**Slim down - Get strong**

**Look and feel sexy**

**8 Week Program includes: Your Slim Diet, Detox, and Daily routine**

*Featuring strategies to fix Leptin Resistance (for those over 20+ lbs).*

**YOUR SLIM DIET:** Burn fat and build a lean sexy body with a diet customized to you. Room for personal preferences and busy lifestyles.

**GET ‘CLEAN AND LEAN’ WITH DETOX:** Safe and easy inter cellular cleanse – no fasting. Feel good as you remove unwanted toxins. Stop inflammation and clear the space for new healthy cells!

**DAILY ROUTINE:** Solutions for sleep, digestion, stress, exercise

* + best-sleep-ever strategy – wake up refreshed
  + top digestion tips – end belly bloat
  + simple stress solutions – stop emotional self sabotaging eating
  + body sculpting exercises – have an amazing physique and look good naked
  + perfect day formula – how to own the day and control your life
* **BONUS - SUPPLEMENTS:** body slimming supplements (recommended)

**FAST TRACK TO YOUR BEST BODY!**

**Overview**

**PART 1**

**SETTING UP THE STAGE FOR SUCCESS**

**MODULE 1: YOUR BEST BODY**

Discover your underlying metabolic imbalance stopping you from fitting into your favorite jeans or feeling confident and beach ready.

At the conclusion of Module 1, you will be able to do 2 things:

1. Gain insight into the primary areas sabotaging your fat loss efforts.
2. Fix your metabolism to effortlessly shed body fat, sculpt your body, and gain confidence to look and feel your best.

**HANDOUTS:**

* Take the Metabolic Imbalance Self Test (self-identify these primary metabolic imbalances: digestion, food allergies/sensitivities, adrenal, thyroid, candida and hypoglycemia/blood sugar).
* Take the Leptin Resistance Quiz.

*Each test and quiz are followed by simple solutions to fix the underlying imbalance.*

**MODULE 2 – THE FIT N HEALTHY MINDSET**

**Lesson 1: Learn the #1 secret to slimming down, getting strong, and feeling sexy**

At the conclusion of this lesson, you will be able to do 3 things:

1. Discover the reasons why you’ve struggled in the past. Breakthrough your past and move ahead into the new, healthy you.
2. Learn the Fit n Healthy Mindset to getting clean, lean, and confident. A ‘winning’ mindset leads all your daily choices.
3. Begin your personal transformation using a powerful simple technique. Used by all great athletes and leaders to ‘get what they want’.

**HANDOUTS**

* Your Perfect Weight Worksheet – Steps to Personal Transformation

**MODULE 3: BODY COMPOSITION 101**

**Lesson 2: Track your progress with body composition metrics *not* body mass index**

At the conclusion of this lesson, you will be able to do 3 things:

1. Learn why we track body fat and not overall body weight.
2. Find out how much body fat is ‘healthy’ and set your goal.
3. Track your body fat, muscle mass and weight to get progress (optional).

**HANDOUTS**

* Body fat %– What is healthy? VISUAL + DESCRIPTION

**PART 2**

**HOW YOU GOT OVERWEIGHT. TIRED, AND FRUSTRATED**

**MODULE 4:** **WHY WE GET OVERWEIGHT – 4 TOP REASONS**

**Lesson 3: How we gain weight**

At the conclusion of this lesson, you will be able to do 3 things:

1. Learn 4 primary reasons WHY we gain weight.
   1. **Sluggish digestive system** and dysbiosis (altered gut bacteria)
   2. **Blood sugar imbalances** and adrenal dysfunction
   3. **Leptin resistance** and chronic inflammation
   4. **Toxicity** and **micronutrient deficiencies**
2. Understand how toxicity is at the root cause of most diseases or conditions.
3. Simple Solutions on how to fix it.

**HANDOUTS**:

* Sources of Toxicity checklist with Simple Solutions to avoid them
* Take the How Toxic Are Your Quiz.
* Your 2021 New Years Detox Starter kit

**PART 3**

**THE SLIM, STRONG AND SEXY PLAN**

**MODULE 5: CREATE THE METABOLISM OF A SLIM, STRONG, SEXY PERSON**

**Lesson 4: How to stop gaining weight and start burning it for energy**

At the conclusion of this lesson, you will be able to do 5 things:

1. Learn the Slim, Strong, and Sexy Daily Routine. Use as your blueprint.
2. Calculate your daily water requirements.
3. Calculate your macros (protein, carbohydrates, and fats).
4. Start your Slim, Strong, and Sexy Food Plan
5. Incorporate the recommendations from the simple solution section of your Metabolic Imbalance Self Test and **Leptin Resistance Quiz.**

**HANDOUTS:**

* Your Slim, Strong and Sexy Daily Routine – balance hormones
* The Slim, Strong, and Sexy Food Plan - Create Healthy Meals in 4 Simple Steps
* Best Ever Sleep Formula – burn fat while you sleep and wake up refreshed
* Tips for Optimal Digestion – beat belly bloat and have a flat stomach
* Simple Stress Solutions – transition from self-sabotaging food cravings to craving healthy foods instead.

**MODULE 6: THE SLIM, STRONG, AND SEXY EXERCISE ROUTINE**

**Lesson 5: Work out Smarter than Harder**

At the conclusion of this lesson you will learn 4 things

1. How the wrong type of exercise can make you fat.
2. Find out how to use HITT (high intensity interval training) and weights to get lean
3. When to incorporate ‘cardio’ based exercise.
4. The Only 5 Exercises You Need to Create an Amazing Physique

**HANDOUTS:**

* Your Body Sculpting Exercise Routine template

**MODULE 7: THE PERFECT DAY FORMULA**

**Lesson 6: How to own your day and control your life**

* At the conclusion of this lesson you will learn 4 things
  1. Take the Work-Life balance assessment
  2. Create your life vision
  3. Rule creation workbook
  4. Goal setting workbook
  5. Transformation guide

**PULLING IT ALL TOGETHER**

**BONUS: MODULE 8 (final) PULLING IT ALL TOGETHER “Learn it, live it, love it!”**

Summary of the 7 weeks. Q and A (in ‘Monday’s with Michale’ group coaching)

*Welcome to the Slim, Strong and Sexy Lifestyle and the NEW YOU!*

**SUPPORT TOOLS**

Clearing out Your Cupboards Checklist

Grocery Shopping List

Meal Ideas Made Easy

Slimming and Filling Recipes

Leptin Fixing Diet, Supplements, and Lifestyle Strategies

***This 8 week course is truly transformational. Step by step is all it takes.***

***Before you know it – you have the body and health you’ve been dreaming about.***

***Don’t miss this opportunity to finally get the body you want!***

***Be part of a group of like-minded people as we do this all together…..it’s time to get Slim, Strong, look and feel Sexy!***

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