

# **SIMPLE WEIGHT MANAGEMENT**

*Motivational Success Guides*



*...powerful habits to transform your life!*

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## Quick Guide

### Appendix ~ 6 Motivational Success Guides

**This bonus section is designed to remind, encourage and inspire you.**

We've summarised all the key aspects of the programme as a set of 6 motivational guides to help you achieve success.

**A quick regular glance will help keep you motivated and on track 😊!**



#### Disclaimer

All the information and recommended action steps provided in this guide are with the sincerest intentions to genuinely help you enhance your weight management, general health, well-being and make you feel good. It is the culmination of thousands of hours of research into books, published medical studies and the study of professional expertise. Vibrant health accepts no liability for the results of any actions you take following the information contained within. We strongly advise you to do your own research prior to the taking action steps and consult a medical professional if in doubt with any aspects.

# The 11 Success Principles of Simple Weight Management

## 1. Think of food as fuel and medicine.

Your body needs food for one purpose only – **energy** to power and maintain itself 😊.

## 2. Eat to stay full and satisfied

You need to eat to stay full and satisfied (with the right routine), to both lose weight and maintain your optimal weight 😊.

## 3. Wisdom – work smart with intelligent strategies

Working intelligently in tune with your body makes weight management much easier, you feel satisfied, feel good about yourself and more positive about life in general 😊.

## 4. Automate your routine

When we overthink food, we tend to overeat or alternatively obsess about it when dieting. Keep it simple with meal/snack consistency and habitual routines 😊.

## 5. Waist is the Key

Focus on your waist measurement as the indicator of your progress. Wear a belt (they don't lie) to help you and enjoy the sense of achievement as you feel it get looser 😊.

## 6. Love Yourself Unconditionally

You're an astonishing human organism blessed with a brain and body that operates with phenomenal complexity. Always be kind to yourself, you're doing your very best 😊.

## 7. It's a Holistic Process ~ Use The Supporting Habits

Every single habit in the vibrant health programmes will enhance your weight management routine and results, make sure you adopt them 😊.

## 8. Create a friendly support network

It's much easier as a team game, surround yourself with friends, family and the vibrant health community who will continually support, guide, nurture and encourage you 😊.

## 9. Engineer your environment for success

This is a new way of life for you with huge rewards both physically and mentally at stake, so set up your immediate (home/work) environment for the success you desire 😊.

## 10. Slow down and savour your food

Fall in love with the food in your new routine by consciously taking your time and savouring every mouthful. Eat with minimum distractions (no TV/devices) to help you 😊.

## 11. Movement and exercise are your best friends

Whether its sex, gardening, dog walking, dancing, fidgeting, or any physical exercise – just get moving regularly. Your body will love you for it and you'll feel good 😊.



## The 15 Core Behaviours of Simple Weight Management

- 1. Eat fibre early in the day** ~ Fibre fills you up, helps you with satiety levels and makes you less hungry in the afternoon 😊.
- 2. Eat plenty of protein daily** ~ It keeps you feeling fuller, helps preserve your muscles, stimulates your metabolism and helps reduce cravings 😊!
- 3. Have high quality snacks available** ~ Keeps you full, energised and handles cravings, have some fruit, nuts or chunks of quality cheeses (haloumi, feta, cheddar) on hand 😊.
- 4. Have sweet tasting snacks available** ~ Combat sweet cravings with sweet tasting fruit (e.g., strawberry, pineapple, mango, tangerine, kiwi, apple) or dark chocolate 😊.
- 5. Use eating psychology to your advantage** ~ Use smaller plates and you'll eat less. Consider recipe box services, they're good for portion control and very healthy/nutritious 😊.
- 6. Slow down your hunger and eat less with 'good fat' snacks** ~ Eat a few almonds, walnuts or peanuts 20 minutes before a meal, it will take the edge off hunger 😊.
- 7. Drink water before each meal** ~ Drink a glass of water before each meal, it will also take the edge off hunger and prevent over eating 😊.
- 8. Have lots of healthy sex** ~ Quality monogamous sex does wonders for your general health & wellbeing and is good for your waistline too, what's not to like! 😊.
- 9. Avoid eating late at night** ~ Stop eating 3 hours before bedtime, it gives your body time to metabolise the food and is kind to your waistline 😊.
- 10. Avoid alcohol binges** ~ Alcohol is full of calories and stimulates late night hunger (double cheesy chips & large kebab!), moderation is the key 😊.
- 11. Sleep like a baby** ~ Make sure you have a good sleep routine and get a minimum of 7 – 8 hours quality sleep every night, it helps keep you thin and energised 😊.
- 12. Use meal consistency** ~ Decrease your food choices by eating similar meals once or twice a day and you'll automatically decrease your appetite and waist size 😊.
- 13. Eat throughout the day to stay satisfied** ~ Eating nutritious meals and snacks regularly throughout the day, avoids cravings and keeps you satisfied 😊.
- 14. Inspect labels in the supermarket** ~ Develop the habit of checking food labels to spot hidden enemy ingredients and to fully understand what you're eating 😊.
- 15. Gauge your hunger** ~ Get in tune with your hunger hormones by paying attention to and gauging your real hunger level, it's a good skill to have for your waistline 😊.



## The 22 Supporting Habits to aid Simple Weight Management

### Core habits that directly enhance weight management:

1. **Optimal Hydration** ~ a game changer, vital component in weight management 😊.
2. **Earthing** ~ a gift from nature to nourish your body and immune system 😊.
3. **Intermittent Fasting** ~ multiple benefits to enhance weight management 😊.
5. **Quality Sleep** ~ recharging your body, the bedrock of good health 😊.
7. **Gut Health Regime** ~ this will supercharge your vitality and immune system 😊.
8. **Regular (Basic) Exercise** ~ this will tone, energise and fill you with lovely endorphins 😊.
10. **Quality Nutrition** ~ high grade 'fuel' to nourish and energise you 😊.

### Relaxation habits that enhance weight management:

4. **Deep Breathing** ~ The gateway to relaxation and restoration 😊.
9. **Meditation** ~ Rejuvenation for your mind, body and soul 😊.

### Fun habits that enhance weight management:

6. **Regular Laughter** ~ Flood your body with endorphins and feel great 😊.
11. **Regular Orgasms** ~ elixir of the gods, the biggest natural high you can experience 😊.
17. **Feel Good Now** ~ Rewiring your brain to feel good and put a spring in your step 😊.

### Emotional Detox habits that enhance weight management:

12. **Taking 100% Responsibility** ~ Where your true power starts, anything is possible! 😊
13. **Emotional Freedom** ~ The gateway to mental liberation and peace 😊.
14. **Emotional Release (Tools)** ~ Letting go of all that mental clutter so you can soar 😊.
20. **Gratitude & Appreciation** ~ Nourishing your heart & soul and feeling wonderful 😊.

### Self-Esteem habits that enhance weight management:

15. **Authenticity & Values** ~ Finding and living your true purpose to make your heart sing 😊.
16. **Self-Esteem & Self Confidence** ~ Magnifying your self-esteem & feeling of self-worth 😊.
18. **Positive Expectation** ~ Your very own pair of rose tinted spectacles to view life 😊.
19. **Programming for Success** ~ Rewiring your brain to attract outcomes you desire 😊.
21. **Socially Connecting** ~ Fulfilling your psychological need to feel deeply connected 😊.
22. **Abundance Mindset** ~ Helping you naturally attract more abundance into your life 😊.



## The KEY Fundamentals of Simple Weight Management

- ✓ **Effective weight management** is simply the long term consistency of **good healthy habits** that both stimulate and satisfy your **digestive** and **biochemical** needs 😊.
- ✓ **Don't overeat** or **undereat**, you must eat what your body needs to function, that keeps you feeling **full** and **satisfied** 😊.
- ✓ **You can't outdo nature** – too many hormones and neurotransmitters working against your willpower 😊.
- ✓ Learn to **eat well with the right foods** to create the chemical states you want (**feeling full & satisfied**) whilst getting the physical outcome you desire (**optimal weight & feeling great** 😊).
- ✓ Think of food as **fuel to power your body** with the energy it needs for **the next few hours** and fuel up accordingly (*physical day = eat more / lazy day = eat less*) 😊!
- ✓ Think of **exercise** as **medication** and a way to fill your body with lovely **endorphins** 😊!
- ✓ **Worked muscle** serves as a **primary energy consumer** for your body 😊.
- ✓ **'Good for you'** foods **satiates** and **energise** you – make these at least **80%** of your daily diet 😊.
- ✓ **'Bad for you'** foods (mainly processed food), increase inflammation, make you hungry, feel sluggish and add to your waistline – **limit to 20%** (maximum) of your daily diet 😞.
- ✓ **Life's too short** not to eat **'bad for you'** foods, indulge yourself and enjoy them guilt free, but remember – **moderation is the key** 😊!
- ✓ Lose the **obsession with calories** – let your **body, stomach** and **brain** give you **signals to stop eating** when you're satisfied. **Use body chemistry** – **not willpower** 😊.
- ✓ It's all about developing a **healthy & energising routine** for the **rest of your life**, where your body looks after you, take your time & **find the 'sweet spot' that's right for you** 😊.

### Your simple weight management educational journey...

- 1 – You understand there's no quick fix and long term consistency of good habits is the key.
- 2 – **You're mindful of the hidden dangers in the food chain and will work around them.**
- 3 – You know working with your biochemistry is the answer and you're ditching diets forever!
- 4 – **You're aware the real battle is between your brain chemicals and balancing them.**
- 5 – You fully understand how **'Bad for you'** and **'Good for you'** foods affect your body.
- 6 - **You're aware of the dangers of emotional eating, the cause of it and the remedy.**
- 7 – You appreciate the importance of regular exercise and the multitude of benefits it gives you.
- 8 – **You marvel at the simplicity of the 'magical waistline regulator' and will use one.**
- 9 - You're reprogramming your mind & body with the 11 powerful success principles.
- 10 - **You're going to adopt a permanent new routine using the 15 core behaviours.**
- 11 - You understand there's a short term option to eat plenty and still lose weight, if required.
- 12 – **You understand what steps to take next to turn all this into your reality.**





## The 12 Section Intro's of Simple Weight Management

**Section 1.** **“LET’S GET ONE THING STRAIGHT...** there are no magic pills, potions, secret ingredients or wonder foods that will magically make you and keep you slim forever, unfortunately 😞.”

**Section 2.** **“The sad truth is... the food industry wants you addicted to unhealthy foods that make you fat and are using the latest research into neuroscience and human behaviour to covertly manipulate you... REMEMBER THIS!”**

**Section 3.** **“NEVER GO ON A DIET AGAIN...** they are not about actions, they’re about thoughts (usually obsessive thoughts) which are emotional triggers to make you want to eat... **they’re actually a mild form of psychological torture!**”

**Section 4.** **“The battle over eating isn’t between your willpower and the chocolate cake; it’s between your brain chemicals... WORKING WITH THEM IS THE KEY 😊!”**

**Section 5.** **“Eating ‘GOOD FOR YOU’ foods (naturally in tune with your body and digestive system) make weight management easier** because they satisfy you and reduce gorging, whilst processed foods add to your waistline as they make you hungry!”

**Section 6.** **“Studies show that people with high levels of negative emotions (stress, anxiety, depression etc) from underlying issues are more likely to have weight problems by using food to self-medicate...ITS IMPORTANT YOU DEAL WITH ANY UNDERLYING ISSUES!”**

**Section 7.** **“Exercising regularly will...** stimulate fat loss, strengthen your immune system, build more muscle mass, boost your metabolism, reduce the stress in your life, increase your self-esteem, enhance your mood/libido and increase the chance of more sex... **THAT’S ABOUT IT THOUGH! 😊”**

**Section 8.** **“This magical waistline regulating device (costs around £10) used with a bit of common-sense eating, is all you’ll ever need to control your weight... THEY DON’T LIE!”**

**Section 9.** **“Your goal isn’t to be perfect... just healthy, satisfied and feeling good about yourself with a consistent eating routine that your body loves... THAT’S IT 😊!”**

**Section 10.** **“You’re going to reprogramme your thoughts, behaviours and actions around food and exercise to develop a new healthy routine that will help you create and maintain the body you want for the rest of your life... JUST FOLLOW IT 😊”**

**Section 11.** **“EAT YOUR WAY TO WEIGHT LOSS... here’s a natural way (short term only) to burn more fat and increase your vitality whilst still eating plenty and feeling full”**

**Section 12.** **“You’re going to build the foundations and create the environment to start your journey moving towards your optimal weight and a lifetime of natural holistic weight management and vibrant health... THE BALLS IN YOUR COURT 😊”**



## **Exercise & Equipment Guide to aid Simple Weight Management**

### **Core activities recommendations...**

**Walking** ~ walk for 20 – 30 minutes a day, every day (you'll get multiple additional benefits – serotonin boost, more vitamin D, feel good 😊).

**Any general exercise** ~ any regular exercise (jogging, swimming, sporting activity, gym workout) that raises your heart rate is very good for you. 2 or 3 sessions a week is ideal 😊.

**Working your Muscles** ~ anything strength related from using small weights, resistance equipment (e.g., exercise band) or your body weight (press ups, planks, squats etc) will work wonders as you'll burn fat and get toned 😊. Aim for 2 or 3 times a week for 20 minutes.

### **Convenience (fits easily into your busy home routine) activities...**

**Exercise ball** ~ sit on it or put your feet on it whilst watching tv, you'll instinctively move and its basically effortless 😊, all movement is good for you.

**Rebounding** (aka mini – Trampoline) ~ bounce for a few minutes every day whilst waiting for the kettle to boil or during the adverts. You'll work muscles, raise your heart rate and feel good 😊.

**String around your waste** ~ as you feel it throughout the day, you'll automatically tense your stomach muscles, giving them a workout, tone your core muscles and flatten your stomach 😊.

### **Fun activities...**

**Sex** ~ safe monogamous sex is very good exercise and has multiple benefits (reduces appetite, puts a twinkle in your eyes, raises your energy and makes you feel great 😊).

**Music** ~ Put your favourite music on loud (everyone has songs that energises them) and dance around the house 😊.

**Talk on the go** ~ walk around when you're on your mobile phone, you'll rack up a load of steps and will hardly notice you're doing it (it all adds up!) 😊.

### **Recommended tools & equipment**

**Belt** – a very simple automatic weight regulator, belts don't lie 😊.

**Tape measure** ~ keep an eye on your waste measurement, (forget the scales 😊).

**String** ~ tie around your waste to make you automatically pull your stomach in and tone it 😊.

**Step Tracker** ~ consider getting a step tracker watch or phone app and set a daily minimum step level (10,000 a day is great), this will motivate you to walk more to hit your daily target 😊.

**Exercise Band** ~ very good for simple resistance exercises at home 😊.

**Rebounder (mini-trampoline)** ~ a great work out tool that only takes minutes out of the day 😊.

**Exercise ball** (aka yoga ball) ~ another great work out tool to have around the house. You can use it for a few minutes for a more vigorous workout or a gentle workout whilst watching TV 😊.

**Our Logo** ~ we've purposely had the heart in the logo embedded with the emotional vibration chart with a little star in the 'feel good' emotion area at the top (look closely), to prompt you to always aim there. Symbolising self-love (heart), it's a reminder to keep your vibration high 😊.

