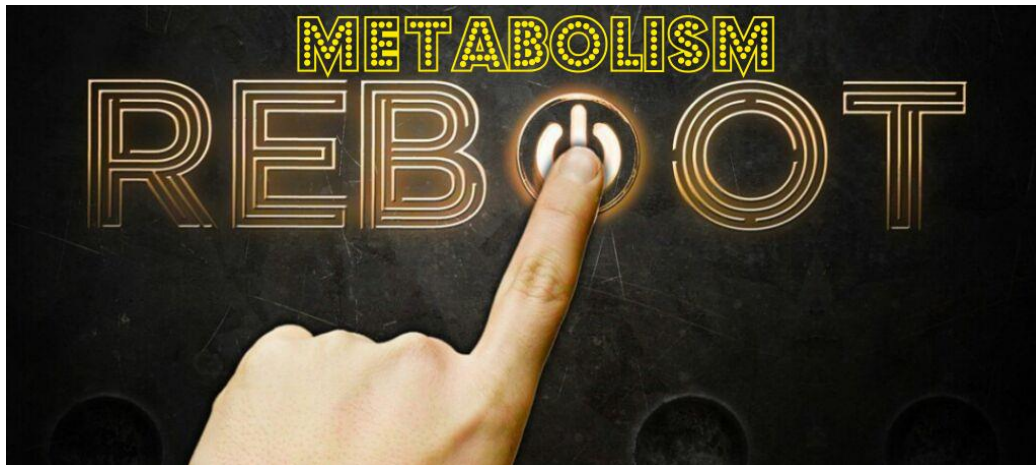


GET YOU IN SHAPE



Metabolic Reboot Guide

Dear Metabolic Reboot Participant,

We are blessed and excited about sharing this journey with YOU! We want everyone to come together to help us live out our #1 Core Value to *“put people in a positive environment that will create motivation, encouragement, accountability and inspiration.”*

PLEASE TAKE SOME TIME TO READ THIS GUIDEBOOK AS WE HAVE TAKEN A LOT OF TIME TO MAKE SURE IT IS ALL LAID OUT FOR YOU.

- **The Metabolic Reboot Challenge will run for 28-Days.**
- The main purpose of the Metabolic Reboot Challenge is to give you proven tips and the coaching/accountability to help you follow the tips for you to reboot your metabolism. This will help you start looking and feeling better to LIVE YOUR BEST LIFE. The second goal is to give you the extra motivation, support, and accountability you need to continue on your personal journey of health and fitness. Doing it as a group, having a personal coach along with teaming up with an accountability partner will hopefully be a great tool to increase your motivation and inspiration to stick and stay long enough for you to change your habits. We also know from experience that the shorter the contest (4 weeks), the better the jump-start is for folks to propel them towards their long-term goals.
- We know that many of you may not need to lose weight, but want and need some extra motivation and accountability to maintain your weight, increase your energy or go to the next level in your journey.
- The trick is to just get started and stay committed, which is why we came up with this - after all, everyone loves team accountability, a challenge, a contest and prizes, right?

I would like to invite you to be one of these success stories. Let this motivate you, but don't lose sight of the main goal-- a better body, better health and a better life.

We are here to help you along the way so let us know how we can do that by messaging us, calling us or emailing us.

We encourage you to read this Guidebook a few times so you know the rules and have all the tools to get the best possible results in just 28-Days!

Whether you think you can, or you think you can't – you're right,”

From all of us at Get You In Shape, we wish you the best of success!

Brad Linder

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As Featured in:



Star-Telegram

The Dallas
Morning News

Real People, Real Results



See more at Stories at
www.GetYouInShape.com

My Personal Goals

Name: _____

Date: _____

Step #1 - Your Goals

And the LORD answered me: “Write the vision; make it plain on tablets, so he may run who reads it. For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay. Habakkuk 2:2-3

The first step in starting your journey is to read and complete the next few pages which will provide you a blueprint for the next 28-Days and beyond. Have some goals and some reasons WHY you want to look, feel and perform better will undoubtedly help you to a better version of YOU.

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. MOTVIATION. We call this your “SO THAT” and it’s the #1 tool we use to help our clients improve and make better choices.

Goal Setting Basics: Write down how many pounds you want to lose, inches you want to shed, dress/pant sizes you want to lose. Write down any health goals like lowering blood pressure or getting off your meds. Write down things such as how many times a week you will commit to working out and goals for your nutrition. It is important to make small, short-term goals and larger long-term goals. Remember, you did not get to where you are overnight, so it will take some time to reach each goal. Short-term goals will help keep you motivated and focused on the goal. Setting a long-term goal will keep you encouraged to continue working to achieve these goals.

Examples: “Go from 221 to 165”. “Go from a size 12/14 to 6/8”. “Be consistent with workout routine and workout at least 5 times a week”. “Have more energy”. “Get healthy and get off blood pressure medicine”.

Step #2 Identify Your “SO THAT’s”

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. Your “So That’s” are really your reasons why you want to change your current circumstances. 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’s”. The focus should be on making one healthy choice “So That” ...you finish the sentence... Your first healthy choice will lead to another one tomorrow. Each good decision will build upon the previous one. This inevitably leads to making more good decisions vs. bad decisions as it relates to your health and fitness.

Your “So That” is the #1 KEY to succeeding both in your short term and in your long-term goals. Here is an example; If your “So That” is to *have more energy to be able play with kids and be more present to them when getting home from work*, then each choice you make throughout the day should be “So That” you *have energy to play with kids and be more present to them when getting home from work*. Making the choice to drink water throughout the day because your body needs water to help give you energy. The choice to exercise because working out will help you have

more energy throughout the day. The choice to eat 4-6 smaller meals and snacks throughout the day because eating this way will help increase your energy levels. The choice to eat healthy or unhealthy. They all are choices. If you choose not to eat healthy you are disregarding your “So That’s”. Harshly put, you choose an unhealthy calorie laden lunch even though it will zap your energy and you will NOT *have more energy to be able play with kids and be more present to them when getting home from work.* That should put some perspective to what I am getting at with your “So That’s.” Your “So That’s” should be big and powerful enough to make choices crystal clear, no questions, no tough decisions.

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.

Step 3: Start Your Engines!

Identifying Your Obstacles:

What are some of the things that have gotten in your way or have been holding you back from achieving your health and wellness goals?

Who’s on my TEAM? (Help & support: Accountability Partner, Friends, Family, Workout Buddies, Co-Workers, etc.)

Name: _____ . How can they help? _____

Name: _____ . How can they help? _____

Name: _____ . How can they help? _____

Step 4: Personal Commitment

Complete this after you complete the One Page Goals, Action Plans and So That’s page. If you were to score yourself from 1 to 10 on how likely it is that you will achieve your goals, what would it be? _____ / 10 ****When your score is an 8 or more – Congratulations, you have a plan!*

****If your score is LESS than an 8, ask yourself what obstacles will get in your way from achieving your goals. List them out and then create a plan on how to overcome those obstacles!*

I am committed to making choices based on my SO That’s and not on my emotions. I am committing to “Follow The Darn Instructions” of this program.

Signed: _____ Date: _____

One Page Goals, Action Plans & “So That”

Name _____ . Date _____

Short Term Goal #1 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Short Term Goal #2 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Short Term Goal #3 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Long Term Goal #1 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Long Term Goal #2 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Long Term Goal #3 _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Your #1 Big Hairy Audacious Goal _____

Action Steps I plan on taking to achieve goal _____ Date completed by: _____

- 1.
- 2.
- 3.

Your So That: example: I want to lose weight SO THAT I can feel better about myself, like who I see in the mirror and decrease my chances of health problems as I get older.

So That .. _____

So That .. _____

So That .. _____

NOTE: Take a picture of this page and either message it or email it to Brad

Step 5 Starting Weight & Measurements

Weight and measurements are taken Day #1, #14 and #28. After the initial 28-days, we recommend every two weeks to 4 weeks after that to help keep you motivated and accountable. This will also help you make any changes that may need to take place based on your results.

Weight:

Same time of day each weigh in date.

Progress Form – Use can use this page or print out the [progress form here](#) to use.

Measurements: [Click Here For The Video On How To Take Measurements](#)

Chest – straight across the back right across the nipple line.

Waist – Stick to your bellybutton line. It may not be the thinnest part but will allow you to remain consistent.

Hips - Feet together and wrap around the widest part of the hips.

Biceps – The midpoint between shoulder and elbow.

Upper Thighs – Close to the top of the leg. Include the inner thigh and be sure tape measure is straight across.

Neck: Looking straight ahead, measure right around the neck.

	Day #1 Date:	Day #14 Date:	Day #28 Date:	Date:
Chest				
Waist				
Hips				
Right Bicep				
Left Bicep				
Right Upper Thigh				
Left Upper Thigh				
Neck				
Weight				

Keep a simple Excel spreadsheet so that you can always find it on your computer or write it down and take a picture with your phone. By day #42 you will not want to have misplaced your first day measurements!

Try not to hop on the scale too often. Weight can fluctuate and can sometimes be discouraging. A watched pot never boils so refrain from weighing too often. Be cognizant of how your clothes are fitting and your overall sense of feeling better.

Step 6: Regularly Assess the Program and Update Your Plan Accordingly Before Pictures

Pictures say 1,000 words so we understand how important it is to have a few good before pictures that you can use as motivation throughout your journey. If your goal is to lose weight and body fat then we recommend you use this tip.

Tips for Before and After Photos

Appropriate Clothing

- Be prepared to wear the same type of clothing in the “before” and “after” photos.
- The more you show, the better you will be able to see the changes over time. No one enjoys taking a before picture, but your after picture is only as good as your before picture, so make sure enough is showing that you will be able to easily see the transformation. (Maybe a shirt that is a little too small, so you can see how much better it fits in the after picture).
- Wear light-colored tops if you choose to wear a shirt.
- Try not to cover your legs with long shorts or dark yoga pants.
- You may want to show these pictures off later on, so be sure whatever you choose is appropriate and you would feel comfortable sharing.

Photos Tips

- Professional photos aren’t necessary, but remember that the only way you can see your changes is with good, clear photos.
- Take pictures against a plain (solid) background and include your entire body, from head to toe to fill the photograph with yourself. Be the same distance from the camera each time.
- Stand with your arms at your sides in both the “before” and “after” photos.
- Try to fill the photograph with yourself. If you’re too far away, it may be hard to see your results.
- Have the date you started and finished (or midpoint) in the top left corner of the picture.
- Take pictures in 3 positions, facing forward, to the right and from the back.
- Good lighting is always helpful.



The Get You In Shape Metabolic Reboot Challenge

What You Receive By Signing Up

- ***Kick Off EVENT** – Give you the “Follow The Darn Instructions” as well as the motivation to do it.
- ***GROUP SUPPORT** – You’ll get motivation, encouragement and inspiration from other like-minded people doing the Group Challenge with you.
- ***INDIVIDUAL ACCOUNTABILITY** – A Personal Accountability Coach Will Be Assigned To YOU. You will get the help and support needed to succeed.
- ***NUTRITION PROGRAM** – a Nutrition Plan to Fit Your Needs to Ensure Weight Loss and Provide Support Every Step of the Way.
- ***“FOLLOW THE DARN INSTRUCTIONS”** With Step By Step Directions. Super Simple
- ***GROUP MEETINGS** – You’ll get Group Meetings with a like-minded group of people who all share similar goals as you.
- ***PRIVATE TOOLS PAGE** – Hundreds of Healthy Recipes, Mindset Coaching, Fat-Burning Workouts and Nutrition Tips.
- ***DAILY CHECKLIST** – This has been proven to be a great tool that will help you stick to the program each week.
- * **FINAL MEETING** – This will cover the last weigh in, go over the results/befits along with “What To Do Next” in order to keep getting results and make this your new LIFEstyle.

HOMEWORK BEFORE STARTING

1. **Complete Goals and So That Section.**- Take a picture of page 8 of this Guicebook and message or email it to Brad
2. Starting Measurements, Weight and Pictures.
3. **Watch the “3 Meals Video** – This is session #2 Video titled “3 meals + Meditate” [clicking here](#)
Feel free to watch the other videos in that series but that is the main one you need to watch (and possibly more than once)
4. **Get an Accountability Partner** – We certainly will be helping you but we are suggesting you get a partner to team up with to communicate daily with.
5. **Print the Daily Instructions** - [Click Here](#) and print out two copies of the daily instruction sheet.
6. Ask to join our two Facebook Groups. The [National one here](#) has more posts about the products, daily motivation and post from leaders from across the nation to help support us. Our [personal private group here](#) is where just the folks on the Metabolic Reboot will be with daily posts to help everyone stay on track, stay motivated and get the support needed.
NOTE: You do not need to be on facebook to do the Metabolic Reboot but this is just one more tool that is very helpful to many.
7. Read Metabolic Reboot Tips and ask questions if you have them before starting.
8. Have friends that would be interested in joining? We’ve made this program so that anyone can do it and it is beneficial to you to get others doing it with you both with extra accountability and even get paid. Know we will be doing a number of these Metabolic Reboot Challenges in the future so just reach out to me if that is you.

Metabolic Reboot – 8 Tips To Reboot Your Metabolism

#1 MINDSET - Goals and Whys' (or So That's). Everything starts with your Choices. Your Choices will lead to your Habits and your Habits will become your new LIFEstyle. Whether you think you CAN do it or you think you CAN NOT... YOU are right. So start changing you past negative mindsets about things and CHOOSE to believe that your LIFE CAN CHANGE with this program.

#2 THE 3-2-1 Rule

3- Hours Before 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 bed – Eliminate all 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.

#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.

If you have body fat to lose, then watch the [Session #2 video here](#) from the registered dietitian which is the 3 meals Video as she recommends 40% protein, 40% fats and 20% carbs . This is in conjunction to the Metabolic Lifestyle Kit if you have weight and body fat to lose. Then move back to more of a balanced nutrition once you have achieved your goal.

For overall long-term nutrition, meals snacks should be well-balanced with 40% being from carbs, 30% from proteins and 30% from healthy fats.

Nutrition Do's

–**Do Eat CLEAN PROTEINS** – Feed muscle and reduce appetite. SHOULD BE W/EVERY

MEAL/SNACK

- Do Eat **VEGGIES** – Salads during the day and steamed at night
- DO EAT FRUIT** - Fibrous and low glycemic choices (berries, plums, oranges, grapefruit)
- DO EAT HEALTHY FATS** – (i.e. avocado, nuts/seeds, olives/olive oil)
- DO EAT CLEAN CARBS** – (brown rice, sweet potatoes, oatmeal, etc)

Nutrition Don'ts

- NO COKES, COFFEE, 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

Want To just Follow a Meal Plan with Grocery Lists and Recipes for 28 Days? Choose from one of our 2 Meal plans below designed by a Dietitian for Fat loss. Click on the links for PDF.

1. [28-Day Meal Plan](#)
2. [Plant Based 28-Day Meal Plan](#)

#4 Add More Protein

- 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
- See Tools And Meal Guide For Protein Options.
- If you are looking to lose body fat and weight shoot for 40% of your daily calories from protein. YES. That's Right.

Again, we encourage you to watch the [Session #2 video here](#) the from the registered dietitian which is the "3 meals + Meditation" Video as she recommends 40% protein and WHY.

Animal Sources

Beef, Buffalo, Chicken, Crab, Eggs (whole), Fish, Lamb, Milk (whole), Pork, Poultry, Salmon, Scallops, Shrimp, Turkey, Venison, Wild Game, Protein drinks without sugar

Vegetable Sources

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

Tip #5 Drink Enough Water

- Water does play a big role in overall health but especially with getting results.**
- $\frac{1}{2}$ **Your Body weight in ounces** each day is the goal. 200 pounds you need to drink 100 ounces.
- Should shoot to have 80% of that by 3pm.

-Daily Habits

- 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

#6 Double Your Results By Using a 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.

Recommend www.MyFitnessPal.com

[CLICK HERE](#) for our blog post on how set it up and tips.

Tip #6 Move More

- Resistance/Strength Training** - Builds lean muscle mass which increases your metabolism and **CARDIO** to help burn fat.
- Resistance/Strength Training** - After a Strength Training session, your metabolism stayed elevated through a process called Postexercise 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.
- Morning on an empty Stomach.** - Some studies show you may burn up to 20% more fat when exercising on an empty stomach.
- Add cardio for fat loss**

WHAT TO DO FOR FITNESS?

- More is Better. So increase what you are doing.
- M-W-F Resistance/Strength Training**
- Tuesday's and Thursday's** - Core and Cardio. Adding cardio helps with fat loss.
- Saturday's - Mobility, Stretching and Recovery** - Mobility Session + Cardio or make up a missed workout for the week.
- Need some fitness workouts? [Click here](#) or on the picture below for some great workouts that we made for when you are crunched for time.

Tip #8 Add Supplements

Goal here is to add safe and effective products that will:

–**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, adding this is a KEY to the program which is why it is a part of our program. [Click Here](#) to see all the recommended solutions that are a part of the Metabolic Reboot Challenge.

HOW TO ORDER TO JOIN OUR GROUP CHALLENGE

- Go to www.GetYouInShape.com/order
- Choose one of the 3 options to order.
We recommend Option #1.
- Have issues, message me or call me at 214-603-8287
- Forward email conformation to brad@getyouinshape.com
- We will add you to the program and Group