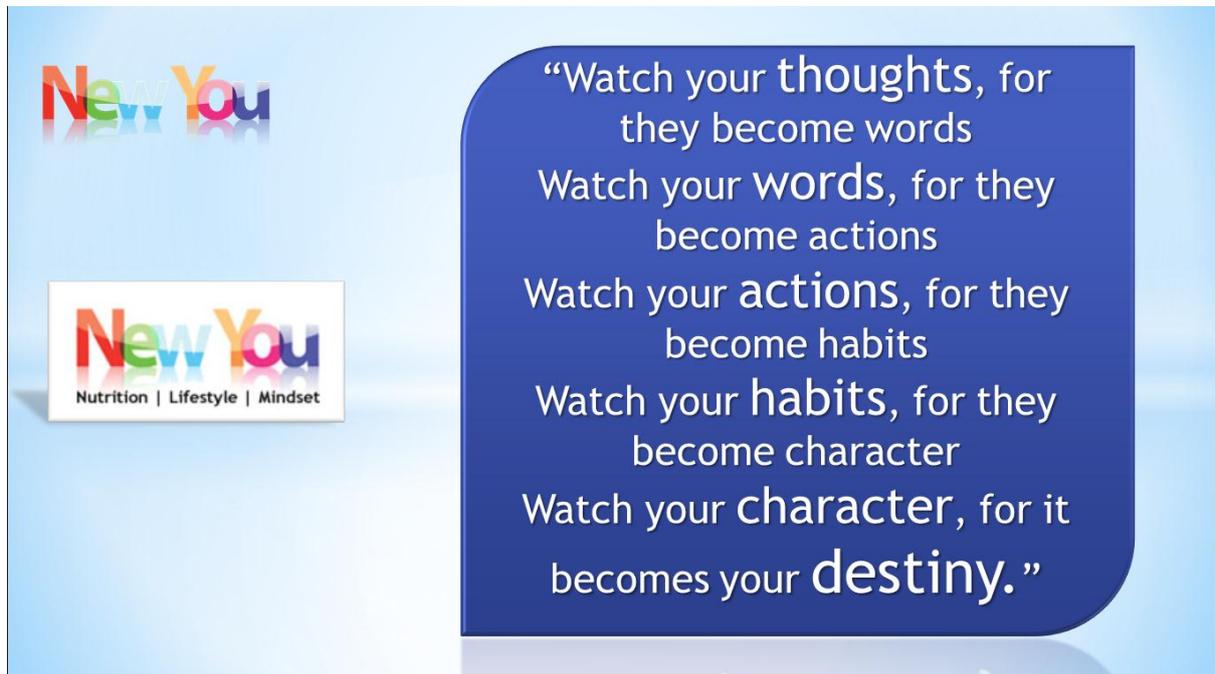


Healthy Habits for Weight Loss & Weight Maintenance

Healthy habits are crucial to your success at maintaining your weight loss. This booklet will help you to establish what habits you should form to give you the best chance of maintaining your new slim figure when you get to your goal.



Your habits shape your character, your body and your destiny...

You only get one life, so make the most of it, and be proud of your daily choices and habits, as they are shaping you day by day.

“At first we form habits, and then habits form us”

Habits can be good or bad. If you don't work on having good habits, you will most likely fall into bad habits.

“Bad habits are like a comfortable bed, easy to fall into, but hard to get out of it.”

This booklet will prompt you to think about some of the key areas of your life that can cause you to put weight back on after you get to your target weight. You NEED to start working on building healthy habits into your lifestyle NOW. You can't expect to wake up one day and start to do everything all at once. HABITS take time to form, and you can't change a lot of things all at once, so

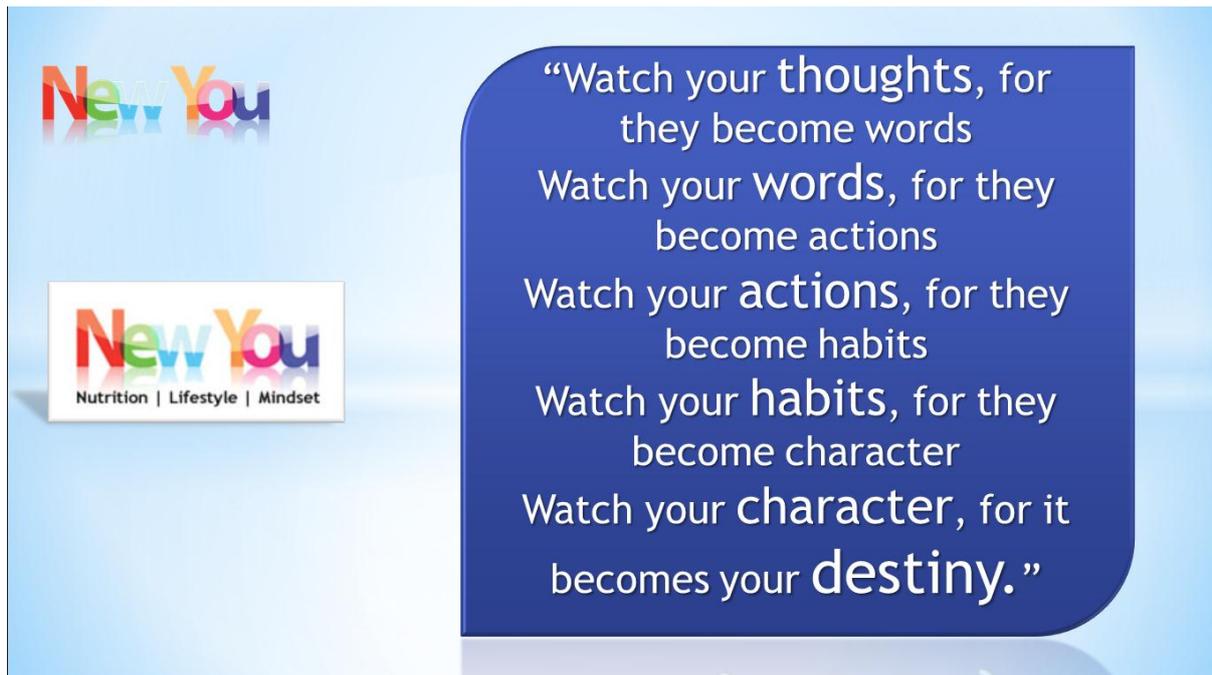
For more information on the new you plan please visit our website www.TheNewYouPlan.com and visit our blog for lots of free resources to help you on your journey to a new you! xx



you need to prioritise what habits to focus on first, build them into your lifestyle and then add in more as it becomes easier for you.

It is commonly believed that it takes 21 days to form a habit. So you need to successfully do your habit for 21 days in a row for it to become easy for you.

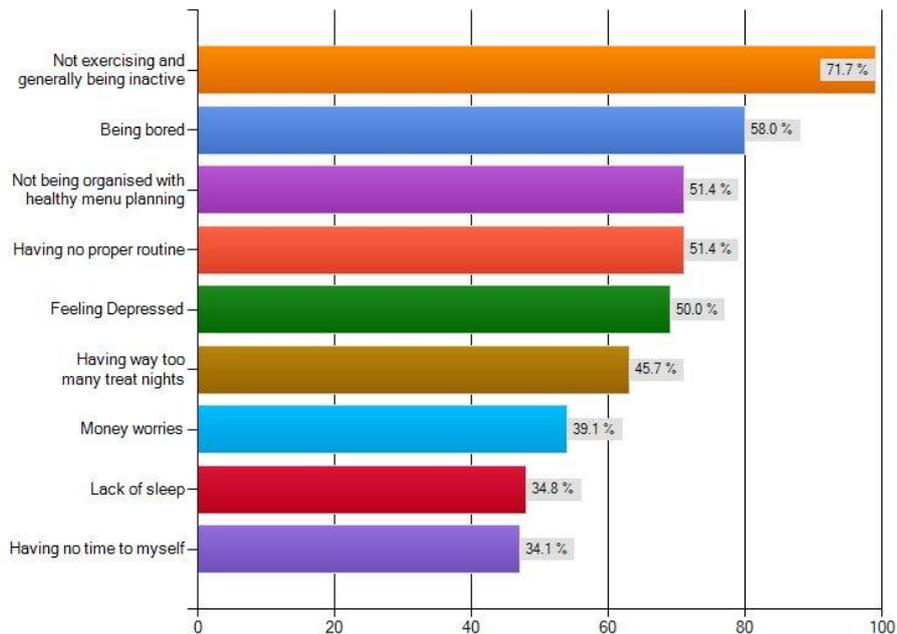
Are you ready to map out what habits you need to form??



Earlier in 2012 we asked over 100 new you customers to share their thoughts on habits and what causes them to put the weight back on. More than 85% of people believe that habits are VERY INFLUENTIAL on their weight. When asked why they put on weight again here are the answers...

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Tick ALL factors that you feel have contributed to you putting on weight in the past...



Answer these questions and see what habits you can form that will help you build a healthy lifestyle with habits that support and nourish a healthy body and mind.



Questions for you to think about?

What habits do you need to form?

- How can you do 30 minutes exercise a day?
- How can you stop eating out of boredom?
- How can you stop eating your emotions?
- How can you de-stress after a hard day?
- How can you make sure you always have healthy food options in the fridge?
- How can you make better food and drink choices when you are out socialising?
- How can you cook healthier?
- How can you get a goods nights sleep?
- How can you stop money worries?
- How can you be more organised in the morning?
- How can you sleep better?
- How can you get up earlier?
- How can you have a good social life without expanding your waistline and damaging your health?

- How can you do 30 minutes exercise a day?**



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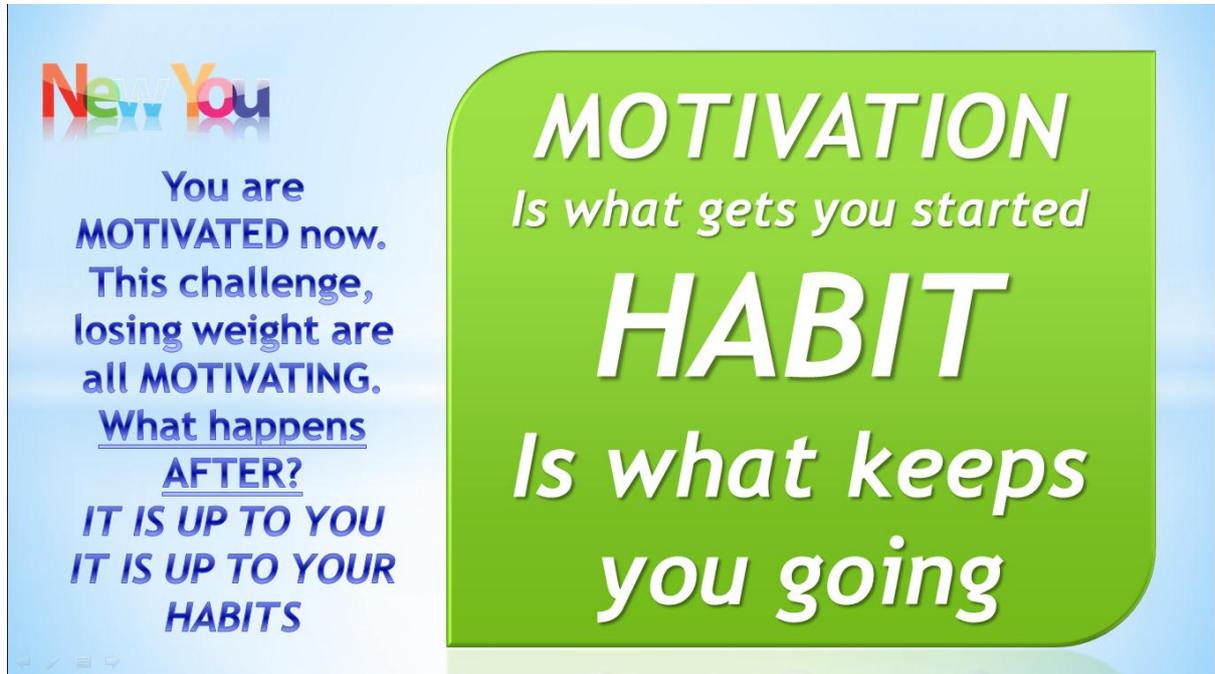
- **How can you sleep better?**

- **How can you get up earlier?**

- **How can you have a good social life without expanding your waistline and damaging your health?**

What habits are you going to work on first?

Choose 1-2 and totally focus on these habits for 21 days, once the habits are formed then work on the next highest priority habits. Remember that THE NEW YOU PLAN is a continuous journey, there is NO END. You will ALWAYS be building these habits to build your health and strengthen your mindset and body. If you are NOT GROWING YOU ARE DYING. Grow your life, by building habits!! xx



Please share your habits and success story with us over at www.thenewyouplan.com/blog

Good luck with your new healthy lifestyle!! Remember that YOU CAN DO IT. Day at a time. xx

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