

## Day 22: Nothing is Stronger than a Habit

Most of us have that skinny friend who seems to eat practically anything they want. They hardly exercise, they never count calories, they order the biggest burger on the menu and every once in a while they even indulge in something sweet. And yet, they are the ones who wear a size four without a dimple or bulge anywhere.

You, on the other hand, gain weight at just the thought or sight of food. You watch every little thing you eat. Food is something of an obsession; you are always thinking about it. You can recite the calorie count of any food or restaurant menu item, and you work out like crazy. Most frustrating, the weight just keeps piling on.

### **But wait...**

Are you like that today, or have you somehow become more like your perpetually skinny friend over the last few weeks?

Did you find yourself not even thinking about food at times? Were you pleased to see progress without sweating to the oldies? Could you easily slide on a pair of skinny jeans that you used to have to jump up and down in to get past your rear? Did you find that a simple routine brings you peace?

Yup. You just experienced the Aha! Moment. Week four is our favorite week because this is where the magic happens...

You have finally realized that it isn't about working out 10 hours a day or starving yourself. The simple, consistent routines of eating natural food and walking every day really does work! It is finally all starting to click into place.

This is the key to permanent fat loss!

### **You Now Have the Habit of Success**

You should be proud of yourself. You have conquered confusion, sugar and addictions over the last three weeks. This shows you the enormous power of simple, consistent routines. As we talked about last week, keep reinforcing continuous small improvements from now on and for the rest of your life. Doing this will bring you closer to any goal or dream you wish to accomplish.

Here is how a few simple habits have powerfully enabled you to succeed:

1. You are more productive. You have created an environment and habits that help you to get what you want. Doing this cut through the noise and confusion so you don't waste time spinning your wheels any more.
2. You have greater focus. By putting habits and routines in place, you free up your mind to do other things. That mental clarity allows you to focus, be more creative and have the energy to get things done.
3. There is more time in the day. It is almost like there are a few more hours in the day and you no longer feel stuck. As you complete every good habit and routine, you are moving yourself forward in the most time and energy efficient way possible. You might also find

that you need less sleep, so you are literally gaining more hours in your day.

### **Salads and Spice and Oils Are Nice**

We love salads at PTF. Everyone here has their favorite. Have you discovered how satisfying salads can be on REV yet? Did you know that almost every PTF entrée and vegetable selection can be eaten as-- or on a salad?

Nobody here spends hours chopping vegetables and creating complicated salad in our break room. But unlike most companies, you will find a lot of delicious salads being eaten at meal times. Furthermore, we are able to make these simple salads using only the fridge and microwave available to us.

### **How to make a PTF salad in three easy steps...**

Keep the following things in the fridge: a bag of leafy greens and/or a variety of pre-chopped vegetables (grape tomatoes are handy) and a selection of full fat dressings.

1. Place a layer of leafy greens on a plate or in a bowl. Distribute your choice of pre-chopped vegetables on top.
2. Since all PTF entrees and vegetable selections are pre-cooked, you can either thaw or warm them to a temperature of your liking. Chop the meat (if necessary) and distribute your meat and/or vegetables on top of your salad.
3. Top with your favorite dressing and even some Personal Trainer Food Sweet Garlic Butter Sauce!

Tip: if you do not have a break room where you work, you can always prepare your salad ahead of time. Just place everything in a sealable container in step one and keep it refrigerated until you are ready to eat.

A lot of people ask us about using herbs and spices. YES! As long as your seasoning does not have any added sugar in it, you can definitely use it. Herbs and spices are great things to add to your meals.

Vinegars are also ok to use! Just eat sweeter vinegars (like balsamic) in moderation to avoid excess sugars.

Oils and butter are totally cool too. As we talked about in week one, you have nothing to be afraid of when it comes to fat. Fat is good!

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at [www.PersonalTrainerFood.com](http://www.PersonalTrainerFood.com)

Email us at [WeightlossCoach@PersonalTrainerFood.com](mailto:WeightlossCoach@PersonalTrainerFood.com)

Call us at [1-800-273-1686](tel:1-800-273-1686) x4

