

Canceled or No Show Seminar Weekly Follow Up Emails

Week 14

SUBJECT: 9 Ways to Keep your Body in Fat Burning Mode

EMAIL: Dear (Name),

This email is quick and to the point... 9 easy tips to keep your body in fat burning mode.

#1- Eat healthy, whole foods consistently throughout the day; about every two hours.

This keeps metabolism burning.

Starving yourself causes blood sugar to decrease, and can cause the body to go into fat storing mode.

#2- Avoid refined sugars and refined grains.

These foods trigger the fat making and storing hormone, insulin.

When insulin levels increase, it blocks fat being used for fuel.

#3- Control any emotional eating.

Experts claim that 75% of overeating is caused by emotions.

Comfort food releases "feel good" chemicals, and can cause an addictive relationship.

Overeating increases fat storing hormones, insulin, and blood sugar levels.

#4- Avoid alcohol, because it causes an increase in insulin, weight gain, and liver damage.

Alcohol stresses the body, and increases your fat storing hormones.

#5- Avoid consumption of caffeine.

Caffeine raises heart rate, blood sugar, and provokes the body to increase body stores, which makes you crave sweet foods.

#6- Be sure to exercise, about 30 minutes a day 3-4 times a week.

This releases the excess cortisol in your blood, promotes overall health of the body, and increases metabolism.

#7- Learn to control your stress.

All types of stress can cause weight gain because of the chemical reactions that follow stress.

When cortisol is released for prolonged periods of times (chronic stress) it can cause weight gain and many other serious problems.

#8- Be sure to get adequate sleep.

Studies have shown that weight gain is an effect of lack of sleep; oversleeping can cause weight gain as well.

#9- The final tip is to make sure you're receiving adequate amounts of protein.

The right levels and source of protein can trigger fat burning levels.

Protein can curb the appetite, and proteins are the essential building blocks for cellular reproduction.

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