

Welcome to the



Your Body
YOUR WAY™

A lifestyle-based
Fat Loss System
'How To' Guide

This is the 'How To' Guide on losing those extra inches and ensuring they stay away.

By choosing to follow this system, you have chosen a healthier lifestyle. When you have reached your fat loss goal, we recommend you continue to follow the principles we have outlined in this guide around eating, sleeping, hydration, nutritional supplementation and movement to help you sustain your fat loss in the longer term. More importantly, these principles, when shared with your family, may help positively impact their wellbeing too.

www.yourbodyyourway.com.au

Please consult your doctor before starting any new fat loss program.

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The content on www.yourbodyyourway.com.au for recipes and sample workouts is password protected.

The password is: **manna123**

A **holistic** approach to fat loss

The **Your Body Your Way (YBYW)** healthy living plan addresses fat loss holistically with **seven core concepts**: fuelling your body with nutritious foods, supplements and enough water and sleep combined with getting your body moving and sourcing the support and encouragement you may need to make permanent changes to your lifestyle for sustainable fat loss.



Eating

Let's be candid: to lose body fat means you are going to have **to change your current eating habits**.

YBYW will provide you with guidelines to change those eating habits but it's up to you to implement them to the point they have replaced your old eating habits and become permanent so you can lose those inches and keep them off!

The YBYW eating plan boils down to this: consuming **real** and **calorie-controlled** foods with **low GI** in **balanced proportions** in conjunction with a **new mindset**. Don't feel overwhelmed! These terms and concepts are just tools in your 'lose fat toolbox' that you can use to 'filter' what you eat to lose fat and keep it off in the long term.

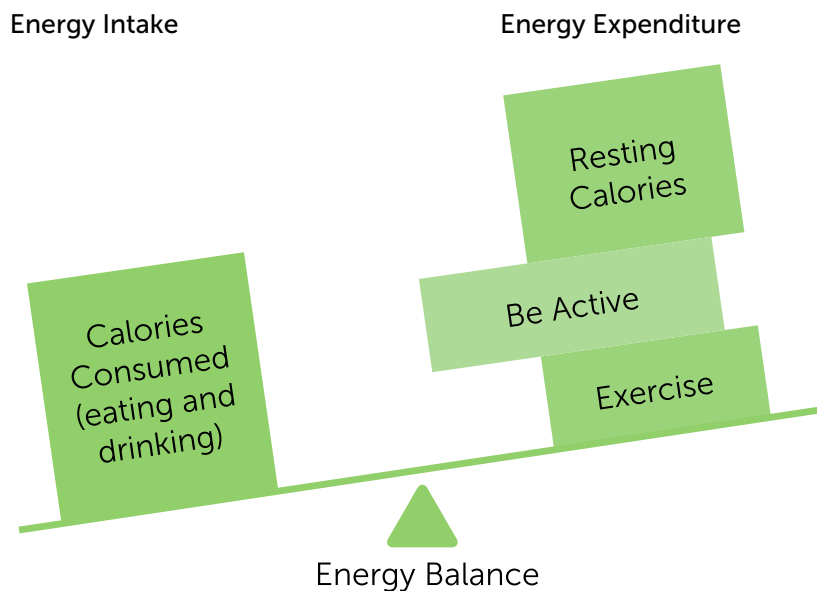
The calorie-controlled eating plan

The first filter when choosing what foods to eat on the YBYW program is... *"How many calories are in this food?"*

Your body requires energy to breathe, circulate blood, digest food and be physically active. We source that energy from the food and drink we consume. This energy is measured in calories or kilojoules¹. In general, processed foods that are high in fat or added sugars (such as chocolate, lollies, cakes, pastries and takeaway foods) tend to have more calories per mouthful than less processed foods (such as fruit, vegetables, lean meat, fish and eggs).

You know the basic equation: consume more calories than your body needs and that spare energy is stored as fat = fat gain.

1. Kilojoules and calories both measure the energy in food and drink. However, kilojoules are the metric measurement for energy whilst calories are imperial.



You can't run away from the fact that to lose fat, you need to consume less calories than your body needs to convert into energy. That's how you tip the scales in the favour of fat loss.

So how can you become 'calorie-aware', making changes to what you eat and drink which leads to a calorie deficit but not get obsessed by counting calories? Adopt a low-glycemic eating plan because many low-glycemic foods are lower in calories. People who start choosing lower-glycemic (low GI) foods tend to naturally lower their calorie level without even having to think about it².

The low glycemic index eating plan

The second filter to apply when choosing foods to eat on the YBYW program is the glycemic index. This is a measure of how much a certain carbohydrate-based food increases blood glucose levels in two hours. Eating high-GI foods produces a lot of glucose when they break down, leading to a spike in blood sugar. This results in an initial burst of energy and then you 'crash' (the body becomes slow, sluggish and lethargic). This type of fast energy release does little to curb hunger and may lead to weight gain.

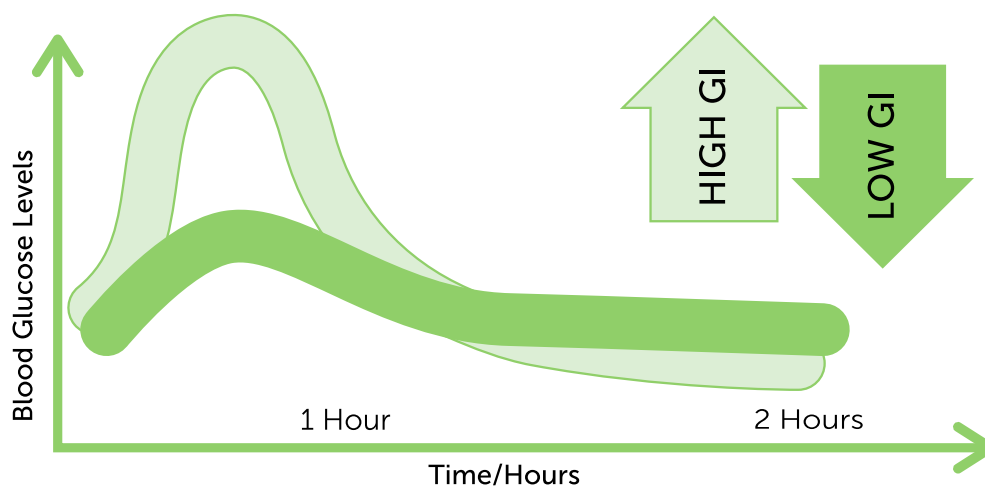


Figure 2: Impact on blood glucose level over time with low and high GI foods

This chart has been reprinted with the kind permission of The Glycemic Index Foundation Australia, <http://www.gisymbol.com/>

Low GI foods offer many benefits:

- Take longer to digest, keeping you feeling fuller for longer;
- Can support sustained energy levels (not peaking then crashing);
- Are easier on your digestive system.

A balanced approach to eating

Grab the **YBYW Eating Plan** from the YBYW Fat Loss product pack/bundle.

You can also go here <http://library.mannatech.com/6773> to download an online copy in the Resource Library.

In order to lose fat during the YBYW program, eat the food and drink listed in Table 1 ('Eat more of') 90% of the time and eat the food and drink listed in Table 2 ('Eat less of') 10% of the time.

Eat more of **90/10** Eat less of

Once you've made those food and drink choices, apply the real food filter, opting for those foods that are as close to their natural state as possible 90% of the time and their highly processed alternatives (with added sugar, hidden sugars, artificial flavouring, colours and preservatives) just 10% of the time.

Real food **90/10** Not real food

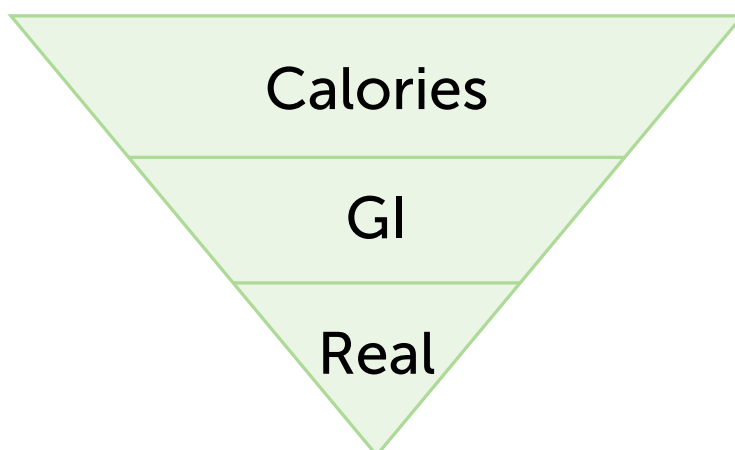


Figure 3: Apply these filters to your food and drink

View the 10% food and drink choices as occasional treats rather than items to consume every day. But remember to still remain within your daily calorie guideline.

Eat **protein** most meals
(Meat, fish, eggs and reduced fat dairy)

Nutritious foods from different food groups

Enjoy a wide variety of nutritious foods listed on Table 1 across these food groups: vegetables, fruits, legumes, grains, dairy, meat, fish, poultry and eggs.

Fat loss optimising tip #1 **Plan your shopping trips and meals**

Stick the YBYW Quick Reference Eating Plan on your fridge for handy reference. Look at it when you are deciding what to eat. Take it with you when you are shopping to view healthier choices to buy.

Fat loss optimising tip #2 **Be prepared when eating out**

We have prepared an insert for this How To Guide to help you when you are eating out. Be sure to read it to optimise your fat loss when eating out. In addition, bring the YBYW Quick Reference Eating Plan with you to the restaurant to view which foods are best to eat more of/less of during your meal.

Replace	With
IN GENERAL	
Replace as many high-GI foods as possible in your diet.	With healthy lower-GI alternatives as shown in Table 1 of the YBYW Quick Reference Eating Plan.
Replace big portion-sized meals.	With smaller portions, being mindful of calorie control. Big meals – no matter what they contain – always stimulate a higher blood-glucose response than smaller ones.
Replace soft, light and airy wholemeal and white breads	With dense, wholegrain/multigrain low GI e.g. Burgen® breads or Tip Top® 9 Grain™ or authentic sourdough.
Replace refined, commercially processed cereals in boxes	With traditional unprocessed grains like steel cut/coarse oats, pearl barley or quinoa.
Replace non-seasonal or imported fruit and vegetables in your diet	With seasonal locally-grown (preferably organic) produce. Try shopping at a local farmers market.
Replace a pantry full of processed foods, packed with salt, sugar, saturated fats, trans-fats (heat-degraded fat) and a freezer full of ready-made meals	With a pantry stocked with these staples: olive oil, canned tomatoes, whole grains, dried or tinned legumes, nuts, seeds, dried spaghetti, low GI rice, quinoa, dried herbs, spices and tuna (in brine). Add fresh produce with veggies, meat, poultry, fish and herbs. Ensure any tinned items have little or no added sugar or salt.
Replace ad hoc, unplanned trips to the supermarket	With a more simplified approach: PLAN your meals in advance.
Replace flavouring your foods with salt	With flavouring foods using herbs and spices.
DRINKS	
Replace cordials and soft drinks (including 'diet', fat-free, no or low sugar)	With drinking water, 100% fruit (limit to 150ml) or reduced/low fat milk.
Replace fruit juices	With real fruit.
MAIN MEALS	
Replace main meal carbs like potatoes, either mashed, chipped or as French Fries	With eating Carisma potatoes ⁴ , lentils, chickpeas or beans listed in Table 1.
Replace main meal carbs like high GI white rice	With low GI alternatives listed in Table 1.
Replace plain boiled or steamed vegetables	With roasted, baked, grilled, barbequed or stir-fried low GI vegetables.
Replace a dollop of butter over your veggies	With a light drizzle of olive oil over your veggies.
Replace overly processed microwave meals and take-away choices	With fresh and whole alternatives: eat your veggies and fruits, and switch to whole grains. Many veggies are high in fibre, antioxidants and vitamin C.
Replace overcooked potatoes and other starchy carbohydrates	With boiling Carisma potatoes for about 9 minutes to enjoy their full health benefits. Any carbohydrate has a higher GI if it is overcooked. If rice is mushy or pasta is not cooked al dente, you just increase the starch digestibility ⁵ .
SNACKS	
Replace snacking on processed fruit bars or tinned fruits in sugar syrup	With snacking on real, low GI fruit, as listed in Table 1.
Replace snacking on sweets, chocolate, doughnuts, rice cakes, crackers and pretzels	With snacking on nuts, seeds, low fat and low processed yoghurt and low GI fruit, as listed in Table 1.
Replace commercially processed peanut butter with hydrogenated fat and sugar added	With natural butters made with almonds, cashews or brazil nuts or low processed unhulled sesame seeds (tahini) as a dip or spread for bread or wholegrain crackers. Yum!

4. Australia's first only certified low GI potato exclusive to Coles supermarkets. This potato was developed using natural breeding processes by Virginia market gardener Frank Mitolo and Australia's Glycemic Index Foundation. Source: <http://www.carismapotatoes.com.au/?p=news>

5. <http://www.carismapotatoes.com.au/?p=news>

DESSERTS	
Replace commercially prepared creamy desserts or home-made desserts made with sugar	With low GI fruit, as listed in Table 1.
MEATS	
Replace most meat-based meals in your week	With a variety of high protein options: lean red meat; lean white meat; non-meat protein-rich foods like eggs, legumes. Combine with good fats like nuts, seeds, olive oil and lots of low GI vegetables.
Replace a no fish habit	With eating fish at least twice a week. Grill, bake or broil your fish. Don't crumb or fry them. Wild-sourced fatty fish – such as mackerel, lake trout, herring, sardines, tuna and salmon – are rich sources of omega-3 fatty acids. Short on time? Buy fish in a can but be careful of additives like sugar, flavours etc. – it's a convenient lunch.
FATS	
Replace the limiting thought that you will be reducing your total consumption of fats	With choosing healthier types of fat like monosaturated or polysaturated fats.
Replace butter	With healthy fats, such as olive oil. People living in Greece and Italy dip bread in flavoured olive oil or lightly spread it on wholegrain bread for a tasty alternative to butter.
Replace saturated fats like butter, cream, margarine and palm oil	With monosaturated or polysaturated fats like olive oil, rapeseed oil, sesame oil, nut butters/pastes and avocados. Lightly drizzle oils over veggies.
DAIRY	
Replace fatty dairy (full fat or 2% fat)	With skinny dairy - reduced fat, low fat, lite or no fat dairy products with minimal preservatives and flavours


Professor Manny Noakes of CSIRO (and co-author of the Total Wellbeing diet) says "High protein diets can maintain muscle mass when losing weight and help you feel satisfied for longer."⁶

Digesting food at night

Dr. Jamie Koufman, a leading clinician and researcher in the field of acid reflux in the U.S., says that you should stop eating 3 hours before bedtime to prevent reflux and heartburn.


The body is designed to fast; we do it every night. Dr Alejandro Junger in his book Clean says it's a really good practice to fast every day for 12 hours after our last meal. It takes eight hours to complete food processing i.e. digestion, absorption and assimilation of the food you have for that meal. Then it takes four hours for your body to cleanse and detoxify itself from all the waste products of normal metabolism. So if your last meal is at 8pm, don't eat anything before 8am, including your first cup of coffee. Breakfast should be exactly that, break-fast, or breaking the fast⁷.

Consider these 2 practices each night during the YBYW system.



Fat loss optimising tip #3

The 12 hour fast



Finish your dinner by 8pm (most of the time), go to bed at 11pm and don't eat until 8am the next day. This also means having your first coffee of the day at 8am.

6. "Higher Protein, Low GI Eating Plan", <https://www.totalwellbeingdiet.com/the-diet/about-the-diet/>

7. New York Times bestseller "Clean - the revolutionary program to restore the body's natural ability to heal itself," Alejandro Junger, MD with Amely Greeven



Hydration

Water and weight loss

In a placebo-controlled blind study published in the research journal *Obesity* in 2010, two groups of overweight/obese adults were given the same calorie-controlled meal structure with one difference: one group was required to drink a 500ml bottle of water directly before each meal. After a 12 week period an important discovery was made: the group that consumed the water before eating showed a 44% greater (~2kg) decrease in weight⁸.

What does this mean?

It's long been hypothesised that drinking plenty of water, particularly before meals, can aid in weight loss. Many theories abound as to why this is, such as drinking water can make you feel more full and so less inclined to overindulge in food and that many people actually confuse thirst for hunger and so tend to overeat if they are not well hydrated⁹. However this is the first such study that correlated water consumption with weight loss in a controlled environment.



Using water to your advantage

Drinking water directly before a meal can make you feel more satiated and therefore likely to eat less, while staying hydrated throughout the day may help curb some of your unnecessary cravings. However, there's more to it than that. When you drink water that is below room temperature your body has to expend a bit more energy in bringing cold water to a balmy 37°C (normal body temperature), thereby increasing your metabolism and burning more energy in the process¹⁰.

Hydration maintenance

Water is vital for all of your body's processes so try to drink about 6 glasses of water per day and up your water intake when exercising. Avoid of sweetened, flavoured, calorie-laden waters. If you need some flavour enrichment, add a serve of Mannatech's EM•PACT Pre-Workout Drink™ powder. It's great for stamina and endurance but be calorie-aware.



Fat loss optimising tip #4 How to drink 6 glasses of water each day

Drink a glass of cold water when you wake up (add a squeeze of half a lemon for a digestive boost), 20 minutes before each Quick Shake and 20 minutes before your lunch/dinner. Have a 500ml bottle of water with you throughout the day and just sip on it. By the end of the day, ensure the bottle is finished. Not only does water give you something to do with your hands but it's filling and reduces your appetite.



Movement

Don't think exercise, just recondition yourself to think getting your body to move!

YBYW is all about getting you to move **more**. By building the following different kinds of movement into your week and repeating these activities on a consistent basis, they will become habits, and then become embedded into your lifestyle on a permanent basis.

Scheduled movement during YBYW

We recommend scheduling your workouts. **Fitness workouts** will involve walking or cycling 3 times per week. **Strength workouts** use your own body weight 2 times a week. You do not need to join a gym or have a set of weights at home.

We tend to stick to things if events are in our diaries, already booked in. So we ask you to take your diary out now and **schedule** your fitness and strength workout days at the same time/day each week. So think about a Mon/Wed/Fri or Tue/Thu/Sat schedule for your fitness workouts during Steps 1 to 4 of the YBYW system.

Mon / Wed / Fri
OR
 Tue / Thu / Sat

8. "Water consumption increases weight loss during a hypocaloric diet intervention in middle-aged and older adults", *Obesity: A Research Journal*, <http://onlinelibrary.wiley.com/doi/10.1038/oby.2009.235/full>

9. "Q&A: Can water really help you lose weight?", *Women's Health*, <http://www.womenshealthmag.com/weight-loss/does-drinking-water-help-you-lose-weight>

10. "The Healthy Wonders of Water" <http://www.webmd.com/diet/healthy-water-9/slideshow-water-health>



View **Dr Mosley's first experience with High Intensity Training (HIT)** on an exercise bike on the BBC program Horizon

http://youtu.be/v7-h_w7bJrU

What is interval training?

Dr Michael Mosley, ex-diabetic, BBC journalist, doctor and author of the best-selling 5:2 Diet does short, sharp workouts, pushing hard for a short time then taking a break and repeating¹¹. The effects of these quick hits of exercise persist for up to 36 hours after, he says.

The short, sharp workouts in YBYW are perfect for time-poor people who want to do the most they could possibly do in the least possible time: **intensity** is more important than duration. Dr Joseph Mercola says there are a number of benefits to HIIT or High Intensity Training:

- Higher energy levels
- Maximised and optimised calorie burn
- Improved cardiovascular health¹².

Incidental movement

Incidental movement is about day-to-day body movements that have nothing to do with traditional exercise. According to the Australian Biggest Loser TV show trainer Michelle Bridges, *"Moving our bodies around the house or the office expends energy: not a lot, but enough to make a difference by the end of the day."*¹³



Fat loss optimising tip #5 Workout first thing in the morning on an empty stomach

In one Belgian study, men asked to eat a high-fat diet and exercise before breakfast on an empty stomach put on far less weight than a similar group of men on an identical diet who exercised after breakfast¹⁴. Dr Mosley says, *"Training on an empty stomach turns out to be beneficial on multiple levels, coaxing the body to burn a greater percentage of fat for fuel instead of relying on recently consumed carbs; if you're burning fat, don't forget: you're not storing it."*¹⁵ People can burn up to 20% more body fat by exercising in the morning on an empty stomach.¹⁶



Fat loss optimising tip #6 Be ready for those workouts

Have your clothes, socks, shoes, phone and earphones ready by your bed the night before your fitness workout. Being organised will reduce those excuses like *"I don't have time to get ready today"* and it makes your workouts more efficient.

What kind of additional movements can you incorporate in your day?



Taking the stairs instead of the lift



Kicking around a soccer ball with the kids in your backyard



Waiting in a queue? Do calf raises



Walking the corner shops to get the milk and paper instead of driving there



Getting off the bus one stop earlier or parking a little way off your destination and walking the rest of the way



Whenever you are on the phone, walk around and talk (30 minutes on the phone will burn 75 calories)



Building an obstacle course and racing your kids through it – make it fun! (1 hour of this activity burns 300 calories)



Getting up during the ad breaks on TV, doing some stretching or just walking about the room until your program re-starts



At work, when a colleague needs to speak with you, get up and "walk and talk" with them as you move around the office or outside the building.

11. *Sydney Morning Herald* "Michael Mosley's Five Biggest Health Myths" September 20 2013 <http://www.smh.com.au/lifestyle/diet-and-fitness/michael-mosleys-five-biggest-health-myths-20130920-2u3vb.html>

12. "High Intensity Interval Training and Intermittent Fasting—Two Winning Ways to Reach and Maintain Your Ideal Weight", <http://fitness.mercola.com/sites/fitness/archive/2014/09/26/intermittent-fasting-hiit-workout.aspx>

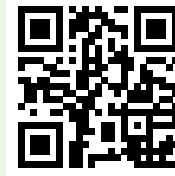
13. *Sydney Morning Herald* "Fitness the easy way" September 4 2011, <http://www.smh.com.au/lifestyle/diet-and-fitness/fitness-the-easy-way-20110903-1jsy5.html>

14. Van Proeyen K, Szulcick K, Nielens H, Pelgrim K, Deldicque L, Hesselink M, Can Veldhoven PP, Hespel P Research Centre of Exercise and Health, Department of Biomedical Kinesiology, Leuven, Belgium. "Training in the fasted state improves glucose tolerance during fat-rich diet". *Journal of Physiology*, November 2010.

15. "The Fast Diet – The Official 5:2 Diet" Dr Michael Mosley and Mimi Spencer.

Dr. Joan Vernikos, a NASA (National Aeronautics and Space Administration) research scientist, wrote the book *Sitting Kills, Moving Heals*, driving home the point of how important it is to engage in incidental non-exercise movement throughout the day. As it turns out, your body needs to interact with gravity in order to function properly¹⁷.

Dr Mosley says ideally you shouldn't sit down for more than 15 minutes or so at a time. He has also increased his incidental movements: just taking the stairs and getting up regularly from being seated has had a surprising impact on his body fat and blood sugar levels.



Scan this QR code to view simple exercises Dr Mercola recommends for getting more movement during work hours.

<http://bit.ly/1oTGWIS>

“...being sedentary is itself a killer. It doesn't matter if you go to the gym. You're not going to undo 13 hours of sitting.”

Dr. James Levine from the Mayo Clinic¹⁸



Sleep

The importance of sleep when losing fat

Sleep the weight away

Not many people consider the effects of sleep when it comes to weight loss. Although it doesn't commonly spring to mind, sleep deprivation can very well be a deciding factor in your fat loss journey. It's not just because of the late night snacking often exhibited by those who don't get a good eight hours sleep either! There is actually scientific evidence to support good sleep patterns in losing fat.

Hormonal health

Here's the interesting part about sleep deprivation: not getting enough shut-eye plays havoc with certain hormones that are integral to fat management. It's a two-pronged effect: when you're tired, an increase in the hormone ghrelin signals hunger while a decrease in leptin turns off your satiation switch. Meanwhile sleep deprivation can cause fat cells in your body to become less sensitive to insulin, which causes them to convert to stored fat rather than being processed as usual¹⁹.

Mental clarity

It's not only your hormones that are affected by a lack of sleep. In an article published in *Nature Communications* it was found that sleep-deprived subjects showed more activity in certain parts of the brain associated with appetite and desire when exposed to food stimuli than their non-sleep-deprived counterparts. On top of that, their impulse-control region – the frontal cortex – showed a decline in activity. Tellingly, these subjects would often respond more positively to foods that were high in calories²⁰.

Good sleep for good health

It's becoming more and more evident that getting enough sleep is important for rational decision making in your eating choices and, at a hormonal level, ensuring your body has the right chemical composition to encourage weight loss. A healthy sleep pattern could mean the difference between reaching your goal weight and struggling with those last few inches, as well as helping you maintain good eating habits into the future.

16. Research from Northumbria University, published in British, *Journal of Nutrition*, April 2007. <http://www.sciencedaily.com/releases/2007/04/070404162428.htm>

17,18. "This Doctor Changed His Life with Intermittent Fasting and High Intensity Exercise—You Can Too", <http://articles.mercola.com/sites/articles/archive/2014/08/17/intermittent-fasting-high-intensity-exercise.aspx>

19. "How sleep loss leads to significant weight gain", *USA Today*, <http://www.usatoday.com/story/news/nation/2014/07/20/sleep-loss-weight-gain/7507503/>

20. "The impact of sleep deprivation on food desire in the human brain", *Nature Communications*, http://www.nature.com/articles/ncomms3259.epdf?referrer_access_token=DjMhP2M4eEHu3ewEBbtzddRgN0jAjWel9jnR3ZoTvOM4tUU8Bp3NmKX1kogOa7XiyM_ybirumKiCpPyjm-d_msegnEpPgE5SLONzCEm293KJdmMYWVDnu7HyhWfaMF5



Nutrition

Nutrition during the YBYW program will be sourced from the food you eat and the Quick Shakes. You would have received the ingredients for your tasty, natural, nutritious and fat-blasting Quick Shake in your YBYW Fat Loss product pack/bundle. Unlike other programs, you won't be having Quick Shakes 3 times a day.

Quick Shakes



Not including the liquid (water or milk), your morning Quick Shake (shown above) has a total calorific value of **112**. For a chocolate morning evening Quick Shake, the total is **124** calories.

In terms of liquid, here is an approximation of calories of a Quick Shake with vanilla NU-FLAVOUR blend. Please check the labels on the milk you use for more accurate calorie values:

Type of liquid (250ml)	Calories	Total vanilla Quick Shake calories
Water	0	112
Sanitarium Unsweetened Almond milk ²⁴	43	155
Sanitarium So Good Unsweetened Almond Coconut milk	44	156
Skim non fat milk	110	222
Reduced fat/lite milk	130	242
Vitasoy Rice milk ²⁵	137	249
Vitasoy Oat milk	153	265
Full fat milk	168	280

You don't have to take shakes for the long term, it's up to you

With YBYW, the Quick Shake is only **part** of the YBYW solution. It is not the be-all and end-all. Other elements of the YBYW solution focus on helping you change your lifestyle.

By the time we recommend you withdraw the Quick Shake from your eating plan in Step 4, you will have embedded those great new lifestyle habits around eating healthy foods, taking nutritional supplements to optimise wellbeing, being more physically active, drinking enough water and getting adequate sleep for greater energy. These lifestyle habits are how you are going to keep the fat away and continue being a healthy you in the long term.

23. 308mg Alpha Linolenic Acid (omega-3 fatty acids) per serving.

24. Contains one of the highest amounts of calcium for almond milk with 2.5% almonds, according to Australian dietitian Susie Burrell who makes a regular appearance on Channel's 7's SUNRISE TV program and 2GB radio and publications like Australian Women's Fitness. Source: <http://www.susieburrell.com.au/which-milk-should-you-choose/>

25. Susie Burrell says that Vitasoy Rice Milk is one of the few rice milks fortified with calcium and protein thanks to the addition of chickpeas, it also contains added salt and vegetable oil and is relatively high in sugars compared to almond milk. Source: <http://www.susieburrell.com.au/which-milk-should-you-choose/>

Week Zero - Before you **start**

Week Zero is preparation week. Now that you have your YBYW Fat Loss pack or bundle, what's next?

- Read the YBYW 'How To' Guide from start to finish.
- Read the YBYW Quick Reference Eating Plan and stick it on your fridge.
- Read the insert that came with this 'How To' Guide. It has an overview of the 4 Steps to Fight the Fat and an Eating Out Guide. Keep this handy.
- See your doctor before commencing YBYW and share the information you have read with them.
- Schedule your fitness workouts.** Grab your diary and schedule 30 mins for the YBYW Fitness workouts 3 times a week, either on Mon/Wed/Fri or Tue/Thu/Sat. Are you going to walk or cycle?

Make sure you are prepared for your fitness workouts with the right shoes, comfortable clothes and a planned route for walking or cycling. Be sure to have your favourite music loaded on your phone.

Review sample fitness workout plans by going here <http://www.yourbodyyourway.com.au/movement>

- Are you ready to get physical?** What types of incidental movements can you introduce? Look at the examples on [page 11](#) and write down some ideas of your own below. Do you sit down most of the day? Take a look at Dr Mosley's instructions, referenced on [page 11](#).

Who will be your exercise buddy? _____

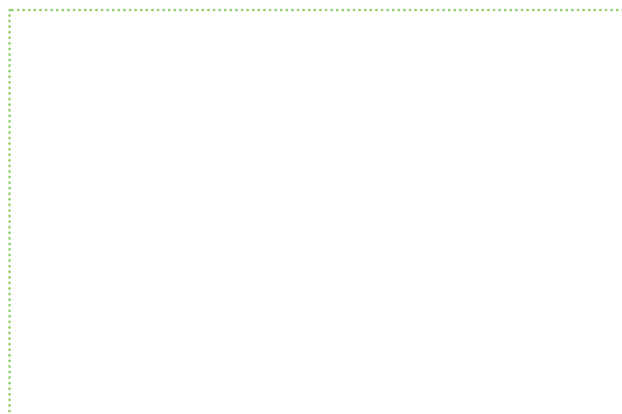
- Hide your bathroom scales.** Your weight, measured in kilograms or pounds, is not a measure of success during YBYW. Instead, use a tape measure. One was supplied in your pack.
- Schedule your 'Measure Up' session.** Every Sunday morning, before you eat or drink anything, grab the tape measure that came with your pack. Write down your measurements on your Healthy Habits tracker
- Find a support team.** Will your family follow the eating plan with you? Who will keep you accountable to the system and your fat loss goals? Commit to yourself to complete the **YBYW Healthy Habits tracker** each day.
- Know your starting point and goals.** Write down your starting and goal measurements. Take 4 pictures of yourself: left side, front, back and right side. Print out one of the photos and place it below. Place another Before photo on your bathroom mirror or fridge as a reminder of where you started from.

Date: _____

BEFORE

Current clothing size: _____

Current resting heart rate: _____



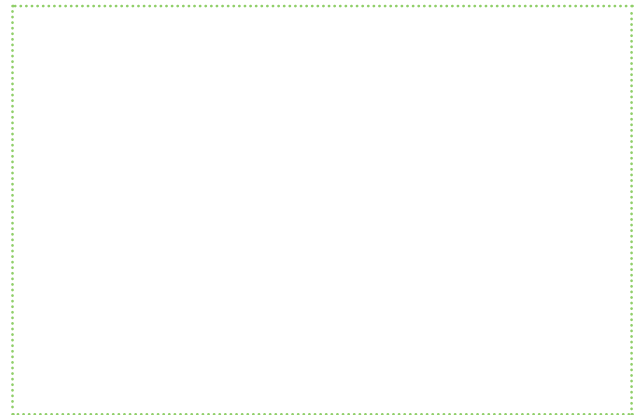
AFTER

Goal clothing size: _____

Goal resting heart rate: _____

The easiest way to measure improvement in your fitness is to check your resting heart rate. Find your pulse at your wrist (the radial artery) or at your carotid artery in your neck.

Measure it when you are sitting down and relaxed, preferably first thing in the morning. Count your pulse for 10 seconds and then multiply the result by 6 to get your heart rate per minute. As you get fitter, your resting heart rate should decrease as your heart muscle improves its condition.



Carotid artery



Radial artery

Calculate your daily energy requirements.

As a guideline, women should maintain a diet of at least 1,200 calories (5024 kilojoules) per day and men, 1800 calories (7531 kilojoules). Energy requirements vary with age, gender, size and activity level so we recommend you go online and calculate energy requirements specific to you to be more accurate.

Clean out your kitchen cupboards

YBYW Step 1 Restore involves the temporary (and **gradual**) removal over a 28 day period of foods that overwork the digestive system. Go to **page 16** where these foods are listed. Clean out your kitchen cupboards and place those foods to be removed from your eating plan into a box and remove them from your house. In addition, you should stop buying these products for the time being.

Stock your pantry with these staples from Table 1 ('Eat more of') in the YBYW Eating Plan

Olive oil, canned tomatoes, canned tuna in brine, whole grains, dried or tinned legumes, nuts, seeds, spaghetti, rice, quinoa, dried herbs and spices. Keep small packets of frozen veggies you can microwave in the freezer.



Pantry staples

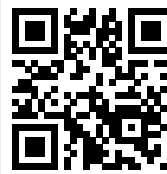
Be clear on your motivations.

If you are emotionally compelled by a fat loss goal like dropping 3 dress sizes, that emotion will get you through those days when you feel less motivated to carry on. So you need to define with your 'why' around fat loss. You need to know your motivation. At a deep level, ask yourself what is at stake if you don't lose that fat? List 5 internal motivations that you find compelling e.g. *"I am tired of not fitting into my favourite size XX jeans"; "I want to look fabulous in my swimming costume for my next beach holiday"; "I want to get into the best shape of my life"; "I want more energy to play with my kids and live a long and happy life"; "I want to be able to wear skinny jeans again."*

1. _____
2. _____
3. _____
4. _____
5. _____

Use the **Energy Requirements Calculator** developed by the Australian Government.

You will need to convert the kilojoules from the calculator into calories at a rate of 1 kJ = 0.2 calories. Any energy intake above the estimated requirement is likely to result in weight gain.



<http://bit.ly/1xQuEMM>

Circle the motivation that is the **MOST** important to you. Each week, you should review that **key motivation** so it sinks into your sub-conscious and pushes you through those hard days. Photocopy your motivations and put them on your bathroom mirror or fridge with your Before photo.

Your steps to **Success**

Step 1. Restore, the first 28 days

Why restore your body?

In sports, if you embark on a big journey, you will want to train your body to ensure you have an optimal advantage on start day.

Losing fat is a big journey too. To prepare for your fat loss journey, YBYW Step 1 Restore gets your digestive system operating in an optimal way. During Restore, you are training your body to optimise the fat loss that will take place in YBYW Step 2 Reduce. Restore lasts for the first 28 days of the YBYW program.

How do I restore my body?

Dr Alejandro Junger, New York Times best-selling author of the book *Clean* says:

"Avoiding foods that are difficult to digest and that are known to cause food allergies and sensitivities will allow the body to enter detox mode reliably and consistently....liquid meals [help] reduce the workload of digestion even further...liquid meals are practically ready for absorption, bypassing the need and energy expense of being broken down [by the digestive system]."

The foods to remove temporarily

Restore involves the temporary (and gradual) removal over a 28 day period of food substances that **overwork** the digestive system. The items below are those that need to disappear from your pantry during Restore!

- Heavily processed foods (anything with artificial flavours, colours, sweeteners, enhancers, additives and monosodium glutamate)
- Pure sugar and artificial sweeteners
- Refined and hidden sugars with any type of sugar or syrup-based ingredients e.g. fruit drinks and juices, chocolate, jams with added sugar
- Any soft drinks including 'diet' drinks, no or low sugar drinks like Coke Zero. Also any sports drinks.
- Processed meats like ham, salami
- Grains like white rice, white bread, oats, barley, corn
- Dairy
- Caffeinated beverages
- Alcohol

Packaged and processed foods and drinks

Packaged and processed foods and drinks contain artificial flavours, colours, enhancers, additives and MSG – in other words, heaps of unnatural chemicals.

In her book *The 20/20 Diet*, Australian nutritionist Lola Berry lost 20 kilos in 20 weeks based on eating unprocessed foods and avoiding the grains, dairy and refined sugar that may also contain common allergens. She also exercised during the 20 weeks.

Making changes may not be easy

Are you resistant to change, like most people? Let's be honest, the first 28 days will test you because you are replacing old ways of doing things with new ways. And you will continue to shake things up during Step 2. How long does it take to develop a habit? The 21 days thing is a myth. In a study published in the British Journal of General Practice, Phillippa Lally, health psychology researcher at University College London, determined it takes 10 weeks before new behaviour becomes automatic²⁶ – so keep persisting with YBYW! It will be worth it!

Step 1 Restore: What to do - first 28 days

Eating

Week 1 remove...

Heavily processed foods like those listed in Table 2 of the **YBYW Eating Plan** under Convenience Food and Snacks

- Grains listed in Table 2

Week 2 remove...

- All sweet foods listed under Confections and Convenience Foods and Snacks in Table 2
- Fats, as listed in Table 2

Week 3 remove...

- Dairy items as listed in Table 2
- Drinks and Beverages (as per Table 2)

Week 4 - Continue to keep the food substances you have removed out of your diet until the end of the Restore step. So keep resisting temptations...you can do it!

Your eating plan will comprise 2 Quick Shakes, lunch and snacks each day.

- 1 Quick Shake in the morning with GI-ProBalance® slim sticks, OsoLean® powder, NutriVerus™ powder and NU-FLAVOUR™ blend, followed by a snack (at least 20 minutes later). Try and eat high protein snacks;
- 1 Quick Shake in the evening with OsoLean powder, NutriVerus powder and NU-FLAVOUR blend followed by a snack (at least 20 minutes later);
- We recommend salads for lunch during Restore. Be sure to include at least one green vegetable with your lunch and one protein from the selection of Meat, Fish, Eggs and reduced fat dairy from Table 1.

Be sure to record all you eat (and calories consumed) on your Healthy Habits tracker each day.

Calories

Not including the liquid (water or milk), a vanilla morning Quick Shake has a total calorific value of 112. A chocolate evening Quick Shake supplies you with 124 calories worth of energy. Your lunch, snacks and drinks will also have calories.

Let's say your daily energy requirement is 1200 calories. We recommend you eat 100 calories **below** that amount for 6 out of 7 days each week. This will optimise the hormone leptin that plays a crucial role in appetite and weight control.

One day per week, eat up to your full daily energy requirements (say, 1200 calories) to give you a little bit of flexibility when eating out or entertaining at home. On those days, fill up on proteins so that you source energy that is sustainable. The calories in protein are more dense compared to the empty calories in sugars. There are no 'cheat' days on YBYW: you are always mindful of eating for the energy your body needs to function. Eating above that calorie requirement is not conducive to sustainable fat loss.



Scan this QR code to view some **low GI** options for salads and snacks during Restore.

<http://www.yourbodyyourway.com.au/eating>

Nutrition - set up your ongoing Automatic order

Contact Mannatech Customer Service to setup your Automatic order of either:

- 84802 Your Body Your Way Fat Loss bundle (with NU-FLAVOUR vanilla)
- 84902 Your Body Your Way Fat Loss bundle (with NU-FLAVOUR chocolate).

This will ensure you are ready to start Step 2 Reduce. Your order will arrive on your doorstep every 28 days and ensures that you will continue along your YBYW journey without interruption.

Contact Mannatech Customer Service on **AU** 1300 361 878, **NZ** 0800 333 250 and **SG** 800 130 1597.

12 hour fast

Give your digestive system enough time to really process your food. Stop eating 2-3 hours prior to going to bed. Then let 12 hours pass before having breakfast.

Hydration

Drink 6 glass of water per day. Consider this routine: drink a glass of cold water first thing in the morning when you wake up (with half a squeeze of lemon); drink a glass of water before your Quick Shakes and lunch; fill a 500ml bottle with water and sip throughout the day.

Be sure to write the number of glasses of water you consume each day on your Healthy Habits tracker.

Movement

Incidental Movement

During the 4 weeks in Step 1 Restore, gradually introduce more incidental activity in your life. Just do a little more each week. Be more mindful of opportunities where you could bring in more movement, more physical activity. Refer to [page 11](#) for examples of incidental movement.

Biggest Loser trainer Michelle Bridges recommends buying a pedometer to monitor your transition from more sedentary to less sedentary during YBYW, as you increase both incidental and scheduled movement in your life.

Scheduled Movement

So you have scheduled your fitness workouts 3 times each week during Restore.



For sample **fitness workout routines** during Step 1 Restore, please download and print from the link below or scan this QR code.

<http://www.yourbodyyourway.com.au/movement>

As you increase your movement and physical activity, measure your improvement by noting down your resting heart rate (RHR) on your Healthy Habits Tracker. Refer to [page 15](#) for instructions on how to measure your RHR.

Sleep

How much sleep we need varies for each person. On average, we need at least 7 hours of sleep each night.

Support

Complete your **Healthy Habits Tracker** each week and email it to your accountability partner. Do not stand on your bathroom scales to measure your progress. Kilograms and pounds are not a relevant measure of success. YBYW is about losing fat not losing weight. Use your tape measure to gauge your progress.

Step 2. Reduce

Eating

With your digestive system optimised, Step 2 Reduce is all about the essence of the YBYW eating plan: consuming **real** and **calorie-controlled** foods with low GI from Table 1 'Eat more of' foods 90% of the time, compared to Table 2 'Eat less of' foods 10% of the time from the YBYW Eating Plan.

During Restore, you started becoming more mindful about your food choices, eliminating foods that overworked the digestive system. As you re-introduce those foods back into Step 2 Reduce, we ask you to continue being mindful about your eating and see how these foods make you feel. If those foods make you feel uncomfortable - bloated, gassy, sleepless, lethargic, irritable, gives you heartburn etc. – we recommend you consult your doctor and possibly stop consuming those foods.

Don't forget you can eat those foods listed in Table 2 'Eat less of' column in the YBYW Eating Plan 10% of the time.

Your eating plan during Step 2 Reduce will comprise of 2 Quick Shakes, lunch and snacks each day.

- 1 Quick Shake in the morning with GI-ProBalance slim sticks, OsoLean powder, NutriVerus powder and NU-FLAVOUR blend, followed by a snack, at least 20 minutes later;
- 1 Quick Shake in the evening with OsoLean powder, NutriVerus powder and NU-FLAVOUR blend followed by a snack, at least 20 minutes later.



Scan this QR code to view some **ideas for lunches and snacks** during Steps 2-4.

<http://www.yourbodyyourway.com.au/recipes>

Select foods for your lunch and snacks from the 'Eat more of' and 'Eat less of' foods in the proportion of 90/10. Be sure to include at least one green vegetable and one protein from Meat, Fish and Eggs group plus reduced fat dairy (Table 1) with your lunch. Try and eat high protein snacks.

Be sure to record all you eat on your Healthy Habits tracker each day.

Calories

Are you using calories as a tool to manage fat loss? Are you eating less than your daily energy requirement 6 out of 7 days to optimise leptin, the master hormone in the body that helps control hunger and feelings of satiety? Those calories in your Quick Shakes, lunch, snacks and drinks all add up. And don't forget to eat to your full daily calorie limit 1 out of 7 days. Eating beyond your daily calorie limit will not lead to long lasting fat loss.

Be sure to record everything on your Healthy Habits tracker.

Nutrition - your Automatic order

Your Automatic order of either the nutrition-packed vanilla or chocolate YBYB Fat Loss bundle should now be arriving automatically on your doorstep every 28 days. This bundle is important not only to your fat loss but your nutrition and wellbeing too.

12 hour fasts

Are you having success with your 12 hour fasts so that your digestive system has enough time to really process your evening meal? Are you experiencing less reflux and heartburn because the last thing you eat is taken 2-3 hours before bed? Some people really struggle with developing new habits, especially this one because it means they can't have their first cup of coffee or eat something for breakfast until 12 hours has elapsed between eating dinner and breakfast. Keep persisting with this guideline. It could make a difference.

Hydration

How is your drinking 6 glasses of water hydrating routine going? Be sure to write the number of glasses you consume each day on your Healthy Habits tracker.

Movement

Incidental Movement

By now you should be incorporating more movement in your life. This continues in Step 2 Reduce, phasing in more incidental activities. More physical activity is a great way to improve your health and lifestyle. Well done!

Scheduled Movement

Remember it takes 10 weeks to create a new habit, so keep persisting with your fitness workouts.

Remember, it's not so much about the quantity of exercise, more the quality of exercise. Interval training is the smart way to be more active: why walk for 40 minutes or 4 hours with a consistent heart rate when you can walk for a shorter period of time, incorporating intervals to make your activity more effective? Elevating your heart rate for short bursts will greatly assist your fat loss journey compared to sessions where your heart rate is consistent.

Keep monitoring your Resting Heart Rate to see improvements in your fitness, on your Healthy Habits tracker.



Fat loss optimising tip #8
only consume fruit on your exercise days.

Sleep

Don't forget to stop eating 2-3 hours before bedtime. Keep getting a good night's sleep and record the number of hours slept on your tracker.

Support

Take a moment to look back over your Healthy Habits tracker for Step 1 Weeks 1 to 4 and review your progress. Look at how far you have come!

Continue to be accountable to yourself and a third party, if that is what you decided to do.

Remember to focus on fat loss during YBYW, not weight loss. Keep away from those bathroom scales! Stick with your measuring tape.

Step 3. Refine

The trigger to move from Reduce to Refine is when you have one clothing size to go before you reach your goal clothing size. So let's say you started as a size 20 and you've reached size 16 with your goal being size 14. Well done! Now you would move into Step 3 Restore.

By now those healthier lifestyle practices from Steps 1 and 2 around eating, hydrating, moving, sleeping and nutrition are now habits. Keep going! Those habits will be so important to sustained fat loss and a healthier life for you in the long term.

Eating

Your eating plan will comprise of 2 Quick Shakes, lunch, dinner and snacks each day.

Have 1 Quick Shake in the morning with GI-ProBalance slim sticks, OsoLean powder, NutriVerus powder and NU-FLAVOUR blend, followed by a snack, at least 20 minutes later.

For lunch and dinner, select foods from Table 1 'Eat more of' list 90% of the time and Table 2 'Eat less of' list 10% of the time from the YBYW Eating Plan. Be sure to include at least one green vegetable with your lunch and dinner, and select one protein from the Meat, Fish and Eggs category and reduced fat dairy in Table 1. Try and eat high protein snacks.



Scan this QR code to view some ideas for **lunches, dinners and snacks** during Step 3.

<http://www.yourbodyyourway.com.au/recipes>

Have 1 Quick Shake at night with OsoLean powder, NutriVerus powder and NU-FLAVOUR blend, 20 minutes prior to your evening meal.

Be sure to record all you eat (and calories consumed) on your Healthy Habits tracker each day.

Calories

Continue using your daily energy needs, as measured by calories, as a tool to ensure you are not eating more than your body needs to work. Also continue to ensure that with your Quick Shakes, snacks, lunch and dinner that you are eating less than your calorie limit 6 out of 7 days each week.

Record everything on your Healthy Habits tracker.

12 hour fast

Continue with your 12 hour fast.

Hydration

Continue drinking 6 glasses of water each day and recording this terrific habit in your tracker.

Movement

Incidental Movement

Keep up the incidental movements you have introduced into your lifestyle.

Scheduled Movement

Your scheduled fitness workouts should be a three times a week habit on Mon/Wed/Fri or Tue/Thu/Sat.



Scan this QR code to view **your sample fitness and strength workouts**.

<http://www.yourbodyyourway.com.au/movement>

Now it's time to add some **strength workouts** into your week. Pick another 2 non-consecutive days in the weeks and schedule in 30 minutes for each strength workout. These bodyweight workouts build strength, muscle tone and flexibility.

Are you seeing improvements in your fitness through your Resting Heart Rate?

Sleep

Are you sleeping better because your last meal at night happens 2-3 hours before bed? Keep getting a good night's sleep and record the number of hours slept on your tracker.

Support

Continue to be accountable for your fat loss with your YBYW buddy. Is your family supporting you by following YBYW's low-GI eating philosophy?

Step 4. Reset

You've reached your goal clothing size! You must feel and look great!

Eating

By this time, you have become very mindful about what you put in your mouth and the impact it has on your daily energy requirements. You've seen the benefits of a balanced approach to eating GI and calorie controlled foods from a wide variety of food groups listed in Table 1 of the YBYW Eating Plan. What's next?

Time to stop the Quick Shakes and introduce breakfast after your 12 hour fast. If you have been enjoying your Quick Shakes in the morning, you could continue with a smoothie made with low GI fruit for your breakfast. You may need to buy a personal blender. There are plenty of affordable models available. We recommend the Tribest Personal Blender for reliability in mixing the toughest of fruit with its sharp blades and powerful motor.

Continue breakfast, lunch and dinner foods sourced from Table 1 'Eat more of' list 90% of the time in the YBYW Eating Plan. Eat snacks if you feel hungry and make them high protein. Continue to include at least one green vegetable with lunch and dinner, and include one protein from the Meat, Fish and Eggs category and reduced fat dairy in Table 1.

Calories

Continue eating less than your daily energy calorie requirement 6 out of 7 days and up to that requirement limit 1 out of 7 days each week.

Nutrition – the next step

To continue optimising your wellness without the nutritional supplements in the Quick Shakes, we recommend you swap your current Automatic order of the YBYW Fat Loss bundle to the YBYW Health Maintenance bundle. This bundle is packed with high quality nutritional supplements to keep you feeling great.

- GI ProBalance Slim Sticks
- Omega 3 with Vitamin D
- PLUS™
- NutriVerus powder

Contact Mannatech Customer Service on **AU** 1300 361 878, **NZ** 0800 333 250 and **SG** 800 130 1597.

12 hour fast

Continue with your 12 hour fast each day.

Hydration

Continue drinking 6 glasses of water per day.

Movement

Keep up your incidental movement, fitness (3 times a week) and strength workouts (twice a week).

Sleep

Keep getting a good night's sleep.



Scan this QR code to view **your sample fitness and strength workouts**.

<http://www.yourbodyyourway.com.au/movement>



The **psychology** of fat loss

OK so we have explored at length diet, nutrition, exercise, hydration and sleep as factors that impact sustainable fat loss. But there is one more critical piece to the fat loss puzzle: the way you think about fat loss. Essentially if you change your thinking, you will change your body. Here are some guidelines to master the mental side to losing fat.

There is no 'on' and 'off'

How many people say "I'm **on** a diet" or "I'm **on** a new get fit program"?

The word 'on', signals to your brain that you will eventually come 'off' that diet and program. When that happens, the centimetres will creep back onto your waist, thighs, hips and bottom. Don't say to yourself "I'm on a fat loss program called Your Body Your Way " because you could be sending the wrong message to your brain that it's for the short term only. That's self-sabotage! You have decided you are here for the long term, making **permanent** changes to your lifestyle so you keep the fat away. Instead, say something like *"I have joined the Your Body Your Way system."*

Consistency

Consistency will separate those who will be successful on the YBYW Fat Loss system from those who won't.

Losing fat is not a perfect process. Be ready for challenges. Week to week, your inches will increase, decrease or stay the same. Some days you will struggle. Other days will be a breeze. Some people find change really hard but push through. Keep focused.


Don't feel 'bad' or 'naughty'. So you ate more calories than you should have today. Pick yourself up tomorrow and get back into it. Be consistent and follow the system. Comply with the YBYW guidelines most of the time and you are doing just great!

Will you get bored? In karate or jiu-jitsu, students work towards belts and those belts, act like little stepping stones that keep people motivated and focused on improving. The progressive nature of the YBYW system should keep you focused on that next step, that next milestone, so you don't get bored. Despite the bumps along the way, the tracker and your accountability partner will show you how far you have come and that will keep you motivated to continue.

Positive language

Which phrase sounds more motivating: *"I have joined the YBYW system because I am overweight"* or *"I have joined the YBYW system because I want to make positive changes to my life that will make me look and feel great."* Certain words are more positive and more motivating than others and better for your self-esteem.

Those positive changes will change your life and prevent those inches from coming back. Words like *"I'm on a diet"*, *"I'm suffering"*, *"I'm making sacrifices"*, won't help you win the mental battle associated with long lasting fat loss. People often struggle with change and incorporating new habits into their lives. A positive view of those changes and the benefits they will bring will get you through those days you struggle.



Your Body
YOUR WAY™
A lifestyle-based
Fat Loss System



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