

Intensive

INTRODUCTION

What can you expect?

This is the introduction to the program so you know what's going on before you start.

In this Lesson

In this lesson I want you to know what you can expect from the program and understand what is not going to happen.

You'll learn about each of the modules of the intensive program and about specific aspects that you'll master once you have finish it.

You'll find out which are the 5 benefits you'll get from following the program.

Finally you'll know what specifically you are getting once you complete it.

What can You Expect?

You'll see that some changes will occur quite fast and some others will require more time and patient.

You'll feel better and more energetic pretty soon after starting the program. You'll learn soon enough tactics to start being in control of your weight.

The objective is that once you master the whole program you'll know exactly what to do to be in control of your weight and you'll be able to apply your knowledge forever.

The truth is that there are many reasons why you are not accomplishing that objective: lack of knowledge, skills or motivation, your habits and/or attitudes, or even environmental factors. It is my objective to cover all you need to know to help you get where you want to be.

This is what's not going to happen.

Magic. There is no magic but work. Many of my students still come to be with the hope, deep, deep inside that there'll be a magic pill to get the results not having to work. I'm sorry, there are no magic pills, otherwise I'll be selling them rather than creating programs to help you learn what you have to do. And I don't own a magic wand to make it fast and work free. But the program I have developed is easy to understand, learn and apply for life, so you are good and you'll make it if you are really willing to work and follow and apply the knowledge and instructions I'm giving you.

32 Mondays Weight Management INTENSIVE Program is structured in 5 Modules.

Each of the modules works on one specific and essential aspect of weight management, necessary to get in control of your weight.

This is what will be covered in each Module:

In **Module 1** you will learn exactly how much you need to eat and the composition in each meal so you can respect the healthy portion sizes not being

hungry and not having food cravings while eating enough food to feel healthy and energetic. You'll learn what, how much and when to eat.

Module 2 is all about all the practical concepts you want to learn so you can always have healthy and tasty food available no matter what. That way you can stay away from the addictive and manipulative high manufactured food that is making you sick and tired. I will give you all the tools and strategies you need to know to make it happen and I'll demystify for you the "power" of willpower and I'll make it easy your grocery shopping, your cooking strategies and your meal organization and planning.

In **Module 3** you'll learn how and how much you need to exercise so you don't get exhausted and you don't lose your motivation but you can still take all the advantage of exercising and have a super active metabolism. I will show you how to exactly get the maximum results using the minimum resources, including some very simple exercises you can do at home on your own. You'll also learn the value of inner you exercises.

Module 4 is all about sugar, carbs and Glycemic Index and Glycemic Load. I will teach you exactly what you need to know so you can master all those concepts no being confused anymore. You'll be able to put all your new knowledge into practice to do exactly what you need to do to be in control of your sugar levels, insulin peaks, and food cravings in the short term and in the end be in control of your weight. You'll be amazed with the transformation that happens when you get in control of your sugar levels!

In **Module 5** we'll take an extra step and we'll work on all the extra bits and pieces that go along Module 1 to 4 and that you want to master to be in control of your weight.

Here is what you are going to learn how to

- How much food do you have to eat, starting with the appropriate healthy portion sizes (check the video to see how practical is to learn your portion

sizes)

- What's the right combination of foods in the practice
- How a weekly healthy eating plan to lose weight looks like
- How to stop being addicted to food
- How to stop eating highly manufactured food
- How to get organized and be super-efficient in the grocery store and I the kitchen
- How to cook
- How and how much you have to exercise
- How to avoid food cravings
- Why and how to avoid eating too much sugar
- How insulin can help you with your goals
- Why Glycemic Index and Glycemic load is so important and how to make them work in your favor
- The reality about fats, sleep and how a few other related aspects need to be managed so they work towards your final objectives
- You are going to receive these 5 benefits
- You'll create a sense of clarity about the relationship with your weight you really want to have

- You'll find out the essential building blocks for having the control over your weight of your dreams
- You'll discover the #1 thing stopping you from having the relationship with your weight you want
- You'll identify the most powerful actions that will move you towards the control over the weight you desire
- You'll complete the course with the excitement of knowing EXACTLY what to do next to create the relationship with your body you really want

This is what are you getting

- The complete 32 Mondays Weight Management INTENSIVE Program
- 25 + training videos
- 25+ cheat documents, sheets and checklists
- A week meal plan
- A grocery store list
- Members Only Private FB group (ask to join if you haven't done so yet!)
- 32 Mondays Guide to GI & GL
- Unlimited email direct to me for 3 months after you have started the course

Review and Next Steps

So let's review what you learned in this lesson. We talked about:

1. What you can expect
2. What's not going to happen

Remember, if you don't do the work you won't see the results, so put in the time. And if you get stuck, email me at arantxamateo@32mondays.com I'm here to help! © 32Mondays. All rights reserved

3. The 5 modules of the program
4. What are you going to learn
5. The 5 benefits you'll get from the program
6. What specifically are you getting

Now let's talk about next steps.

Homework, Action Items, and Next Steps

Your homework for this lesson is pretty simple: make it clear to yourself that there is some work to do and clear some time in your agenda to watch all the videos and read all the lessons, plus make the commitment to do the work!

Conclusion and Wrap Up

Now that we have reached the end of the lesson, you should have a strong understanding of what's this program all about. Once you have clear up your agenda to make room for the program, you can email me with any doubt or question you have.

Thank you for your attention, and dedication. Now, go do your homework, and I'll see you in next lesson!