

Day 27: Nothing tastes as good as Skinny Feels!

"It is amazing how when you truly start to love yourself...and evolve as a person and become the person you know you can truly be...how much life there is to live!" --Niki Thomas, PTF Weight Loss Coach

The Body Language of Fat Loss

As you are starting to feel and look better, something else has been happening. Have you noticed how much confidence you are gaining too? When you take your after photo in a few days, be sure to compare the body language between Day one and 28.

At the beginning of your program, were your shoulders rolled forward? Was your head lower? Were you slouching? Were you wrinkling your nose, scowling or frowning? Are you crossing your arms or legs, angling away from the camera?

Most people at the end of their 28 days show signs of confidence in the following ways:

- They stand taller.
- They take up more space with open arms or hands on hips.
- They use a wider stance, planting themselves solidly and confidently.
- Their face is relaxed and happy-looking.
- They look directly at the camera and do not angle away.

When our Weight Loss Coaches see these photos, the after photos always have a younger looking version of the before photo. We love seeing you beaming with a sense of accomplishment. It is a good look on you!

The Power of PTF

Do you have any idea how powerful you are today?

You now have the power to make the rest of your life the best of your life because you have learned that you can achieve your goals with simple, set routines.

We recognize that you have changed drastically over the last 28 days. You overcame addictions, unlearned confusion and created a whole new daily routine. Some of these things were first met with struggle because it was all new to you. You quickly started to settle in however, and today those little struggles are now your strengths.

You have just learned that the best way to predict your future is to create it with simple habits.

Getting to your goal has not been a matter of big important milestones; it has been the culmination of small moments in your day. In those moments, you did the right thing, chose the right food and didn't give up.

The Greatest of All is Love

You love your family and your kids and you want to be there for them. You love how being healthy and skinny feels and looks. You love your walks (no matter how slow they might have been, you were lapping everyone else on their couch). You love setting an example as a healthy,

lean role model. You must love it too when someone you care about takes your lead and cuts sugar from their diet, or signs up for PTF.

...and like Niki, you love life.

We Love You

Most of our Weight Loss Coaches, and many people who work here at PTF have been exactly where you were on your first fasting day. Every time we see a box of food go out the door, we know the commitment you are making. We are behind you 100%, and are very proud of what you have done.

We provided you excellent nutrition that has taught you how to eat while you lost weight the natural way. As our foods nourished your body, you started to heal from the inside out. Our coaches helped teach you the simple guidelines of PTF so you can eat this way for the rest of your life. You now possess the keys to lose fat and improve your health forever.

You have made the choice to get off the diet roller coaster for good by just eating the right foods that naturally turned your body into a fat-burning machine.

We love YOU for that!

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

Email us at WeightlossCoach@PersonalTrainerFood.com

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