

# The Thin Formula

# How To Create The Metabolism Of A Thin Person

# 5 Mantras to Create The Metabolism of a Thin Person

- My Age, Genetics and History Are Just My Starting Point
- Digestion Consumes A Lot Of Energy
- Consistency Over Intensity
- How Do I Feel When I'm Done Exercising?
- How Can I Make Exercise More Enjoyable and Effective?

# My Age, Genetics and History Are Just My Starting Point

- Acknowledge, Accept and Take Action
- The past doesn't equal the future
- Metabolism doesn't dictate weight
- Your behaviors dictate your weight

# Digestion Consumes A Lot Of Energy

- The cycle of exhaustion
- How is it affecting your sleep?
- Are the foods energizing or depleting you?
- Imagine feeling lighter and more energized

# Consistency Over Intensity

- You can't out-train a bad diet
- Make it easier to succeed
- It's a marathon, not a sprint
- Don't hurt yourself

# How Do I Feel When I'm Done Exercising?

- Extend your movie
- What are the emotional benefits
- How do you feel about yourself?
- How does it affect your motivation?

# How Can I Make Exercise More Enjoyable and Effective?

- The best exercise is the one you do
- No Pain, No Gain
- It's not just about calories
- Look for hidden opportunities