to follow this plan while I continue to train at my local CrossFit club. How well do you think the two would go with each other?

Answer: For the more athletically minded, CrossFit and similar programs make an awesome mix with our program in this Guide. If you haven't noticed they use fullbody workouts and cardio sessions that are very HIIT friendly. So, go for it! The results will be awesome!





ABOUT ELLE BENÉT

Elle Benét, Mental Wealth Expert and ICF Certified Coach, blends her expertise to help others master their physical and mental wellness. As an ex fitness competitor and now mother of two, she understands the importance of properly fueling the body and creating an obtainable plan that burns body fat, elevates endurance, and keeps you looking and feeling your best.

