



imetabolic[®]

weight loss you can live with

info@imetabolic.com
www.imetabolic.com

971 W Moana Lane
Reno, NV 89509

775.829.7999

Maintain, Don't Gain, Through the Holidays

The holidays are an especially difficult time to avoid carbohydrate calories and weight gain. Lots of the people we work with are great cooks and they have delicious recipes for holiday treats. We find the office full of delicious offerings on decorative holiday plates at every corner. And who can resist? Very few of us can! That's why many of us gain several pounds during this time of year. Family functions, visiting relatives and holiday parties seem to take us away from exercise and conscientious food choices, and focus our attention on enjoying life, eating, drinking and good company. Not all bad certainly, but not all good either if all that enjoyment comes at the price of extra pounds and enlarging waistline. So what can you do to prevent the holiday bulge?

Here are a few tips compiled to help you avoid overindulging:

1. Never Arrive Hungry

Have a nutritious snack beforehand. If you do arrive hungry, drink some water to fill up before filling your plate.

2. Divert Your Attention

Don't forget that there's more to a holiday party than food. There is friends' company or dancing.

3. Pace Yourself

Chewing more slowly will fill you up with less food.

4. Be Careful of Buffet-Style Food Situations

Use the smallest plate and limit your helpings to a single story, and choose more protein and vegetables. This will be much more satisfying.

5. Limit Alcohol

Don't drink too much to where you lose self-control and wind up eating extra calories, in addition to the empty calories from the alcohol.

6. Be Choosy About Sweets

When it comes to dessert, be very selective and limit to small portions.

7. Bring Your Own Treats

Consider bringing a low-calorie treat that you'll enjoy and it'll make the fattening alternatives less tempting.

8. Limit 'Tastes' While Cooking

If you do a lot of cooking during the holidays, crack down on all those "tastes." Instead of tasting mindlessly every few minutes, limit yourself to two small bites of each item pre- and post-seasoning.

9. Walk It Off

Take a few minutes to get off the couch and walk around the block. Find opportunities to park further, use the stairs, etc.

November Promotion

Most of us have hectic lifestyles. Trying to find the time to make healthy foods is a challenge, to say the least.

To help you stay focused, we are offering **25% off all our iMeals**, with added protein that will help you feel fuller longer, they are easy to prepare, easy to take anywhere and most of all, they taste great! (No freezing or refrigeration required.)

Visit iMetabolic.com today to get yours!

Are you a fan on the iMetabolic Facebook page?

Go to Facebook.com/imetabolic to 'Like us', as a thank you gift we are giving you 25% off your first online order — upon checkout simply use promo code; **FB25FIRST** to receive your discount.

We appreciate the support. Don't forget to leave a comment.



Lose 20lbs in 40 Days Guarantee

We are so certain you will succeed if you follow our programs *exactly* that we will PAY YOU TO LOSE WEIGHT!

When you sign up for any one of our 12 week plans or 2 consecutive 4 week plans you may lose 20lbs. in the first 40 days. If you do, we will give you a \$100 iMetabolic credit! Use it for products, services or even gift it!

You can earn even MORE by telling your friends and family about us. When you lose your 20lbs. in 40 days and collect your credit, you are then eligible to earn an additional \$50 iMetabolic credit anytime you refer anyone to us who *also* loses the 20lbs in 40 days, with your help because now *you* know how to achieve *lasting weight loss*!

Call today 829-7999!

LIFE COACH

The Power of Support

During this holiday season make sure you find time to find ways to remain in alignment with your true self. If weight gain isn't a part of that, but you find that the seasons' treats are tempting you to step off of your pathway to weight release success, maybe it's time for some support! Form a mastermind holiday group that has a mandatory check in day every week to share successes and hold each other accountable. Or, try social media. Create a group online to post your temptations and hear how your friends are maintaining their weight. Maybe even make a bracelet to wear that signifies your group, wear it on your dominant hand, the one that reaches for those delicious treats to remind you of what you really want, to be that healthier, happier you!

Happy Holidays! *Gayl*

Gayl Fording is a registered nurse of 16 years, Certified Master Neurolinguistic Life Coach, and Clinical Hypnotist.

Gayl specializes in assisting people to affect positive change easily by developing resourceful behavior and thought patterns.

By combining coaching and hypnosis Gayl can help you manifest your desired reality today!



Call today to make an appointment with Gayl
775-829-7999