

**LET'S DO THIS THING!!!**



# THE 21 DAY SUGAR DETOX

brought to you by BALANCEDBITES

## Why did I choose to share this particular program with you?

I chose it because I know the damage that sugar does to our bodies and our health. I know how it undermines lasting fat loss and makes us look and feel old. Sugar is insidious. It's hard to avoid even when we want to. It's in everything, especially processed foods. So that's number one: It's the sugar stupid! And this program shows you that you can eliminate this one thing and dramatically change your body. And although I am a proponent of the Paleo lifestyle, I realize that may be a daunting idea to a lot of people. This is a first step that will be illuminating for all who choose to participate.

## What's in it for you, Tina?

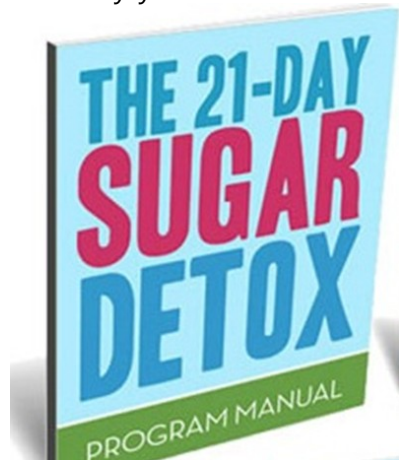
I am turning 54 years old next month and want to arrive in the best shape of my life. I will be celebrating with my life long friend, Laurie, who is also turning 54 one week earlier. We made a pact to be smoking hot on our 54th and we're doing it! I am just lucky to be able to also do it with a wonderful community of like minded people.

I am not charging anything for this program. The \$14.99 you pay goes directly to Dianne Sanfilippo for the 21 Day Sugar Detox. The Before and After assessments are Free if done during scheduled times as is all the support and enthusiasm shared by your fellow Detoxers!

So what's the downside people? Not a damn thing, so get your copy of the program, download and print it and you are one step closer to a lean, toned, athletic body—sugar free and fully loaded!

## What if you need more help?

We're always here to help—besides asking for support from a fellow Detox participant, check in our facebook page or see me re getting a pkg of 29 minute coaching sessions.





This program addresses the nutritional aspect of your fat loss success, but Pilates 1901 is here to help you stay accountable for your exercise component.

That's why as part of the program, you will be providing a detailed schedule of your exercise plans. All success requires a plan—one that you create and are committed to, so use the calendar to outline your exercise journal and schedule your classes/exercise time today. Remember, you'll do best by doing a minimum of 3 classes per week and 2-3 extra lower intensity workouts per week (ie walking, biking, gardening, etc)

## 21 Day Detox Exercise Plan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						15 Assessments
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6
7	8	9	10	11	12	13 Assessments

*This gives you 29 days to choose your 21 Day Plan. Plot out your exercise schedule now!*

## Exercise Guide

## You betta move...

Okay for fat loss, you not only need to eat right, but you gotta move!

**That means a min of 5-6 days a week.**

Now before you go freaking out on me, check out the low down on improving your bottom line. It's completely doable!



### Do this type of workout 3 days per week....

- Cardio Tramp
- Cardio Kettlebells
- Cardio Sculpt
- Zumba
- Jogging



### Do this type of workout up to 3 days per week....

- Pilates mat, chair or reformer classes
- Barre class
- ZEN\*GA
- Walking
- Biking



### When planning your exercise schedule, MIX IT UP!

Our bodies are fabulously adaptable. That means doing too much of the same kind of workout is not going to help your body change. Variety is truly the spice of life when it comes to exercise. Try different types of classes and outdoor activities to keep your body meeting new challenges! That's how we change—NOT by doing the same things all the time!



## Tools I like to use... And you may too...



As you know, when approaching any goal in life, you need to have a plan, structure and accountability.

**That means being mindful of your food intake and your exercise.**

Here are some great resources to help you stay focused, motivated and on track. If you have additional tips to share, please post on our facebook page.

Check these gadgets and sites out!

[www.fitbit.com](http://www.fitbit.com)

I absolutely love this little gadget because it keeps me mindful about my movement throughout the day. It also makes me realize that ALL MOVEMENT is good- Activity is the key! And your fitbit interfaces with your laptop, tablet or smartphone so you can keep track of your steps, food, and depending on the model, even sleep! \$60 to \$100 but worth it!

I also love emeals meal planning service as they make planning your meals weekly super simple. They even have a Paleo Family Plan. I bought this through a groupon ad so you may want to google that before you pay retail. At any price though, it's a bargain!



[www.emeals.com](http://www.emeals.com)



There are many wonderful FREE online fitness apps to help you track your fat loss. Here are my top 5 ...

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.loseit.com](http://www.loseit.com)

[www.sparkpeople.com](http://www.sparkpeople.com)

[www.fooducate.com](http://www.fooducate.com)

[www.mapmywalk.com](http://www.mapmywalk.com)

There are other great apps that are not free and I can share those with you as well, but check out this great list first and see which one appeals to you. Then, use it!

Somehow, Someway...

# Keep a Food Journal

## Rule # 1- KEEP A RECORD.

### WRITE IT DOWN!

***Keeping a food diary may be a key to losing extra weight, a new study shows.*** The study, published in the August edition of the *American Journal of Preventive Medicine*, included 1,685 overweight or obese U.S. adults aged 25 and older.

For six months, they kept food diaries and were encouraged to eat a healthy diet and be physically active. They also met weekly in groups to share their food diaries and brush up on skills like how to judge portion size.

After six months, participants had shed an average of 13 pounds. **"The most powerful predictor of their weight loss was how many days per week they kept their food diary,"** says Victor Stevens, PhD, senior investigator at the Kaiser Permanente Center for Health Research in Portland, Ore.

**Those who kept food records six days a week -- jotting down everything they ate and drank on those days -- lost about twice as much weight as those who kept food records one day a week or less,**

### Why Food Diaries Work

"I think the most powerful part is accountability and the next most powerful part is increasing awareness of where those extra calories are coming from," says Stevens.

Showing your food diary to someone else is even better, in terms of accountability; that's what participants in Stevens' study did. "You're accountable to yourself when you're writing it down and you're accountable to other people who are looking at your food record," says Stevens.

Food diaries can also help target areas for improvement. For instance, Stevens says a food diary might make someone realize that he or she is eating 1,000 calories at lunch and set a goal to trim lunches.

### So if you nibble it, scribble it!

Source: *Web MD*



# Getting Real is the First Step

## Make Yourself Accountable!

We all know that keeping yourself accountable is a key to weight loss success. Even with all the information in the world and all the right intentions, you won't get very far if you let yourself off the hook when it's time to actually do what you should. There are two very effective ways to increase your accountability:

**You can “go public” with your goals and plans, letting friends and family know what you're trying to do and your plan to do it.** This allows you to ask for support or a friendly push if they see you backsliding. Well, you've chosen to 'go public' by joining the 21 Day Sugar Detox Challenge! You have the best support team possible with your co-participants and your Pilates 1901 staff!

**Eliminate the excuses that keep you from sticking to your plan.** We all have our favorite excuses: *I'm too busy. I can't find time for myself. I'm just not motivated. I'm too stressed out right now. I'll do it later. I can't control myself.*

You may even view these as legitimate reasons instead of the excuses that they really are, and have probably persuaded yourself that this is the way things are, and that you can't do much about it.

But no matter how difficult your circumstances may be this is the hard truth: **The only way to succeed is to take personal responsibility for making things work out the way you want them to.** And that starts with owning your own decisions.

**One good way to avoid rationalizing and increase your accountability is to make a contract with yourself that identifies the excuses you use and specifies what you will do instead of giving in to them.**

When you put this on paper, you create an effective tool that you can use whenever you catch yourself making excuses.

*Here's how to start....*

# Making the Commitment...

## Step 1: Identify Your Favorite Excuses

What goes on in your mind when you don't want to do something that you know you should? What are you saying to yourself in that moment when you decide to skip an exercise session or eat something you will regret?

- **I made one bad food choice; I've blown my diet, and might as well keep on eating!** That's 100 percent pure rationalization and not good!
- **My spouse or my child is responsible for me eating too much.** Really??
- **There aren't enough hours in your day to fit in some exercise or prepare a healthy meal.** That *might* be true on some days, but isn't true all the time. If it is, you may not be putting enough effort into time management, or you're taking on responsibilities, or putting yourself too low on your own list of priorities.
- **I have no will power. My motivation is gone. My cravings are truly irresistible.** These are just stories you tell yourself when you don't want (or don't know how) to do what you should.

## Step 2: Identify Countermeasures

**The first solution is to tell yourself a different story—one that puts you in charge.** For each excuse or rationalization you use, think of a countermeasure. It may be an opposing thought, a way to break out of a negative thought pattern, or something that helps you avoid the problem before it happens.

For example, if your schedule is so busy that you end up skipping your workouts, your countermeasure could be to spend a few minutes each morning planning what really has to be done, what can be postponed (other than exercising), what might save some time, and who might be able to help you get things done.





# Create your Personal Contract

## Step 3: Write Up Your Contract for Success

**One of the things we know at Pilates 1901's is if you can change your mind- you can change your body.** Our program is designed to give you the tools to do this, and we guarantee results if you follow our 3 pronged approach:

1. Attend classes at min of 3 days per week and move up to 6 days per week.
2. Follow the plan detailed by the 21 Day Sugar Detox.
3. Enlist support for your public commitment to this program!

**And the first person you need to convince is you.**

Use this template or create your own Personal Commitment Contract, but do one today! NOW! And then share it with someone else.

1. I, \_\_\_\_\_, hereby agree and commit to take the following steps to improve my accountability to myself and increase my chances for weight loss success:

2. I will attend a min of 3 Pilates based strength and cardio workouts per week and be active up to 6 times per week during this 21 Day program (and beyond).

3. I will, along with my fellow Detoxers, avoid sugar and alcohol for the next 21 days to help my body to burn fat, energize my workouts, and keep me healthy. I will then write down every bite of food I eat and every drink I consume to GET REAL about what I am putting into my mouth and my body.

4. I will rely on my co-participants, the Pilates 1901 staff and my family as much as needed to complete my 21 Day Sugar Detox. And if I slip up, I will not play the shame card and give up.



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Date

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Signature

**IT'S TIME—TAKE RESPONSIBILITY**



**It's not brain surgery people. It's about choice—  
It's about your choices.  
Don't just think about it. It's time to take ACTION.**