



User Guide

HOT METABOLISM

A Metabolic Fitness System

By Carolyn Hansen

Introduction

Hi, my name is Carolyn Hansen, and I commend you for taking action to improve your life and fitness by taking this first step of learning exactly what to do and how to do it to get the fitness you need and deserve to live the life of your dreams.

Just like you all I wanted was a lean, firm, healthy, strong, shapely body. But way back 25 odd years ago when I got started the 'experts' believed that to get into good shape one had to starve on low calorie diets and do hours upon hours of long, slow repetitive activity.

My friends and I spent many years doing just that. We dieted our socks off and spent every moment we could walking, jogging, cycling, swimming and attending aerobics classes. And guess what? Not a lean, firm body in sight. For me just the same old skinny, flabby one that measured in at 23% body fat. Not much to show for several years of hard work.

Eventually burn out and injury occurred for me which meant no lower body activity for up to 12 months. Walking was an effort with shin splints and a stress fracture. So, into the gym to strength train as it was the only exercise that I was allowed to do.

Eating better became easier without the intense hunger from all of the endurance activity that got in the way of eating regularly. It seemed easier to eat more protein, eat more often and get rid of the junk. And guess what? Within 6 months, body fat was dropping off and a new firm shape started to emerge. Progress was so fast within 18 months I stood on a competitive bodybuilding stage and went on to compete over 30 times.

Since then I have helped hundreds of people get into better shape. Some of them even going on to compete themselves in body shaping/physique competition for the ultimate challenge of getting into great shape.

I consider my years of hands on and personal experience way more valuable than the fitness/personal training qualifications that I hold to be able to work in the fitness industry. What I have learned is not taught in any university in the entire world.

And now I want to share it with you to help you so you don't have to take the long slow road that I had to. As I cannot reach everybody personally the formula is contained in this new Hot Metabolism Fitness System.

This program is for you:

- If you have ever struggled to lose weight and watched helplessly as the unwanted pounds just kept on coming...
- If you have tried every fad diet only to end up heavier...
- If you have tried pill, vitamins, shakes and even prescription drugs with no success...
- If you don't have time for hours of walking or jogging.

Then what you will discover is the most wonderful news you have ever heard

- No conventional dieting
- No self denial
- No sweaty exercise
- No willpower needed

You will also discover this program will help improve your whole life.

- Your daily stress will seem to vanish
- Your energy levels will soar
- You will enjoy deep, restful sleep every night
- Your mind will be sharp as a tack
- Your mood will be uplifted

To many the truth about how your body releases fat remains a mystery but once you know precisely how your own 'fat loss regulator' works you then hold the key to shedding body fat right now and keeping it off for life.

Discover how to boost your metabolism, burn more fat with less effort, and lose all the weight you want. It is easy when you know how. And I will show you the exact steps and specific directions to help you shed fat, build back the muscle and transform your body...

You will discover:

- How to destroy fat faster, easier and with less effort than ever before
- How you can crank up your metabolic dial to get and stay slim and lean for life
- The type of exercise you can do to achieve three times the results in half the time
- The hidden cause of weight loss failure ignored or missed by nearly everyone

Allow me to show you why most everything you have ever been told about weight loss is backwards - why strict dieting is not only ineffective but potentially damaging to your metabolism. Once you know these secrets, you hold the key to **shedding body fat** now and keeping it **off for life**.

We can totally turn this around and from now on it will be different as we are going to make it about more of everything rather than less. You will be finally free to feel the energy of a lean and strong body while enjoying more of everything... more food... more energy... more vitality... more strength... more confidence... more quality of life.

Doesn't that fit better with what you really want - a strong, healthy, energetic, lean body?

The Hot Metabolism Exercise Plan

The journey ahead

Action creates motivation. Once you understand and implement effective exercise and eating habits, you will become successful. Once you start achieving great results, the excitement and fun you experience will make the change worth the effort.

Enjoying the many great benefits of a healthy lifestyle will help provide the impetus to stay on the healthy road you have taken. Whether you are new to exercise or are restarting again makes no difference to the journey ahead.

Imagine that you have committed yourself to walking 500 miles. You are now at your city boundary about to take those first steps on the very long journey. There has been no time frame set for this journey, just that you will keep going step by step until you get there. The prize at the other end is all that you ever imagined that you could be - healthy, happy, slim, feeling and looking young for your years with loads of energy and vitality.

What a goal, what a prize, no amount of money or luck can obtain this priceless possession and to attain it all you have to do is keep plodding along that road. There will be obstacles, there will be detours, there may even be some backtracking, and there may even be some complete stops. This is all part of the journey; this is all part of the fun and the challenges that lie ahead.

Your commitment to this journey must mean a non-negotiable bottom level of two exercise sessions per week. If you do more than this, that is great and you can consider these a bonus and you will reach your destination in a shorter time. But the two sessions always must be done unless you are very ill or seriously injured. If you miss sessions it is up to you to make them up. To make sure these sessions are done they must take priority of the same level as work or family commitments.

Getting started and continuing an exercise program can be a challenging yet rewarding undertaking. You can implement various techniques to improve your adherence to these new lifestyle changes. Set realistic goals that contribute to long term lifestyle changes. Set both behavior and outcome goals. A behavior goal could be simply exercising Tuesday and Thursday mornings at 7 o'clock, or exercising on Monday, Wednesday and Friday at lunchtime.

An outcome goal could be fitting back into a favorite piece of clothing that does not fit you now, or losing 2 percent of body fat. Focus on achieving your behavior goals since you will have much more control in achieving this type of goal. By achieving the behavior goal it is highly likely you will automatically achieve the outcome goal.

Think of your scheduled exercise sessions as you would any other appointment. You wouldn't break your dental appointment because you didn't "feel like going" would you?

If you are committed to reaching your health/fitness/weight loss goals, you must follow through and keep promises to yourself. Initially, you may be very motivated to stick to your program but it is not unusual for your motivation to dip occasionally.

Rather than having an all or nothing attitude towards exercise, think of it as an on- going process. If you miss your scheduled workout, realize all is not lost. Forgive yourself and re-evaluate your behavioral plan.

Adjust your strategies to prevent further dropouts and recommit to your program. Develop a back up plan in case of unforeseen circumstances. (This may be doing only 50% of your normal session or changing your scheduled workout day or time.)

Agree not to use your back up plan unless absolutely necessary but be flexible enough to compromise. Exercise is not an all or nothing event. Even a little is better than nothing at all. If you have not successfully stuck to your program in the past, analyze past obstacles and implement new strategies to overcome these barriers.

Map out exercise plans and stick to them

People who stay faithful to their exercise programs don't usually have willpower. They don't need it. What they have is a habit, a routine. Exercise for them is like brushing their teeth. They just do it.

Put exercise high on the priority list, next to family and working. To make exercise a habit, it needs to be on the agenda in a specific time slot, not on the "to do" list that you turn to "when I get a minute". When you make time to exercise, you will end up having more energy to meet all of your needs, and more things get done in the end.

One way to make something a habit is to have the same environment, the same situation every time you exercise. Consider exercise as part of your workday like getting dressed. The process of donning the workout gear at a designated time is far more important than how long or how hard you work out.

Once the consistency is ingrained in your routine, you can pay more attention to the quality of your workout. How long till it's a habit? As quickly as six weeks or as long as six months – it is simply a matter of following a format that makes you feel good, about making promises and keeping them.

The key is setting yourself up to be successful with your new program. Success breeds success. Small successes encourage you to keep going and help you manage larger challenges.

Staying on track with your exercise program

Enlist a spouse, friend or relative to share physical activity with you. Support is one of the most important factors in exercise adherence. Share your goals with those close to you or others that are likely to ask you about your progress. Ask them for their support.

Having explained that you have set aside a particular time to exercise can potentially minimize future conflict or misunderstandings. Those close to you will have the opportunity to understand the importance of your goals and the time you have set aside for them.

It can take up to 8 weeks to see some of the benefits you desire from your program. In the meantime, focus on short-term goals, like performing your weekly training sessions as planned, which will increase your self-confidence.

Use a log sheet to track your progress. A simple note book is all you need. Consistency is the key, not how long or how hard you exercise. Do ten minutes when you don't feel like a longer session. Write it in your log. The most important thing is that you did something. You will be proud of your accomplishments and this will help you to stick with your program.

Remember that you are exercising because you want to achieve the goals you have set yourself. Think of exercise as essential to your well being like good nutrition and sleep. If something is part of your lifestyle, you do it whether you like it or not, like brushing your teeth.

If you regard exercise as a hobby (something to be done when you feel like it) you may not exercise regularly, not reap the benefits and lose motivation.

Your new attitude

Old Attitude "I don't have time to exercise".

New Attitude "It's up to me to create time to exercise".

Old Attitude "I don't have the discipline to stick to an exercise program".

New Attitude "I will enlist the support of others and encourage them in return".

Old Attitude "I can't afford to invest in my health right now, I'll do it later".

New Attitude "An investment in my health will yield immediate, positive returns".

Old Attitude "When a crisis erupts, I have to put exercise on the back burner".

New Attitude "Especially during tough times, I need a strong foundation from which to operate".

Old Attitude "If I'm injured, I have to stop exercising".

New Attitude "If I'm injured, I can find alternative ways to exercise".

Old Attitude	"I have other priorities, like family and work".
New Attitude	"When I make my health a top priority, all areas of my life benefit".
Old Attitude	"My friends and family don't want me to change".
New Attitude	"I will inspire my friends, family and others to change for the better by becoming a positive role model".

Your thinking is important

Successful behavior change begins with believing in yourself and believing that your health and wellbeing are important and worthy of your time and energy.

Think like a winner, not a loser – remember that emotions are like muscles and the ones you use most grow strongest. If you always look at the negative side of things, you'll become a downbeat, pessimistic person. Even slightly negative thoughts have a greater impact on you and last longer than powerful positive thoughts. Negative thinking doesn't do you any good; it just holds you back from accomplishing the things you want to do.

When a negative thought creeps into your mind, chase it away and replace it reminding yourself that you are somebody, you have self worth and you possess unique strengths and talents.

A word about motivation – the magic ingredient to transform your body

Why do some people have a great body and are slim and fit while others struggle with the way they look and can never seem to get it together to make the changes necessary to achieve success? These fit people make it all seem so easy to achieve and maintain their results - what exactly is the secret, what do they have that you don't?

Well, it all boils down to one simple thing that stands between you and your perfect body is: your own motivation. Yes, motivation is truly the magic ingredient that will transform your body from the one that you have now to the perfect one of your dreams. So what is this motivation thing anyway?

Motivation comes from a Latin word motive - meaning "to move". It propels you to do something, to take action and it is so important that without it you have no forward momentum and your life stands still.

Motivation can be summed up as:

- a want, a need and a belief that drives you
- a thought, a feeling, energy to get moving
- a mix of discipline and desire to work towards a goal
- the push of your mental forces to accomplish an action

It is easy to see how important this factor is in achieving our goals in life and we would all like to have unlimited amounts of it to be able to draw upon when needed. If only we could find out how to motivate ourselves to exercise on a regular and consistent basis, our problems would be over.

So where does this leave you? In the past your attempts to get in shape have been short lived and you need to know how you can stick with your exercise program long enough to see the results that you so desperately want. There is exciting news for you as there really is no secret. Motivation can be yours and become as natural and easy to you as breathing. Here is how you can find it.

The big problem is that many of us believe that motivation is something that will come to us if we wait long enough or that it is something that we either have or we don't have. Not so. Motivation is something that we create for ourselves not something that just shows up and comes to us.

It is no different for any of us as what motivates each of us changes from day to day. What got us cranked up yesterday may not work today and we may need to find something else or use another tool to get the job done.

This may mean digging deep inside to find the thing that will get us up and moving forwards. It could be a thought, a desire to fit into a particular piece of clothing, a goal or even a reward. We all have the energy inside us, we just need to learn how to take control of it and use it to our advantage. You may have to give yourself a good talking to as if you continue to make excuses and let yourself off it will become a habit. We all need some personal discipline in our lives and it is up to each of us to provide it to ourselves.

If we don't, the downside of feeling bad about ourselves or even having our health deteriorate is a far worse scenario than giving ourselves a good kick in the back side every now and then. Once you find some ways to propel yourself into action you will have the key to be able to sustain it long term with little effort. It will become easier and easier until it is simply another habit just like brushing your teeth.

It is never about the perfect exercise or eating program. It is about your ability to create, sustain and continue to renew your motivation to put those things into action that will determine your success in every part of your life including your fitness/weight loss success.

It is important that you do not just leave this information sitting on your computer hard drive. It has to be put into action for you to be successful in reaching your health/fitness/weight loss goals.

You may also need to dig down through the layers of old beliefs and find the ones that are obstacles to your progress. You will need to toss them out to make way for new 21st Century ones that will assist you on your journey of improved health and fitness.

Take a moment to allow yourself to be excited as this time it is going to work for you. Just for now allow yourself to believe that, but soon you will see that it is the truth. An exciting challenge awaits you and you can do it.

Using the Hot Metabolism Eating Plan

The Hot Metabolism Eating Plan is based around eating several small balanced meals each day. You may already have heard that this way of eating makes it easier to either lose body fat or manage your body weight long term.

Three 'square' meals a day dates back to a time that people worked hard manually and could easily process 1000 or more calories at one sitting. But the majority of us today in our modern world do not need to do much in the way of manual labor so by eating large meals would make it likely that our body's would store more as excess fat.

Splitting our meals up in to smaller portions has a lot of advantages and if they are nutritionally balanced will do lots of great things for you, including:

- keep blood sugar and energy levels stable
- help keep your metabolism working faster, which means you will burn more calories every minute of the day
- gives you consistent energy throughout the day
- helps you avoid over-eating at meal time
- less food is being stored as body fat so you can achieve your fat loss goals
- keeps the muscle's glycogen levels high and provides plenty of energy to fuel high-intensity exercise
- provides for more efficient utilization not only carbohydrates and proteins but also vitamins, minerals and virtually every nutrients food contain.
- makes you less likely to have cravings because you always feel full and you do not suffer from a prolonged gap between meals.

The downside of eating this way means you need to be prepared. You will need to put aside some time each day to allow you to plan, shop and prepare the next days meals.

When you leave your house for work you should have your meals with you so you are not tempted to eat the wrong things when you are hungry.

Eating small meals means they are processed by your body quite quickly so you are definitely looking for some more food in 2 to 3 hours. It is important that you never get too hungry as this is when you are most likely to overeat.

You may find it difficult at first to prepare and eat these small meals, so don't worry if it is not perfect. Nothing in life ever is. This way of eating does not easily fit into a lifestyle to start with but over time it will and once you get used to it you will never want to change it.

Just keep working at it and each week you will find it becomes easier as you learn ways to save you time and effort such as doubling or tripling up on cooking some meals so you have some nice easy no brainers in your fridge or freezer. There are lots of great ideas to help you in the manual.

In just a few weeks you will find you are forming new patterns with your eating and before long you will love eating this way. Your body will also thank you and you will be rewarded with a melting of body fat and a new found energy. You will never want to go back to eating whenever and whatever again. This is a stressful way to live especially if you put on weight because of it.

The price you pay with the extra work will be made up for when you are in great shape as feeling and looking slim and healthy is priceless.

To monitor your progress you could make a simple note somewhere each day of how many small balanced meals you managed to prepare and eat. You may only get 2 or 3 in to start with. You may need to stay at this level for a while until it is cemented in to your life then try and add another small meal then another and so on.

Give yourself a pat on the back when you have a good day and simply acknowledge a not so good day and resolve to make up for it the following day.

You can even eat up as many as 8 or 9 small meals each day as long as they are balanced. This will send your metabolism through the roof. This is how competitive body shaping women get into top shape.

Bringing it all together to get started

It will be a good idea for you to print or have printed all 3 of the manuals so you have easy access to them. There is so much information in these 3 manuals you will need to read them several times to absorb it.

On your final read through you may wish to highlight areas that you will need to focus on first. Make notes for yourself as you go through as well which will help you form an action plan for yourself.

If a lot of this information is new to you break it down into small steps and only concentrate on a few steps at a time. Don't risk becoming overwhelmed by information overload which could slow your progress.

Remember the journey you are on here, so there is no hurry and there is no ending. It is not the destination we are looking forward to but the journey. Even if we come to a complete stop as long as we can always just pick it up and keep going we will always be winning. We can only lose when we quit.

Aim for improvements in your life, don't aim for perfection. Life is never perfect. Small changes will bring big rewards.

Remember - It doesn't matter where you are today it's where you are going that counts.

Sincerely,

Carolyn Hansen