

# THE SIMPLE 7

7 TIPS IN 7 DAYS TO TRANSFORM YOUR METABOLISM



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Hi There!

I'm so glad you downloaded this guide. It holds 7 surprising yet simple and effective tips to help you get into **FAT BURNING MODE** while revving up your metabolism and ditching excess hidden calories! But, every positive change requires **ACTION**. There just no getting around that! The trick is to take simple but effective steps and build momentum every day. Once you start adjusting your mindset, tweaking your habits, and moving your body more efficiently, you can go from taking "baby steps" to "giant leaps in a single bound!"

This guide takes you step by step. You will be asked to complete a new action every day, building upon the previous day. In just one week, you will have incorporated 7 new and healthy habits into your day and will be on your way in not only transforming your body, but transforming your life!

These are some of the easiest ways for you to burn more fat by revving up your metabolism, while ditching excess hidden calories you have never even thought about! Each day you will be given a new habit along with the reasons why this habit is so important to implement. At the end of the page, you will find your daily required action. Complete your **ACTION**!

To help keep your momentum going and keep you on track, I have included your own progress chart located in the back of this guide! Keep it somewhere you can see it daily.

Have **FUN** with this and embrace the challenge of making habit changes! You will be amazed how much better you feel in just **ONE WEEK**!

Here we go...  
**ARE YOU READY TO  
KICKSTART  
YOUR METABOLISM?**





# Before you start your 7 days...

Please make a quick run to the grocery store and pick up the following items. These will be needed for the coming days.

## Run to the store

4 Lemons (organic if possible)

Ginger Root

Bag of Mixed Frozen Berries (no additives or sugar added and preferably organic)

3 Bananas

Bag of Spinach

Chia Seeds

Whey Protein Isolate Powder (Vanilla)

Store lemons at room temperature, away from direct sunlight

Store fresh ginger in a tightly wrapped plastic bag in the refrigerator

Bananas-peel them, cut them in half and freeze them



# Day 1 Morning Mojo!

The morning alarm goes off; you drag yourself out of bed and start your day in a virtual sprint to the finish line. You chug a cup of coffee and start your morning rituals without giving much thought to your body. You have just awoken from 7 to 9 hours of sleep (hopefully) and you expect your body to start functioning from the queue of an alarm clock? Your digestive tract hasn't even had a chance to start its engine yet!

One of the best ways to get your system moving is by drinking a morning mojo and I don't mean coffee. Drinking a cup of water with a couple slices of ginger and the juice of a half of lemon will give your body a chance to kick into gear. Why is this?

Lemon stimulates your lymphatic system removing toxins accumulated in the lymph glands, colon and bladder overnight, and assists in keeping your body in an alkaline state. People who are in a more alkaline state tend to lose weight more easily and store less fat. It boosts your immune system, lowers the risk of asthma, and increases energy. According to the American Heart Association, eating higher amounts of citrus fruits may lower ischemic stroke risk for women by 19%!

As an excellent source of the powerful antioxidant vitamin C, lemons and lemon juice can help fight against the formation of free radicals known to cause cancer and also plays a vital role in the formation of collagen, the support system of your skin.

Lemons contain many nourishing elements; Vitamin C, B6, A, E, folate, niacin thiamine, riboflavin, pantothenic acid, copper, calcium, iron, magnesium, potassium, zinc, phosphorus, and protein. It's amazing all that fits into a bright and fragrant fruit that adds such flavor!

Ginger also aids in weight loss and is the perfect way to give your immune system a boost. The phenolic compounds in ginger are known to help you relieve gastrointestinal irritations; assisting with the movement of foods and fluids through your GI tract. Studies have shown ginger provides protection against polyps and cancer cells and helps with digestion.

A study at the University of Georgia found that daily ginger supplementation reduced exercise-induced muscle pain by 25%. Ginger has been used for centuries to reduce inflammation and treat inflammatory conditions.

So, if you replace just one cup of coffee (that includes cream and sugar), you not only reap incredible health benefits but you will be saving yourself around 100 calories a day. That's a possible 700 calories a week!

## ACTION OF THE DAY (And for the next 6 days)

### MORNING MOJO

**Making a Morning Mojo:** Add the juice of 1/2 lemon and 1/2 inch knob of ginger to 12 oz. of water, preferably room temperature, but can be warmed. Either grate the ginger or slice it. You can add a few drops of honey, but to save calories, try using stevia or just drink it plain.





## Day 2 Berry Berry Good!

As the saying goes, "breakfast is the most important meal of the day" ...and it's true. Not only does eating breakfast help curb your appetite later in the day, but it keeps your metabolism running on all cylinders. You might think skipping breakfast is helping you save calories, but it's actually slowing your metabolism down to a screeching halt and causing you to burn at a slower rate for the rest of the day.

Women generally have slower metabolisms than men, so why make it worse? Do everything possible to increase your metabolism, making your body work for you, not against you. Work smarter, not harder!

Most women consume around 200-300 calories for breakfast. Usually grabbing something fast like, fruit and yogurt or a low calorie breakfast cereal. While they may be a better nutritional choice for you than a donut or bagel, why not blast your morning nutrition through the roof? This delicious smoothie has approximately 250 calories and the best part is it packs a powerful nutritional punch!

Berries keep you mentally sharp. Women who eat about two servings of strawberries and one serving of blueberries a week experienced less mental decline over time. Compounds called anthocyanins, found almost exclusively in berries are known to cross the blood-brain barrier and locate in learning and memory centers in the brain. And because of their fiber and liquid content, they give you a sense of fullness, assisting you in weight loss. Bananas contain fiber, potassium, vitamin C and B6, all which support heart health, reducing the risk of stroke and heart disease. They also contain tryptophan; an amino acid that studies suggest plays a role in preserving memory and boosting your mood!

Spinach promotes healthy skin, hair, bone health and provides protein, fiber, Vitamin A, C, E, and K, and B6, folate calcium, iron, magnesium, phosphorus, potassium, copper and manganese. It contains all of this while being low in fat and even lower in cholesterol!

Whey Protein contains all 9 essential amino acids and is low in lactose content. It helps improve muscle protein synthesis and promotes the growth of lean tissue mass. According to a study published in the British Journal of Nutrition, there was a significant decrease in total cholesterol and LDL cholesterol (the bad cholesterol) in the group who consumed whey protein over the course of 12 weeks. Why chia seeds? Like the other items, they contain fiber, protein, calcium and antioxidants, but they also a great source of omega-3 fatty acids, which help raise HDL cholesterol (the good cholesterol that helps protect against heart attack and stroke.)

As you can see, this smoothie is a "wonder woman" smoothie and is delicious to boot!

### ACTION OF THE DAY (And for the next 5 days)

#### CHIA BERRY GREEN PROTEIN SMOOTHIE + Your Morning Mojo

Blend 1 cup of water, ½ cup mixed frozen berries, ½ frozen banana, 1-2 cups spinach, handful ice, 1 serving whey protein isolate powder (vanilla) and 2 teaspoons of chia seeds.

Hint: Blend the water, ice and spinach first, followed by the other ingredients. It will give you a "smoother" smoothie!



## Day 3 Are You Dragging?

We are a nation of walking zombies. Working more hours and sleeping less. If you are a woman who boasts about running on 5 hours sleep, you may be a go-getter, but you may also be “go-getting” that extra belly fat. As we touched on earlier, continued physical and mental stress elevates your cortisol levels, causing weight gain and a thicker waistline.

But there is good news...7 to 9 hours of sleep reduces your levels of cortisol and helps guard you against excess weight gain and belly fat. So, start counting sheep! Still wondering if sleeping really is that big of a deal? A recent study found that women who didn't sleep enough ate an average of 300 more calories per day. That's an extra 2100 calories a week! That's like going to McDonalds, twice a week, and ordering a Big Mac, fries, and a coke! Get your sleep and save those calories!

Turn the TV, computer and lights out! Per the National Sleep Foundation, a key factor in regulating sleep and your biological clock is exposure to light or darkness, so falling asleep with the T.V., computer, or lights in the background is negatively affecting your sleep patterns more than you realize.

Exposure to light stimulates nerve pathways from your eyes to parts of the brain that controls hormones, body temperature and other functions that play a role in sleep. Lack of proper sleep cycles has real consequences on your health and increases the risk for depression.

Your bedroom should be your sanctuary! Make it your haven. It should be a place that soothes you; that special, relaxing place you long to be. It needs to be free of clutter. How do you expect to sleep well if you have to clear off your bed just to find a spot to rest?

Create a “bed time ritual”. Do the same thing every night before going to sleep. This little trick gives your body the queues it needs to start winding down and preparing for sleep. Take a hot bath, put on your favorite P.J's, read or meditate. Whatever few steps they are, do them in the same order every night. It won't take long before your body is trained to relax and sleep.

When it comes to living the life of your dreams...sleep is as important as your diet and fitness routine. Don't underestimate its power. Poor sleep wreaks havoc on your hormones, keeps you in a constant state of brain fog, leads to poor decision making abilities, and can leave you irritable which affects all your relationships, personal and professional.

If you have struggled with weight loss, you need to take a serious look at your sleep habits. Poor sleep habits derail the best health conscience intentions! Word of caution...over sleeping does the same damage to your body, so the goal is to stay between 7 and 9 hours. No more, no less.

### ACTION OF THE DAY (and for the next 4 days)

#### BED TIME RITUAL + Your Morning Mojo and Chia Berry Green Protein Smoothie

Come up with 3 or 4 things that will become your Bedtime Ritual. Write them down and place it by your nightstand so you can do them in the same order every night. Make sure your room is free of clutter. Get to bed at a reasonable time. Give yourself a minimum of 7 ½ hours of sleep. Turn off all electronics and anything else that creates light. If you need sound to fall asleep, try using a sound machine or listen to relaxing music.



# Day 4 Working 9 to 5



Long days at the office can pack on the pounds, but there are few tricks that can help you lose weight while you are working. A recent survey found that many of us spend up to 12 hours a day sitting; looking at computers, commuting home, and watching T.V. That's a lot of seat warming!

The University of Chester research data shows you can burn an extra 50 calories an hour just by standing. That might not sound like much, but let's do the math...If you stop sitting and instead stand for just 3 hours a day, 5 days a week, that will add up to 750 calories a week!

Ask your employer for a raised or adjustable desk. More and more companies are offering this option, due to the

health benefits and new employee health and wellness programs. If you work from home, or spend a lot of time on your home computer, purchase one for home as well. It's well worth the investment in your health.

If you are starting out and need to build up your "standing" stamina, start by doing a little bit at work and continue to stand at home. Your 3 hours a day do not have to be consecutive to provide health benefits. Anytime you spend standing vs. sitting is a huge health advantage. You can stand when you are surfing the web, talking on the phone, reading or while you are watching T.V.

Remember to work on your posture. Standing up straight helps strengthen your core and back muscles and at the same time, makes you look taller and leaner!

While you're at it, replace your desk chair with a stability ball. Having to balance yourself on a stability ball helps

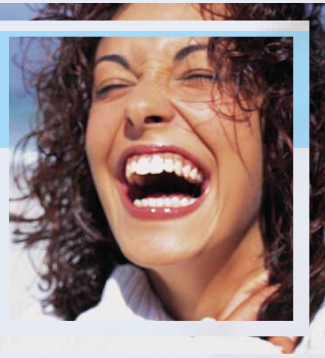
tighten your core, strengthens your back muscles, and gives your legs a workout! Now that's multi-tasking! You can use a stability ball at work or even at home while watching T.V. There are different size stability balls to choose from depending on your height, so when shopping for one, make sure to get the correct size!

And please, NO FOOD at your desk. Eating at your desk is killing your waistline! Did you know that if you stop eating at your desk and eat elsewhere, you will consume an estimated 250 fewer calories in a day than those who eat while they work. Just making these small changes at work could save you over 1750 calories in a normal work week...that's a half a pound loss per week just by standing and not eating at your desk!

## ACTION OF THE DAY (and for the next 3 days)

**WHISTLE WHILE YOU WORK + Your Morning Mojo, Chia Berry Green Protein Smoothie and Bed Time Ritual**

Ask your employer for an adjustable desk. Let them know that you are doing it to better your health and in turn will become a healthier, more productive employee. Purchase a stability ball for work or home, wherever you do the most sitting. Both if you can swing it. Go through your desk drawers and cabinets, ditch the food and snacks. Clean up your work space!



## Day 5 Laugh It Up!

A good strong laugh for 10-15 minutes a day increases weekly energy consumption by up to 280 calories! It also decreases stress hormones, including cortisol. Cortisol is a hormone that is part of our fight or flight response, and in itself, is not necessarily bad. It's the hormone that helps you replenish your body after a major stress has passed.

If you were a gazelle being chased by a lion, and you survived the chase, you would be cranking out the cortisol and “high-fiving” its awesomeness. But **YOU'RE NOT A GAZELLE** and it doesn't work in your favor with today's garden-variety stressors. In fact, it's working against you!

Cortisol hangs around in your system and has the nasty habit of increasing your appetite, causing you to over-eat. Hence the term “stress-eating.” Not particularly liking the “belly fat” you see in the mirror? Cortisol is a major player in the creation of “muffin tops.”

Another stressor; negative stories and images. We, as a society, are inundated with negative images. Whether we realize it or not, negative images seep into our psyche and contribute to our stress levels. Never in history have we been bombarded with so much information and to the detriment of our health. We feel we need to be informed, but do we really need this much information?

Per the Institute of Psychiatry at King's College in London, women are more “stress reactive” on the average than men. In recent tests, women produce more stress hormones when they were subjected to reading negative newspaper stories, such as those about murder. Between watching the news, being constantly connected to the web, and completely exhausted, flopping on our couches every evening to watch our favorite dark dramas, is it a surprise we eat or drink to comfort ourselves?

Reducing stress helps you deal with everyday tasks in a more productive manner, lowers your food cravings, and in your elevated state of “happiness”, you're a better partner, mother, friend and co-worker! Want more?

Laughing triggers the release of endorphins - the body's natural feel-good chemicals and if that isn't enough to make you giddy, it also helps lower blood pressure, in turn, reducing the risk for heart attack and stroke. Either kill your stress...or your stress will kill you!

### **ACTION OF THE DAY (And for the next 2 days)**

**BLISS DIET + Your Morning Mojo, Chia Berry Green Protein Smoothie, Night Time Ritual and Whistle While You Work**

Starting today, you are to remove all negative crap from your day! That means, no T.V. news, no newspapers, dark movies or dramas. You are to fill yourself up with laughter. Rent a funny movie, go to a comedy club or call your crazy, funny friend and just laugh! Replace negative images with positive ones as often as possible throughout your day.

**CHILL NOTICE!** If you are concerned that you will miss the next big story, don't panic. Trust me, if it is big enough that it's a life changing event, you will hear about it through the grape vine!



**I say  
positive  
things about  
myself to  
myself.**

## Day 6 Positively Marvelous

Remember Stuart Smalley, that funny SNL skit, where he looked in the mirror and said his daily affirmations! It was hilarious, but not as off the mark as you might think! I know it sounds a little “woo woo” and “new age”, but there is scientific data that supports the benefits of positive affirmations. And, whether or not you realize it, you are already doing daily affirmations...they are just the negative kind.

Over the course of a 9 month study, at a Canadian University, women who received lots of weight-acceptance messages shed about .17 units of body mass index, or BMI, while women who received no such messages rose about .75 units. That means their weight increased!

Positive affirmations just take a little work and require you repeat them often, throughout you day, for them to take root and secure a permanent place in your thoughts. Consistency is key. It will feel funny at first, so if it does, just relax and keep doing it and watch your inner dialog and your waistline change! Worst case scenario, you are reprogramming your mind to love yourself. We all could use more of that, couldn't we?

Not sure what to say, to yourself? Well, this is a very personal thing, so find one or a couple that resonate with you. Google "positive affirmations for women" and see the millions of choices you have.

And just as words have powerful effect on us, so does vision imagery. We live in a world that fills our sensory perceptions with infinite possibilities. I'm sure you have already done this a few times in your life. Have you ever put a picture on your refrigerator of a woman who is in the shape you dream of being one day? Or an old picture of you when you were thinner? That is a form of visual imagery.

One of the most powerful ways of reaching into our subconscious is through daily visualization. Some people have developed this talent and do so by just closing their eyes and letting their imagination take them there. This is a talent I highly suggest you cultivate, and you will have a blast doing it. But, visualization techniques come in many forms; one of the most popular and fun to use is an image board.

With technology what it is, you no longer have to search for images in a magazine and glue them onto a board. Check out [dreamitalive.com](http://dreamitalive.com). There, you can make your own virtual vision board and interchange pictures as your dreams and desires change. Once you create a vision board, you can use it as your computer desktop! This way you will be seeing your visions and working with your personal visualizations throughout the day, at work and home! Don't you just love technology!

### ACTION OF THE DAY (And for the next day)

**POSITIVELY BEAUTIFUL MIND + Your Morning Mojo, Chia Berry Green Protein Smoothie, Night Time Ritual, Whistle While You Work and Bliss Diet**

Pick out an affirmation. Stand in front of a mirror and repeat it to yourself several times. Place a copy in your wallet and pull it out to recite it several times throughout the day.

Check out [Dreamitalive.com](http://Dreamitalive.com) or research other virtual vision boards and start creating. Find pictures that reflect the happy and healthy life of your dreams and begin designing your own board!



## DAY 7 We're Going To Pump You Up!

If you are a cardio fanatic and look at weight resistance training as something for “meatheads”, think again. While you may burn more calories when actually doing your cardio routine, your accelerated after burn will drop off shortly after you stop. Usually, you will burn an extra 40-80 calories depending on the intensity and duration of your workout. And the more cardio you do, the faster your body learns to adapt and quickly returns to your resting heart rate (RHR).

While this has fantastic cardiovascular health benefits, you are producing a shorter after burn affect. If you are looking to “rev up” your metabolism, you’re chasing after the wrong cart!

On the other hand, when you weight resistance train, you may burn less while actually lifting, but your rate of accelerated caloric after burn can last up to 36 hours!

It might only be 10 calories per hour, but multiply that by 36 and you will see that it really adds up to a possible 360 extra calories! WHOA...that is a huge advantage and one that shouldn't be taken lightly! Yes, that means when you are sitting around or sleeping, you are still a burning calories and the increased lean muscle mass turns you into a calorie burning powerhouse.

Weight resistance training also increases bone density, something we all need as we age, and it reshapes, tones, and tightens your body so even your “skinny” jeans love you and you love them!

I know you are worried about bulking up. It's not going to happen, unless you purposely increase testosterone levels or use steroids and eat massive amounts of food. Instead it's going to give you that lean and toned look all the cardio in the world will never get you! If you want the best of both worlds, incorporate interval training into your workout routine!

### ACTION OF THE DAY

**STRONG AND BEAUTIFUL + Morning Mojo, Chia Berry Green Protein Smoothie, Nighttime Ritual, Whistle While You Work, Bliss Diet and Positively Beautiful Mind**

You are to do some type of weight resistance training today. If you are a cardio fanatic, you need to give up 30 minutes of your cardio to weight train. If you weight train on a regular basis, KUDOS to you! Your job is to take it to the next level. Increase your weights or shake up your routine so you take advantage of muscle confusion.

If you have never weight resistance trained, no worries. Using your own body weight is weight resistance training as well!



# YOU DID IT! YOU ROCKED IT!

You completed 7 days. It was pretty simple to make some amazing habit changes, wasn't it?

You should feel healthier and absolutely proud of the fact you have started to take control of your health! That is an empowering feeling!

Doing the 7 days not only helped you cut calories and fight the battle of the bulge, but it primed you for bigger and better things!

Keep these habits going as you take on additional lifestyle changes. Once you started making these changes and saw with your own eyes how easy it actually was, you should be “pumped and charged up”, ready to take it to the next level!

Be proud of yourself, map out your next set of goals, keep moving forward and dream big! You will be so happy you did and your body will love you for it...YOU GOT THIS!

Your Success Coach,  
Keven from Bodimatrix

