VISUALIZATION SECRETS FOR WEIGHT LOSS SUCCESS

Why You Really Can Think Thin to Become Thin

By Carolyn Hansen
ONCE UPON A TIME THERE was a chubby fitness instructor... and it was me!

Back in the 1980s when aerobics classes were hugely popular—at the start of the modern fitness craze—I was one of the trail blazers that led the way.

At least, that was the way I saw it back then. Those of us who practiced the new jazzercise moves crammed our bodies into skin-tight, bright, shiny lycra and jumped, bounced, wiggled and danced our way into what was supposed to be the body of our dreams.

We had bought into the promise of the ads of the day—the ones that plastered the billboards with health clubs babes with perfect physiques. Millions of women (and men) around the world packed themselves into halls, community centres, studios and gyms hoping to shake and jiggle themselves into a brand new body.

But the promised weight loss never happened. Today we know that too much endurance exercise can actually make one fatter.
As the leader of a fitness class the instructor is supposed to be in top shape. After all, it's pretty hard to promote and sell a product (aerobics classes) when you are 10 pounds heavier than you should be, and you're exhibit A—the demo model. And as you might imagine, there was no hiding that excess weight under the unforgiving lycra outfits.

My initial thoughts, on seeing that the exercise wasn't producing the kind of results I had been hoping for, was that maybe I wasn't doing enough of it. So I upped my number of classes until I was taking 10–12 a week. That is 10–12 HOURS of intense physical activity. Some of the classes were men's advanced classes which meant strenuous exercises like at least 2 sets of 25 full push ups on the trot. Keep in mind also that the instructor is ALWAYS working much, much harder than anyone in the actual class. Every movement had to be to full extension with 100% effort. No slacking with cheating half pie movement's, ladies pushups and so on.

By now you may be wondering, as I was back then, how could I still be overweight with all this exercise? I still believed I wasn't doing enough so I added the sport of bodybuilding to my activities. So now I not only had the aerobics classes I had lots of intense gym workouts to batter my body into shape.

Well that actually worked, and together with a strict diet I battled my body and mind and got into good enough shape to stand on a competitive bodybuilding stage once or twice a year for the next 20 years.

During that time if I slacked off either with my level of activity or my strict diet—such as would happen if I went on holiday—I would put on staggering amounts of body weight in a very short time. So I stuck to it, very afraid of what would happen if I ever stopped this 'way too strict' food and exercise regimen that was negatively impacting other areas of my life.
Although I had found in the strength training exercises a solution to my 'overweight body' problems (a temporary solution none-the-less) the people coming to the aerobics classes were still hoping that they were going to be able to transform their bodies, and they faithfully kept coming to class.

As they say, though, you can NEVER out-exercise a bad diet, and never has a truer phrase been coined. I always suspected there was a problem that went way deeper than just what one puts on their plate when hungry, but I could not put my finger on it.

I remember one day I looked around at the people in the class during an exercise session. Many of them had been participating in my classes for years and I noticed that they were still in varying degrees of being slightly or not so slightly overweight. Just like me. At this point I had been doing these classes for around 10 years! Clearly they were not working.

It was about that time that I had also been saddled with multiple overuse injuries in my back, shoulders and knees and had chronic shin splints from the high impact nature of the exercise. All that jumping up and down had taken its toll. So I was forced to hand in my notice to the gym. I decided to instead concentrate on my bodybuilding activities. Anyway, that seemed to be working so much better and it only required a fraction of the time that I had been devoting to the aerobics classes.
I knew that I was still overweight, but I figured I had found a short-term solution to my problem and I was aware that at some later stage this problem would come back to haunt me. And I was right. The time did finally come to “pay the piper”.

Around this time I also decided to go into business as a part-owner of a gym. Suddenly I no longer had the time to do all this exercise and fuss with my food. I was working 15 hours a day on the business. Back on went the 10 pounds plus some more this time.

I still could not figure out what the problem was. With all my knowledge and all my experience why could I not get this food/weight issue together? Why could I not have what I wanted so desperately—a slim, trim, firm, shapely body? How could this be too much to ask for, and why was I stuck with this overweight feel-bad body that was at the same time a terrible advertisement for the fitness business I was now in?

It was such a mystery to me, especially since I thought I knew it ALL. I was selling gym memberships every single day and actively encouraging other people to get started on their fitness/weight loss journey. I also worked closely with people giving them personal training to help them get into good shape (even competitive bodybuilding shape) but always at the back of my mind was a feeling of guilt. If I can't do it, or if I can only do it after huge struggle and sacrifice, how can I expect anyone else to be able to do it?

I was successful in other areas of my life and was generally happy with the way things were turning out for me. But I was so unhappy with this constant on-going battle with my body. Sure, I was exercising several times a week, which alone was keeping me in reasonable shape. Most of the time I was also able eat the right foods. But then I would go off track for days and revert back to eating the wrong types of foods and too much of them. It was as if there was a screw loose somewhere, otherwise why on earth would I continue to regularly self-sabotage myself?
We all know that if you eat the wrong types of foods, too much of them, and avoid exercise, you are likely to become overweight.

But there is more to it that just the type of food and the amount of it you eat. If you do not pay attention to these other details you simply contribute to the problem and end up overweight even faster. I am talking about things like not eating enough, or at the right times, missing meals, not getting enough protein, or not enough healthy carbohydrates (from vegetables), not getting enough healthy fats, or not enough calories, and so on.

My mind was still programmed to believe that I needed to cut back on my food (the diet mentality). So, to my way of thinking, if I could cut back even further there was simply no way I could remain overweight. So I did away with eating breakfast. I did eat a small lunch, but I ended up eating most of my food in the evening when I had finished work for the day.

This was often “out of control” eating driven by a body desperate for some decent nutrients. Somehow my inner programming remained blind to this inconvenient fact. I was geared to the delusion that if ate less I would not be fat.

Back then the “eat less” mentality was so very ingrained. Most people looking for a way to lose weight believed that if only we could eat less we could be slim. But this belief was incorrect. This misleading belief made people like me and maybe even you overweight, and no amount of exercise could counter it.
The really sad part is that now, decades later, people are still trying to make diets and diet plans work. The thinking and beliefs have not changed and people are still falling into this food/weight trap.

How could we have believed for the last 40 odd years that the only solutions to the overweight issue, the only way to lose weight, must involve going on some sort of diet? And yet, this was the way it was done. Unfortunately a diet of any kind means food restriction, and we know now that this does not work. It never has worked, and it never will.

The human body has been genetically programmed to protect itself from short-term food shortages and even long-term famines. It just slows down the metabolism to reduce energy output and cranks up the appetite to get you to go and search for food. You will never be able to override this ancient protective mechanism. This is why diets fail 95 percent of the time.

Yet the strange thing is people keep on trying to make them work. At any one time up to 50 percent of the population is on some sort of restrictive food diet. Like this did with me, it is making them FATTER not slimmer.

Another thing I learned from all this, was how bad I felt being heavier than I should be. How did I end up with this feel-bad, unhealthy and unhappy body? I used to look around in the gym or when I was doing my grocery shopping and see other overweight people and I would feel a twinge of sadness.

If they felt even half as bad as I did about their food/weight issues then they were suffering as I was. I knew there had to be an easier and more effective way to get slim and trim and stay that way.

So how DO we lose weight and keep it off for good?
This question went unanswered for me for many more years and I continued on doing the best I could with the hand of cards I had been dealt. My body weight yo-yoed up and down and was still slowly creeping upwards no matter how many diets I experimented with.

But then I decided to try something different.

I wanted to win a New Zealand national level bodybuilding title and I had heard that other competitors and also other athletes in various sports were using mind visualization techniques to give an extra 5 percent or more advantage over the next person. This amount may seem small but it can actually be the difference between winning and coming second when you get to the upper levels of any sport where there is often so little separating each athlete.

The mind visualization concept was something I had been exposed to in the past, but it wasn’t until then that I seriously considered seeing what it could do for me when it came to competing for a title.

So I the visualization strategy, and low and behold I won that title after nearly 15 years of bodybuilding competition. That was the only thing different I had done. It seemed to change my unconscious mind and give me more self-confidence so I was able to present myself and my body better on-stage.

I soon discovered that mental imagery, mind visualization and mind re-programming is commonly used by elite athletes in all sports.
It is the technique of using your imagination to visualize specific things you wish to have, do or be, and/or behaviors or events you wish to occur in your life.

Today, it is rare for any successful athlete, professional or amateur, to not regularly use some form of mental imagery. Why? IT WORKS!

It may seem hard to believe but it has been proven that just 60 seconds of 'mental practice' a day will greatly enhance your performance and almost equal daily physical practice in your sport of choice. This idea isn't new though as the great masters of Eastern martial arts have always emphasized the importance and use of visualization techniques to supplement physical training and as a path to mental and physical well-being.

To show how powerful it is a well-known study back in the 1980's on Creative Visualization in sports involved Russian scientists and coaches and compared four groups of Olympic athletes in terms of their training schedules:

- Group 1–100% physical training
- Group 2–75% physical training with 25% mental training
- Group 3–50% physical training with 50% mental training
- Group 4–25% physical training with 75% mental training

Group 4, with 75% of their time devoted to mental training, performed the best. Group performance level fell right in order—as mental training increased, performance increased.
Although this study refers to physical sports performance these mind strategies can also be applied to things like business success, finances, relationships, health and many other areas in our lives. But of course the one that we are particularly interested in is losing weight and keeping it off long-term. These methods are now being used in this area and have a high success rate if we spend a little time on getting our inner programming—our mind software—to match what we want on the outside of our body (weight loss).

What makes this creative visualization idea very attractive is it is so easy to do. It is something anyone can do and if fact we all already do visualize all the time in our mind. But all too often it is something negative due to fear of failure and because we do not have the conscious awareness of being in control of our thoughts, feelings and self-beliefs.

We can use mind re-programming and visualization techniques for any positive life changes we would like to make and it works a treat for not only losing weight but keeping it off for the long-term.

We already know our thoughts are processed by the mind and determined to be real regardless of the reality or truth of the thought. So why not use this fact to our advantage?

As I became more interested in this fascinating subject I could see that my “food/weight” issues and problems had been caused by my “inner programming”—my mind software. It was clear that my thoughts, feelings and self-beliefs did not match up with the body I so badly wanted on the outside.
I discovered that the approaches I had been taking for so very long (diets and exercise) cannot possibly work without creating fundamental, inner transformation first. No matter how many layers of words, actions, diets and exercise programs you place on top of an inner self that is programmed to produce an overweight, feel-bad body, those layers cannot be made to stick and produce the results you are hoping they will.

All this was a revelation to me when I first learned about it. I had not even considered that my mind might have been the cause of my undoing. I thought I had a strong positive mind. After all I had always been a high achiever and this was all new to me.

Although I thought it was all a bit airy fairy and a bit new agey I was aware that something was wrong, something was askew deep inside me. And it was causing me to remain stuck in this on-going struggle with myself. Just telling myself to sort it out was not enough and was clearly not working.

So, I gave it a go and started to delve into my inner programming and examined my self-beliefs, thoughts and feelings in the area of my food/weight, health and body. I managed to identify some of the problem self-beliefs that were clearly negative roadblocks and I gave myself a new line of thinking—a sort of mind software upgrade. To my delight I felt better immediately.
Identifying the self-beliefs that were incongruent with what I wanted most of all—that slim, trim body were vitally important and I uncovered that most of these “out of kilter” self-beliefs were centered on food and the restriction of anything that I thought was not good for me.

For example, foods that I had forbidden myself to eat, like bacon, cream and other high fat but perfectly normal foods that one can eat from time to time. I had restricted myself so much for so long so that I needed to relax more around food and trust myself again with other foods.

Once I realized what my own personal roadblocks were they just fell away and as they did my struggle with myself lessened immediately. The self-sabotaging just went away and my follow through particularly with my eating stayed more on track.

I found it hard to believe that my old tired self-beliefs had been holding me back from achieving what I really wanted. These inner roadblocks may also be present in you and can even be so strong and overpowering they may not even allow you onto the path to get started.

But we can now flesh out those obstacles that are working against you and take steps to substitute them with ones that will work with us and take us to the things that matter to us like our health and to be able to lose weight once and for all.

I was happy to discover that I did only need to be on track with my eating around 80 percent of the time which still gave me some leeway to indulge in social occasions or if I went on holiday. I could eat treats pretty much every day so my enjoyment from food increased tremendously. The cravings disappeared and I found I could stick to a healthy eating plan easily. I had clearly got to the ROOT of the problem.

This was what I wanted—effortless weight loss, with no struggle and no fight. I wanted to feel good about myself and how I looked and felt. I wanted the endless yo-yo cycle to be done once and for all.
Now I look back at all the years I wasted going around in circles and the torture I put myself through and I am SO thankful that I found a way to be able to put an end to it all. I learned that it's never enough to tell yourself to “Just Do It”. If I could have done that I would have done it already years ago and would not have wasted so much precious time.

What is interesting today though is that my weight is the least of my concerns. My relationship with food is the least of my concerns. Exercise (either too much or too little) is the least of my concerns. What is even more exciting here is that even though our fears are man-made, or more specifically, YOU/WE-made, the exciting part is that since WE created them, this means that WE can also create something else.

We now have the means to suss out and banish the hidden fears/anxieties or whatever it is that keeps throwing up the roadblocks that stop us “dead in the water”. It’s just a matter of how long we want that to take. I don't recommend taking the long, slow route like I did if you keep plugging away on your own, and just by reading this report you are taking the first step because ALL change is preceded by awareness.

You now have an awareness of what may be thwarting you from lasting weight loss and most importantly, weight maintenance success—long-term, effortless, lasting success. However if you're like me and you want to GET RESULTS and transform yourself NOW then you will want to get help with this and get on with the rest of your life, but in a body you are really happy to live in.

I can give you that help as I have been there, done that, and I know how to guide you around your inner roadblocks that stand between you and the body you desire. I am that someone who has the knowledge, the experience, and the understanding who will give you the road map and tools to success. I mean success you can see and feel that lasts in your body, and that success all starts by transforming your mind.
My message to you: If you are newly overweight, get to the CORE and get it sorted out now as there is simply no need to go down the path like I did and waste all that time and energy. You can be enjoying your life so much more living in a slim, trim, healthy, feel-good body. If you have been in the overweight club for a long time then for heaven's sake stop the madness now and don’t waste another minute on this fruitless struggle.

Trust me on this, when you transform your inside to match up with the result you want on the outside then you achieve inner alignment and congruence. When you do THAT, you cannot NOT get the outcome you so desperately desire. The outcome of a fit, healthy, sexy body, your dream body, all achieved with effortless, struggle-free action.

I have documented the path you can follow and have cut away all the fluff so it is the shortest and most direct path to that new you and to getting the results you want—quickly and as effortlessly as humanly possible. I have collected all the information into a single report which I call The Weight Loss Motivation Bible.
To begin that journey with me simply visit the following page and receive an instant $10 off the normal price of The Weight Loss Motivation Bible:

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- Carolyn Hansen