



Reboot & Restore

4-Day Weight Loss

Mini-Course

welcome



I'm Cath; Physiotherapist, Pilates & Fitness Instructor, Nutrition coach, and Mum of two littles under five.

Life is certainly busy in my household; there have been times in my life when my weight has fluctuated and I've struggled with body image; more so in the first couple of years after each of my children were born. The more I've worried, the worse it's been, and it's taken me time to realise that I need to put into place the exact things I coach clients to do; prioritise self care, sleep and exercise that I actually enjoy. Restrictive diets often aren't the answer and over time, like me, you'll probably have found that what worked for you in the past, no longer achieves the same results, leaving you frustrated and disappointed, but that's where I come in.

I've compiled my knowledge and expertise into a bitesize mini-course which aims to reboot weight loss, whilst making you feel healthy and energised. Remember, what you see reflected on the scales is only part of the story; how you feel within yourself and about yourself is way more important in my book. That said, you can still achieve losing unwanted pounds by using this course as a jumpstart. Are you ready to dive in? Read on!

Cath

HEALTH PROFESSIONAL AUTHOR EDUCATOR



www.core-restore.co.uk

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vision & goals

Do you want to lose weight, yet don't know how, or can't figure out why your old tried and tested methods aren't working? Well, losing weight can be easy and simple if you follow the right steps in a healthy and appropriate manner. So, are you ready to start losing weight and feeling good? Then check out this guide today and be ready for a 4-day reboot and restore weight loss programme.

”
**YOU DON'T NEED
TO EAT LESS,
YOU JUST NEED
TO EAT RIGHT**

The Shape Within

Before we begin, confirm your goals here:

- 1.
- 2.
- 3.

*Write them down and know
you will achieve them*



Why we gain weight



Weight gain is primarily caused by emotions or less desirable motivations; hormones also massively influence our ability to hold and lose weight. If you believe you're gaining more weight than you want to because you're eating too much food, you're probably wrong! Are you surprised to hear that? There are several reasons why we gain weight, and the amount of food we eat is only a small part. Here are some of the reasons why your waistline might not be shrinking:

Diet

This may sound paradoxical, but diet may lead to weight gain. The diets that you may have known from magazines or even from your friends are not suited for long term. The reason? You're likely cutting out whole food groups and as soon as you stop this way of eating, expect to gain pounds again. Add to this our body's primary reaction which is to preserve fat for energy, meaning calorie deficit diets trigger the brain into reactive survival mode and we actually store fat; not eliminate it.



Wrong Food

Grocery shopping while losing weight is not easy! Ingredients found in foods might say the food contains less fat or is even fat-free, but this doesn't add up to weight loss in many instances. This is the reason why you need to determine the right type of food to purchase and not rely too much on packaged foods. My motto is fresh is best.



Inheritance

Family heredity does play a role in your body type and ability to lose weight. This does not mean losing weight is impossible; it just means you need to tailor your lifestyle changes based on what actually works for your body. Age, body type and activity levels all come into play.



Unscheduled Eating

Skipping meals is not an effective way to lose weight and may actually contribute to weight gain. We are all prone to overeating when we skip meals because we're extra hungry, which triggers our hormone ghrelin (think: *grrr* that hangry feeling) to inhale the next meal without thinking, leading to increased fat gain, and it takes longer to get that satisfied feeling as leptin (our satiation hormone) doesn't trigger as effectively to tell our brain that we're full.



The Wrong Motivation

You can't lose weight for someone else; you need to eat healthy foods and make lifestyle changes for yourself to be sustainable. Looking for validation or approval of your weight loss elsewhere won't sustain your efforts if you don't put yourself first, so first and foremost any weight loss journey should be about you.

Emotions

Even our emotions can have an impact on eating habits. What happens when we're stressed, sad, or angry? Many people run to the cabinets or refrigerator. Do you get bored at night watching TV? Be aware that foods are not a defence against less desirable emotions you may be experiencing, and are a maladaptive coping strategy. Try replacing stress responses with meditation, exercise, reading, dancing around the kitchen; these are my favourite stress coping strategies.



These are only some of the most common reasons why you may be gaining weight or struggling to lose weight. The best motivation to losing weight is to think that by doing this you can have a better and happier life; which is entirely true when we consider the health issues which come with weight gain.

Losing Weight

Natural methods to promote weight loss

Obesity has been a growing concern in the health industry for several years, and is known to negatively impact self-confidence and self-esteem, but more importantly excessive weight gain also exposes your body to different types of diseases including dementia and cancer, as well as the more widely known development of heart disease and diabetes, amongst others. However, avoid the temptation to achieve a 'quick fix' with minimal effort by taking weight loss supplements or other fad medicines; they are not beneficial in the long run, and in fact may cause harm. If you need to shed excess pounds, here are some natural methods to try without risk of harm or less desirable side effects:

01 *Healthy Eating*

It is always essential to eat a healthy and well-balanced diet. Avoid eating processed foods and choose whole foods, which are found in the outer aisles of the supermarket. Eating whole foods with lean proteins will lead to healthy weight loss

Keep yourself hydrated to lose weight naturally. Water can be a healthy replacement to some other beverages that contain high calories & sugar. It also inhibits appetite as the body can get confused between thirst and hunger so reach for a drink before a snack

Drink Water

02

03 *Exercise Regularly*

Performing regular exercise not only assists with weight loss but also improves overall health and muscle toning, as well as promoting hormone balance which can further facilitate weight loss. Muscles burn more calories than fat and therefore promote weight loss further. Opt for resistance work, strength training or HIIT

Getting a good amount of quality sleep can prevent poor regulation of appetite and may prevent future gains of weight, as well as decrease cortisol levels which are known to promote fat storage and weight gain. Afternoon naps have their place!

Sleep

04

05 *Lifestyle Change*

Try to change your lifestyle if you want to lose weight. Avoid sleep ins, do exercise, eat a balanced diet, and always allow yourself a good night's sleep. These lifestyle changes do not end, so start changing your mindset now and embrace these healthy changes for longer term lasting benefit

Gut Health & Weight Gain

A healthy gut is very important to maintain normal metabolism and weight, though maintaining this isn't as easy as you may think, especially in cases where infections and chronic stress are factors. Here are several suggestions to maintain a healthy connection between gut health and promote weight loss



- Remove toxins in your diet , including those which are environmental (*certain body care products, plastics, pesticides, pollution*)
- Include high quality probiotics or fermented foods as part of your diet daily (*I prefer to consume these through diet rather than a supplement e.g. kefir, tamari, kombucha, coconut yogurt, kimchi, miso*)
- Consume quality prebiotics to boost the effect of probiotics (*Think wholegrains, green leafy vegetables, red berries, apple cider vinegar*)
- Take steps to manage stress, and introduce or improve self care (*meditation, mindfulness, a regular outdoor walk, relaxing bath, yoga*)
- Address gut issues and/or hormone balance e.g. SIBO, leaky gut, oestrogen dominance, perimenopause, menopause

If your gut health isn't optimal and you don't make these changes, weight loss will be inhibited, and in fact you may find you gain weight. Making long-term lifestyle changes will heal your gut and allow you to lose weight more effectively.



Metabolism

Your body is adaptable and forgiving but it does like consistency. To run effectively and smoothly, it needs to be properly maintained. Stress, modern lifestyle habits, life stressors and work demands tend to negatively impact on sleep, food choices and the intricacies of hormonal efficacy, particularly in men and women over the age of 50. In turn this affects the entire function of your body, and can lead to other health problems, including weight gain (or inability to lose unwanted pounds). It is well documented that stress and poor sleep in particular affect the gain of central adipose tissue or belly fat (lovingly known as your 'muffin top'). Boosting metabolism of the body is one of the best means of leading a healthy life and enhancing your body's ability to lose weight, especially around the midriff region. Here are some foods for you to try which are known to boost metabolism:

Breakfast

Before you proceed with your day, don't forget to eat breakfast. This simple routine will give you high energy which, in turn, means burning more calories. If you really want to lose weight fast, then here are some of the foods you need to add for your breakfast:

- Smoothies
- Eggs
- Quinoa with protein powder or oats with protein powder
- Green Juice with chia seeds

Vegetables & Fruits

- Pears & apples
- Grapefruit
- Avocado
- Tomato
- Raw Apple Cider Vinegar
- Spices
- Citrus Fruits
- Peppers
- Berries (especially dark berries)
- Broccoli & leafy greens (kale, spinach, spring greens, cauliflower)



For Meat Lovers

One of the best foods that can help you lose weight are healthy protein sources like:

- Organic, free-range, pastured chicken & turkey
- Grass-fed beef, lamb, bison
- Wild, line-caught fish (including canned fish such as tuna or salmon)
- Cage Free eggs

Other

- Green Tea
- Olive Oil

Any of these foods alone or combined together in a recipe will boost your metabolism, giving you more energy and more efficient calorie burning. Particularly, vegetables are a great fibre option which will stabilise blood sugars and minimise sugar cravings, so try and include these at every meal. Opting for whole foods rather than processed foods and avoiding weight loss supplements is going to be the best way forward.

Top Tips

- If you are struggling with cravings, as mentioned above, increased whole grains and fibre can help you feel fuller for longer and stabilise blood sugars, moving away from that 3pm slump.
- If you're getting hungry within an hour of eating, you need more protein in your meals; this can be obtained from legumes, chickpeas and beans, as well as nuts and seeds, if you're preferring more plant-based food, or lean good cuts of meat.
- Cinnamon can help inhibit sugar cravings, so consider sprinkling a pinch over breakfast, over your coffee, or add to salad or roasted vegetables. It's also perfect in a smoothie.

Choose whole foods and lean proteins to boost your metabolism and begin your weight loss journey the right way.

Can You Boost Metabolism?

Are you on the fence and unsure about your ability to boost metabolism?



“
Once I got more consistent my waist line started to shrink way before it was obvious on the scales

When you think of metabolism, you may be thinking of people who are naturally thin and lean and joke about their fast metabolism. It can also be easy to assume these lean people can maintain their body shape due to genetics, which in part is true, but remember to give consideration to the realities of how often they are at the gym, or how healthy their diet is, how much they prioritise sleep and self care. It's also a misconception to think that lean body types are ultimately healthy; I can assure you this isn't true! True health is internally generated, and you may have a lean toned body but have terrible gut health, or overall health. It's about how you *feel* as much as how you look.

Metabolism is a chemical reaction that takes place in an organism to bring it to life and keep it that way. In the human body it is a process of turning the calories you're consuming into usable types of energy for the functioning of the body, including breathing, moving, digestion... every bodily process uses energy. Calories (or kilojoules) are the measurements of this energy, which is what your body needs to function properly. There are multiple things which affect our metabolism, including age, gender, stress, hormone efficacy to name a few. Some of these things we have no control over, but others we definitely do!

5

NATURAL WAYS TO BOOST METABOLISM



01
Stop dieting. Give your body the number of calories it needs for proper functioning

02
Get plenty of rest and quality sleep

03
Avoid eating inflammatory type foods (animal products, refined sugars)

04
Add in metabolism boosting foods

05
Add in exercise; HIIT or strength training are particularly effective

Mindset & Visualisation

Losing weight is a difficult thing, especially if you don't have the right mindset. If you've tried several weight loss techniques and programs, without the desired success, this program probably won't work either, if you don't have the right frame of mind. So, how are you going to develop the right mindset and attitude to achieve weight loss? Here are the three simple tips to consider:

- ✓ Find a workout buddy. Accountability is a known winner in terms of sticking to a regime. If you're not keen on a workout buddy, consider making yourself accountable to someone you trust and who will support you and urge you on. You don't want someone that makes you feel guilty if you've not been consistent; it's all about the positive.
- ✓ Emphasise the wins. Celebrating small victories keeps you on track in achieving your goals. It's easy to pass over small achievements, but retaining focus on the little things builds up to the bigger wins. Just remember not to celebrate with food! Those dopamine hits that make us feel good can be achieved in other ways.
- ✓ Keep positive. I know; how often is this said? But it's true. Try to focus on the positive and what is working (this goes hand in hand with celebrating the wins). Everyone has ups and downs in the weight loss journey, but keeping a positive frame of mind is really important.

If you're going to follow the above-mentioned tips, you're assured to develop the right mindset towards losing unwanted weight in a successful and sustainable way.

One of the major challenges when losing weight is getting the mind aligned with fitness or weight loss goals. For the most part, we tend to align with what we *don't* want, like snacking, bad habits, avoiding workouts, and other self-destructive acts. Losing weight will be a real challenge under these circumstances. You need to have the strong desire to follow through with doing the best actions to shed pounds and reach your weight loss goals. One of the most effective strategies to bridge the gap between the body and mind is through visualisation; I actually consider this vital for long term weight loss and sustainability. With proper visualisation, you will be able to overcome inner barriers which may have held you back previously, and focus more effectively on positive outcomes.



"I can't believe the results; it's amazing!"

To use visualisation in weight loss, you need to create some mental motives about the scenarios that you want to come true. First of all, understand that using visualisation for losing weight will be more effective if you relax. Feeling tired or stressed will of course make it difficult for you to focus and your visualisations will never be fully effective this way. To get completely relaxed, take five to ten minutes to sit silently, somewhere comfortable and release all stress and tension from your body and mind. Breathe slowly and deeply. Then tighten and release every muscle group from head to toe. You can even visualise your muscles slowly letting go and becoming relaxed, limp, and stress-free. When you are fully calm and relaxed, then you can proceed with the other techniques detailed.

One of the most common uses of visualisation is seeing end results of objectives and goals that you're trying to achieve. This is why I asked you to detail your three top goals right back at the start of this book.

Visualisation can also be known as manifestation or manifesting your goal. I increased the use of this in more detail through 2020 and have found it profoundly effective.

To get the best results, it's not just about how to picture the goal or end result, you've really got to *live* it; how does it feel, taste, see? What impact does it have on how you move, walk, interact with friends, respond to your partner (if you have one)? Visualising in full colour with all the feels *in-person* is really going to be your best bet. To enhance this further, I really like to use a visualisation meditation, especially one from Live the Life You Love (found on youtube)

VISUALISATION HAS
BEEN USED BY
PSYCHOLOGISTS FOR
YEARS WITH PROVEN
BENEFITS IN ASSISTING
GOAL ATTAINMENT

To manifest or visualise your end goal, focus on mental images of yourself at your goal weight or wearing the style and size of clothing that you want to achieve wearing. You can also picture yourself in a dream setting or at an occasion you've been looking forward to, such as a family occasion, important event, or relaxing on a beach wearing your swimsuit.

Focusing even on the tiniest details can help your weight loss visualisation sessions stay realistic and powerful. Using this strategy every day has proven benefits in helping achieve motivation and dedication to do better.



Weight Loss Without Scales

Wouldn't it be amazing if you could lose weight without feeling pressured and frustrated because you are stuck on a strict diet or have become a constant scale watcher? The idea of severely limiting your food and constantly weighing in does not actually allow you to eat what your body needs to fully function, and can sometimes deprive you of the chance to eat with family and friends. It's also unlikely to lead to longer term weight loss as it's just not sustainable. Add to that the fact that our bodies can perceive calorie restriction as a mode of starvation and kicks into survival mode, actually *storing* more fat as opposed to losing it, and you can see why strict restrictive diets aren't the answer. Believe it or not, there are effective ways to lose weight without the strict diet, scale, or even counting fat and calories.

Step Off The Scales

If you are losing weight with a scale, consider stepping off now, forever! Though picking an arbitrary number for your weight loss goal is a good starting point, weighing in like this doesn't really tell the whole story. Frustration at numbers not changing can send you into emotional turmoil, which can potentially result in losing focus and not achieving goals. In many instances, the metrics do not always indicate the real progress you are making in your weight loss journey. The truth is, powerful transformations can occur even without dropping a significant amount of weight according to scales; after all, a number that peers up from your cold bathroom floor is not a great indicator of fitness and health success.

"Your weight can fluctuate throughout the day by up to half a stone (7lbs) according to your intake of food, drink, exercise, hormones, time of meals, and even sleep"

If you're not weighing yourself, you may wonder how you can properly track weight loss progress? There are various (and often more accurate) indicators you can use to track, which do not fluctuate nearly as much as your bodyweight.

You've probably learned so much about your body over the years and know that weight fluctuates daily, with one pound of fat incomparable to one pound of muscle. It doesn't really matter if you are trying to gain or lose weight or even settle on a new ideal weight for you. Experts suggest there are other, better, ways to figure out that you are on the right path. You need to *listen* to your body; this will give you much more information than the scale does, and is so much more reliable.



FIVE WAYS TO...

track progress without scales

How do you
feel within
yourself?

1



2

How do you
look in the
mirror?

3

How are your
clothes fitting?



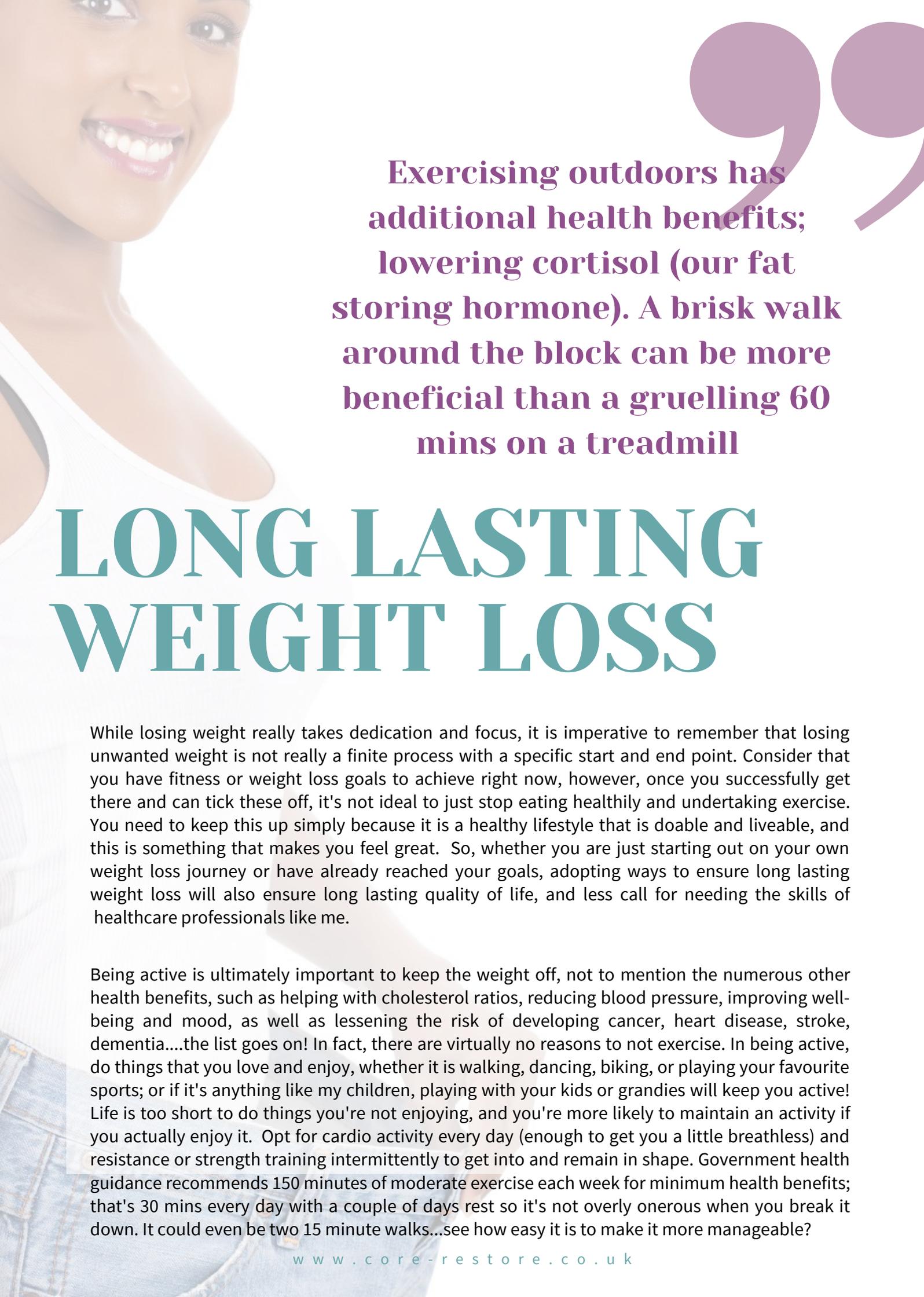
5

How and what
are you eating?

4

How are you moving,
performing, interacting?





Exercising outdoors has additional health benefits; lowering cortisol (our fat storing hormone). A brisk walk around the block can be more beneficial than a gruelling 60 mins on a treadmill

LONG LASTING WEIGHT LOSS

While losing weight really takes dedication and focus, it is imperative to remember that losing unwanted weight is not really a finite process with a specific start and end point. Consider that you have fitness or weight loss goals to achieve right now, however, once you successfully get there and can tick these off, it's not ideal to just stop eating healthily and undertaking exercise. You need to keep this up simply because it is a healthy lifestyle that is doable and liveable, and this is something that makes you feel great. So, whether you are just starting out on your own weight loss journey or have already reached your goals, adopting ways to ensure long lasting weight loss will also ensure long lasting quality of life, and less call for needing the skills of healthcare professionals like me.

Being active is ultimately important to keep the weight off, not to mention the numerous other health benefits, such as helping with cholesterol ratios, reducing blood pressure, improving well-being and mood, as well as lessening the risk of developing cancer, heart disease, stroke, dementia....the list goes on! In fact, there are virtually no reasons to not exercise. In being active, do things that you love and enjoy, whether it is walking, dancing, biking, or playing your favourite sports; or if it's anything like my children, playing with your kids or grandies will keep you active! Life is too short to do things you're not enjoying, and you're more likely to maintain an activity if you actually enjoy it. Opt for cardio activity every day (enough to get you a little breathless) and resistance or strength training intermittently to get into and remain in shape. Government health guidance recommends 150 minutes of moderate exercise each week for minimum health benefits; that's 30 mins every day with a couple of days rest so it's not overly onerous when you break it down. It could even be two 15 minute walks...see how easy it is to make it more manageable?



Staying on Track

You can write down things about how much you work out, as well as document the foods that you eat. There are an increasing number of apps and tools that can help you track your progress and basically make you more accountable about what you're actually eating; be aware this can be quite confronting! Doing this can open your eyes about what's really going on and where you can improve to reach and maintain weight loss goals, by bringing mindfulness to eating; no more grabbing food unconsciously and not remembering what you've eaten today. Studies reveal individuals who track their progress and who prepare food journals lose more weight and then keep this unwanted weight off for the long haul. Keeping track of your progress either in a notebook or phone app keeps you focused on the end goal, and logging foods in a journal minimises the amount of 'cheating'. Don't get me wrong; we all fall off the wagon every now and then, but the goal here is consistency, not perfection. Most people who use food diaries while losing weight are more successful in reaching their goals.

Reward Your Success (but Not Necessarily with Food)

Good rewards are something that's desirable and timely and this depends on achieving your goals. Rewards might include treating yourself to a massage, a movie, or you can take an afternoon off from work, buy a plant, or something new. I always invest in something that makes me feel good like a book, or a new scented candle. Try and make time for yourself a least one hour every day for self-care and to decompress from a busy or long day; this can be 15 minutes over four periods if you can't fit it all in one hit (I know I certainly can't!). Remember small rewards can be used to celebrate small goals or motivate to work harder and being more consistent. Breaking a large weight loss goal into smaller, more attainable goals is easier to measure and doesn't seem so daunting or impossible. **ALWAYS** celebrate the wins; it will keep you motivated.

THANK YOU



I hope you've enjoyed this taster mini-course and found yourself feeling more energised and motivated. I find it helps to understand the theory behind weight loss rather than just signing up for a regime and hoping for the best.

Remember to let me know how you get on

Cath xx

HEALTH PROFESSIONAL AUTHOR EDUCATOR



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WANT MORE?

TRY THE 30-DAY *Transformation* PROGRAMME

TRANSFORM HOW YOU LOOK & FEEL

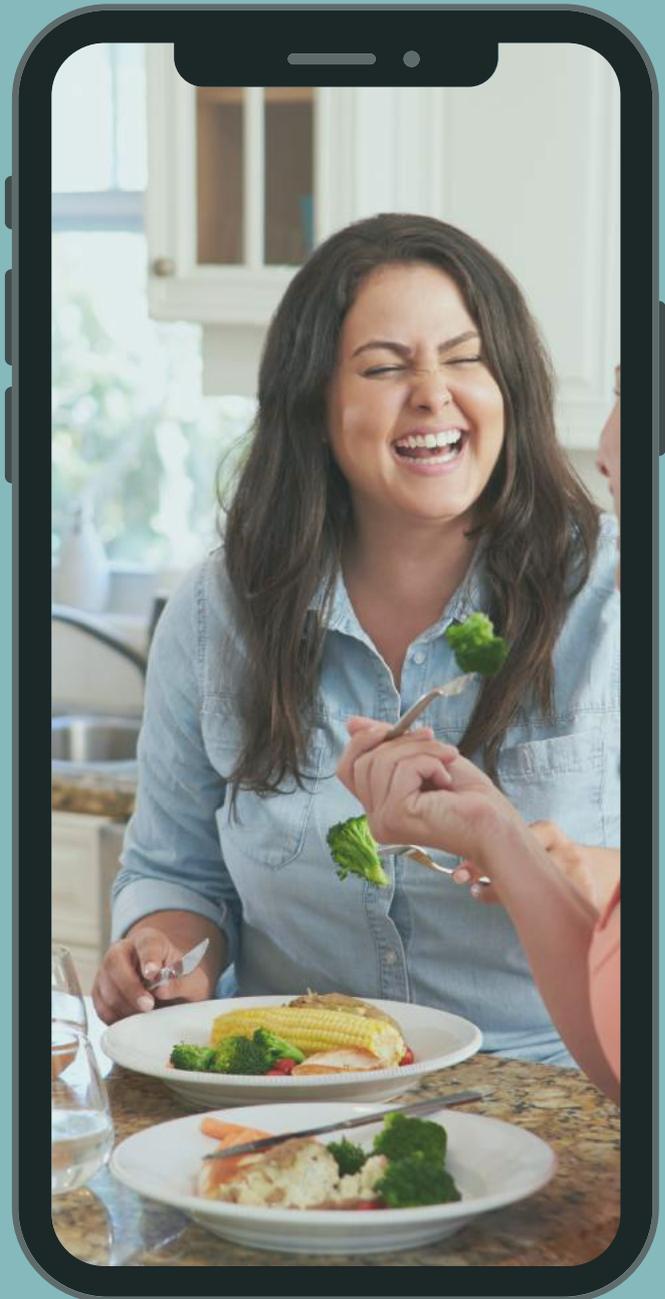
Tired of losing weight, only to gain it all back again? Or feel like you've hit a plateau on your weightloss journey? Are you too busy to think about how to implement meal plans?

I've been there and I know how frustrating it is.

In my *30-Day Transformation Programme*, you will discover easy-to-implement habits to help you become leaner and more confident and comfortable with your body, one step at a time.

But most of all, you won't just learn how to lose weight...you will learn how to **KEEP** it off.

INCLUDES MEMBERS ONLY
SUPPORT GROUP, DELICIOUS
RECIPES,
STEP-BY-STEP PLAN,
WORKOUTS, **PLUS**
I'LL BE THERE TO SUPPORT
YOU EVERY STEP OF THE WAY



**CLICK HERE TO
JOIN**

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This course has not designed to address individual health concerns or disease(s), but is for informational, educational and self-empowerment purposes ONLY. For more specific health & wellbeing concerns, or if you have any questions please seek bespoke intervention from an appropriately qualified health professional. Weight loss is unique to genetics, culture, conditions, lifestyle, and stage of life.

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