

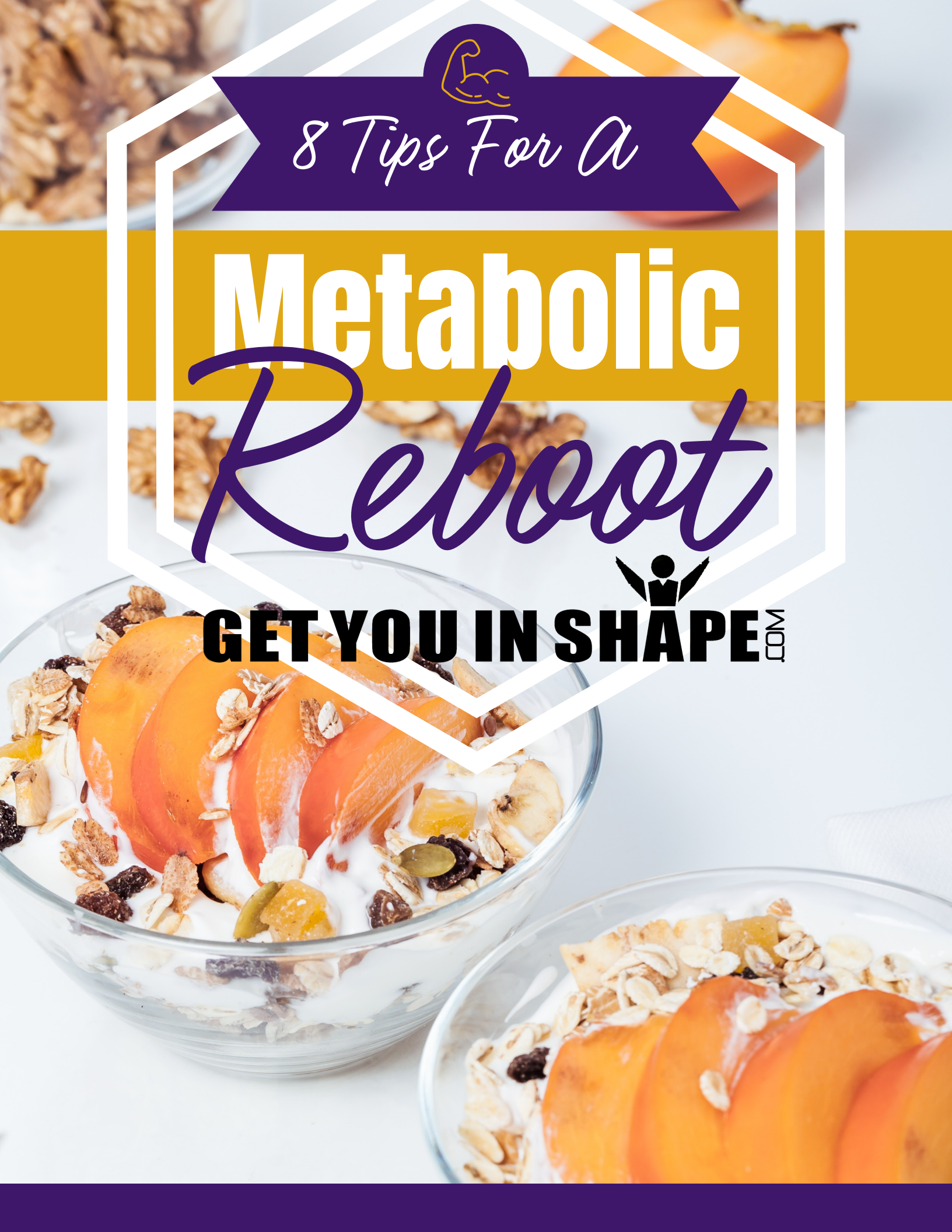


8 Tips For A

Metabolic Reboot



GET YOU IN SHAPE COM



WELCOME!

Thank you for downloading the *Metabolic Reboot Guide*.

This Guidebook will give you 8 Tips to Reboot your Metabolism. Applying these tips will help you start feeling healthy, energized, and ready for whatever comes your way.

Inside you'll find:

- ✓ **Goals and So That's**
- ✓ **Sleep and 3-2-1**
- ✓ **What, When and How To Eat**
- ✓ **Eat More Protein**
- ✓ **Drink More Water**
- ✓ **How To Double Your Results**
- ✓ **Move Move**
- ✓ **Add Supplements**

We know this guide only gives you the plan so if you know you'd be better off by having a coach and step-by-step directions for each of these tips, then I invite you to check out our [**Metabolic Reboot Challenge**](#) to see if it may be just what you have been looking for.

Committed to Your Success,

Brad Linder



Metabolic Reboot Tip #1

GOALS & SO THAT'S?

The first step in starting your journey is to get some goals down on paper as well as some reasons WHY you want to achieve those goals. Achieving personal goals as it relates to your health and wellness will support you in virtually every area of your life. Many people just start on a program and miss out on the best tool they can use to help them achieve results. MOTIVATION.

What do you want to accomplish with your health and fitness over the next 90 Days? What do you want to accomplish over the next 12 months?

Our choices dictate our habits. Our habits then become our LIFeStyle. Our habits, good or bad, come from a series of choices that we make. In order to change our habits, we have to change our choices. Your "So That's" are really your reasons WHY you want to change your current circumstances and achieve your goals you wrote down. Having clearly defined "So That's" help you become more focused and more intentional because the daily CHOICES you make are based on your "**So That**". **Having big So That's will help you make healthier choices.**



SO THAT'S

Here are some other examples of "So That's":

Healthy - So That as I get older I can lead and maintain a healthy lifestyle in order to be around for my kids and grandkids.

Lose Weight - So That I feel better about myself and can fit into the stash of beautiful clothes collecting dust in the back of my closet.

Energy - So That I get off the couch when I get home and take a walk or do some exercise.

[Download/Print The Goals and So That Sheet here](#)

Goal Sheet
Here!

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Metabolic Reboot Tip #2

THE 3-2-1 RULE

3 Hours Before Going To Bed - No More Food!

When we eat food, it requires energy from the body to digest the food and causes the body to work, which increases cortisol. This causes a decrease in melatonin which causes a delay in your ability to go to sleep and also impacts the quality of your sleep. This tip will not only help you with your health and fitness, but will also help with your sleep.

2 Hours Before Bed. Nothing that would stimulate your brain.

This would be more like doing any work related stuff or anything that may cause stress or stimulates your brain.

1 Hour Before Going To Bed - Eliminate Blue Light.

Electronics should be turned off within one hour of going to bed. This includes TV, computers, cell phones, and tablets. This might be difficult right away, but in the end, it will make a big difference. I mentioned this before, but it is so important that I have to reiterate it again. Our bodies are used to winding down when the sun goes down at night.

Using the 3-2-1 Rule and NOT EATING ANYTHING 3 Hours Before Going to sleep, we can then back track each day.

-EXAMPLE - If you go to sleep 10:00pm

-7:00pm Last Meal

-3:30pm snack

-12:30pm Lunch

-9am-10am Breakfast

That's what some people would call intermittent fasting.



Metabolic Reboot Tip #3

WHAT, WHEN AND HOW TO EAT

Eat Small Meals/Snacks Every 3 Hours or so

This helps with cravings, portion control, giving you energy throughout the day and raising your metabolism.

Nutrition Do's (Green Means GO)

- ✔ **Do Eat CLEAN PROTEINS** - Feed muscle and reduce appetite. SHOULD BE W/EVERY MEAL/SNACK
- ✔ **Do Eat VEGGIES** - (unlimited daily servings) Arugula, Asparagus, Bamboo Shoots, Basil, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Chives, Collard Greens, Cucumber, Daikon, Dill, Eggplant, Endive, Escarole, Fennel, Garlic, Ginger, Grape Leaves, Green Beans, Hearts of Palm, Herbs, Jicama, Jalapeños, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley, Radishes, Radicchio, Seaweed, Shallots, Snap Beans, Snap Peas, Snow Peas, Sorrel, Spaghetti Squash, Spinach, Sprouts (any variety), Summer Squash, Sweet Potato, Swiss Chard, Thyme, Turnip Greens, Wheat Grass, Zucchini
- ✔ **DO EAT FRUIT** - Fibrous and low glycemic choices
- ✔ **DO EAT HEALTHY FATS** - (**FOODS** Almonds, Avocado, Coconut Milk (whole unsweetened), Ghee, Nut Butters (no sugar added), Nuts (any plain raw or salted), Olives, Plain yogurt (whole), Seeds (any plain raw or salted. **OILS** Avocado Oil, Coconut Oil, Grapeseed Oil, Olive Oil, Walnut Oil
- ✔ **DO EAT CLEAN CARBS** - (brown rice, sweet potatoes, oatmeal, etc)

Nutrition Don'ts (Red Means Limit or Avoid)

- ✔ **NO COKES, COFFEE or ALCOHOL**
- ✔ **NO FRIED FOODS**
- ✔ **NO PROCESSED FOODS**
- ✔ **NO REFINED SUGARS OR CORN**
- ✔ **NO WHITE STARCHES** (BREAD, RICE, ETC)
- ✔ **NO HIGH FAT FOODS**
- ✔ **NO WHEAT PRODUCTS** (at least first 10 days)
- ✔ **NO DAIRY** (at least first 10 days)



Metabolic Reboot Tip #5

EAT MORE PROTEIN

The basics

- Eat Protein with every meal including snacks(important)
- Protein is the building blocks of our body (muscle, skin, hair, etc.)
- Most sources are good except fatty meats
- If you are looking to lose body fat and weight shoot for 40% of your daily calories from protein. YES. That's Right.
- If you are already at your goal weight, we recommend 30%-35% of your daily calories from protein.

We need protein for:

- Growth (builds the framework of the body including muscles, organs, bones and connective tissues).
- Producing enzymes that help your body digest food, which support the immune system.
- Producing hormones that tell your body when to use food as energy and when to store it as fat.
- Transporting oxygen through your blood to your muscles and organs.
- Maintaining tissue repair.
- Protecting you from illness when viruses and bacteria attack.
- Providing energy when carbohydrates are not available

Sources of lean protein that you should eat are:

Fish: flounder, halibut, mackerel, wild salmon, sardines, calamari, cod, tuna, and mahi mahi.

Shellfish: clams, lobster, oysters, shrimp, and crab.

Poultry: skinless chicken, extra-lean ground turkey and turkey breast.

Meats: flank steak, lean ground beef, bison, lean ham, venison, lean pork loin, and filet mignon.

Vegetable Sources: Edamame, Pea Protein, Garbanzos/Chick Peas, Tempeh (grain-free), Quinoa, Lentils, Spirulina, Tofu, Mycoprotein, Vegan Protein drinks without sugar.

Metabolic Reboot Tip #5

DRINK MORE WATER

Water is not only essential for life but in your quest for losing body fat, building muscle, and keeping healthy, it is crucial. Water is crucial to the proper functioning of every major system in your body. We lose about a liter of water per day just through our daily activities. If you're not getting enough water, your body will not metabolize fat or digest food as efficiently. Drinking enough water allows fat and calories to burn effectively, rid the body of toxins and waste efficiently, and improves metabolism.

Water is also important in controlling hunger. When your body does not have enough water or it is dehydrated, it will send a signal to your brain to eat. Watch out, because your body is really asking for water. This can be controlled if you're drinking enough water. Become self-aware of your water needs and drink enough throughout the day, before your body tells you that you need it.

Some benefits of water are that it has zero calories, it helps protect and lubricate your joints, and it helps head off wrinkles because water promotes elasticity in skin. Water also helps prevent kidney stones, helps cure hangover symptoms, and helps prevent urinary tract problems.

How Much Should You Drink?

½ Your Body weight in ounces each day is the goal. If you are 200 pounds then you need to drink 100 ounces. You should shoot to drink 80% of your daily water by 3pm.

Tips To Create Daily Habits To Drink More Water

- ✓ Have a glass ready as soon as you get up
- ✓ Drink a glass before you eat and after you eat every meal/snack
- ✓ Get a nice water bottle to take around with you everywhere you go.
- ✓ Set reminders on your phone
- ✓ Get a water bottle that has the hours on them to motivate you to drink throughout the day

Metabolic Reboot Tip #6

DOUBLE YOUR RESULTS

USING A JOURNAL

If someone told you that you can DOUBLE YOUR WEIGHT LOSS RESULTS by doing this one tip, would you do it? I would hope so. This one tip can lead to lasting results. According to a study from Kaiser Permanente's Center for Health Research, keeping a food diary can **double a person's weight loss**. These findings were the result of one of the largest and longest running weight loss maintenance trials ever conducted in the American Journal of Preventive Medicine. "The more food records people kept, the more weight they lost," said lead author Jack Hollis Ph.D., a researcher at Kaiser Permanente's Center for Health Research in Portland, Ore. "Those who kept daily food records lost twice as much weight as those who kept no records. It seems that the simple act of logging what you eat encourages people to consume fewer calories."

WHY JOURNAL?

- ✓ It's been proven to DOUBLE your RESULTS.
- ✓ Allows you to monitor how many calories you are consuming.
- ✓ Helps you control the urge to overeat.
- ✓ Encourages you to make better food choices.
- ✓ Helps you realize how much you really eat!
- ✓ Shows how committed you are in getting the results.
- ✓ Allows you to track your progress.
- ✓ You can get help from an accountability partner
- ✓ Allows you to make a connection between the foods you eat and how you feel.
- ✓ Helps you make sure you are eating a well-balanced diet (proteins, carbs and fat).
- ✓ Encourages you to use your brain.

WHAT JOURNAL DO WE RECOMMEND?

WE SUGGEST WWW.MYFITNESSPAL.COM

LEARN MORE
Here!



Metabolic Reboot Tip #7

MOVE MORE

Resistance/Strength Training - Builds lean muscle mass which increases your metabolism. After a Strength/Resistance Training session, your metabolism stays elevated through a process called Post-exercise oxygen consumption (EPOC). This lasts 12 hours to a few days. LAYMAM'S TERM? **Your Body Burns Calories** beyond just the workout by adding resistance/strength training.

Workout on an empty Stomach. - Some studies show you may burn up to 20% more fat when exercising on an empty stomach.

Cardio - Such as walking, running, treadmill, bike, elliptical, rower, etc is great for fat loss but is only in addition to a great Strength/Resistance Training Routine.

#1 RECOMMENDED WEEKLY WORKOUT ROUTINE

- ✓ Monday, Wednesday and Friday - Strength/Resistance Training 30-45 min
- ✓ Tuesday and Thursday - Core and Cardio
- ✓ Saturday - Mobility and Stretching Day along with cardio
- ✓ Sunday is rest day

NOTE: - If you have never done resistance/strength training, we highly encourage you to invest in a professional fitness coach or personal trainer like Get You In Shape. [CLICK HERE](#) for a free intro session.

Metabolic Reboot #8

ADD SUPPLEMENTS

THE GOAL IS TO ADD SAFE AND EFFECTIVE SUPPLEMENTS AS IT RELATES TO WHAT AREAS YOU NEED HELP IN

- ✓ Energy
- ✓ Cravings
- ✓ Stress
- ✓ Extra Protein
- ✓ Weight Loss
- ✓ Joint Pain
- ✓ Inflammation
- ✓ Filling in Nutritional Gaps

SUPPLEMENTS ARE ONLY TO...

- ✓ HELP with the overall process of changing your daily lifestyle habits.
- ✓ HELP with energy so that you FEEL like moving, exercising and being productive throughout the day.
- ✓ HELP with filling in the nutritional gaps so that your body is able to run at it's optimal levels.
- ✓ HELP with APPETITE CONTROL so that you make smarter food choices and eat smaller portions.

KEY WORD...**HELP!** High Quality Supplements just supplement your healthy eating and regular exercise routine. We feel, though, finding a few solutions in the form of supplements are KEY to starting your journey to a healthy lifestyle. This is why we make it a part of our Metabolic Reboot Challenge.



OUR #1 RECOMMENDED OPTION??
THE METABOLIC LIFESTYLE KIT

LEARN MORE
Here!

Metabolic Reboot

YOU CAN DO IT!

The fact is, you probably knew the 8 tips I just shared with you!

You can Google thousands of plans that are available for FREE **BUT WHAT WE ALL NEED IS A COACH TO HELP US STAY ACCOUNTABLE TO FOLLOW THE PLAN.**

So if you know you are probably not going to apply these 8 tips yourself I invite you to apply for our Metabolic Reboot Challenge on the link below.

It's a "Follow The Darn Instructions" plan WITH a Professional Coach to help support you.

- ✓ **Motivation**
- ✓ **Accountability**
- ✓ **Support**
- ✓ **A Complete Customized Plan** - and a proven process! - that fits your needs and schedule
- ✓ **Coaching** in other areas that affect your results (stress, sleep, workouts, and more!)

If you're looking to make changes in your energy, fitness, or wellness, I'm here for you! I wish you all the best in reaching your goals. If you want to learn more about our Metabolic Reboot Challenge, Just go to www.GetYouInShape.com/metabolic-reboot

Let's do this together!

LEARN MORE
Here!

Brad Linder, Transformation Coach



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Get our Challenge
info HERE!