

SESSION 11

FOREVER LEAN: HOW TO STAY LEAN & HEALTHY FOR THE REST OF YOUR LIFE

OBJECTIVES

- *Identify roadblocks that can keep you from reaching your weight control goals.*
- *Provide solutions to help overcome these roadblocks.*

BACKGROUND

Your success on this program depends on changing your body to a fat-burning organism from a fat-storing one. If this process is inhibited or prevented in any way, you may have trouble losing the weight you need to lose.

No matter how dedicated you are to the principles you've just learned in this program, there are factors that can slow or even prevent you from losing weight. In this session we'll explore those factors and provide some solutions to many of them.

Among the issues we'll address are lack of motivation, lack of support, food addictions, the effects of artificial sweeteners and salt, food allergies, job-related stress, family or personal relationship-related stress, health-related stress, seasonal affective disorder, diet-induced nutritional deficiencies and exercise plateaus.

If you are complying with the program, but still aren't losing weight, your solution might lie in dealing with one or more of the factors we address in this session.

PRACTICE

Listen to/read audio Session 11 "How to Stay Lean & Healthy for the Rest of Your Life."

2. If you feel you are complying with the principles of the program but you are having trouble losing weight list the factors discussed in this session that are most likely to be hampering your ability to lose weight.

3. Based on what you've heard in this session write a brief description of what you need to do to solve the three problems you identified in question 2.

POINTS TO REMEMBER

- Losing weight permanently may require taking charge of outside influences that are hampering your weight control efforts.
- The roadblocks we've discussed in this session are not excuses for failing to succeed on this program.
- The solutions we've presented in this session are designed to help you reach your goal of permanent weight loss.

PROGRESS CHECK AND CONCLUSION

Your ultimate progress check is when you look in the mirror, measure yourself or step on a scale and like what you see and feel. The principles you've learned in this program are based on powerful truths.

Thousands of people just like you have lost millions of pounds following them. And you can too. There are no shortcuts, magic elixirs, or miracle pills that will work for you. This program gives you the knowledge and tools you need to change.

Knowledge is power—and with this power you now hold in your hands the ability to mobilize yourself to develop with care and patience a lean, high-energy body. We wish you success and joy in your efforts.