



5 WEIGHTLOSS SECRETS

THE KEY TO SUCCESS AND SHIFTS YOU
CAN MAKE NOW TO GET HEALTHY

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THE REAL SECRET OF
SUSTAINED WEIGHTLOSS...

IT HAS NOTHING TO DO WITH FOOD

I know this is opposite of everything you hear "the experts" tell you all the time. But let me tell you WHY this is the biggest lie that the gurus will tell you.

If these "secrets" get out it would ruin their whole industry.

These are all mindset shifts that you can make at home, right now, and begin seeing the results.

These are the lessons I learned from my 70+ lb weight loss in 7 months!

SECRET #1

IT IS A PROCESS

Setting unrealistic expectations for weight loss is the #1 reason you will quit pursuing health.

I see it all the time. You have a number in your head and when you don't "hit" some magical expectation you think it's not working.

The problem? It IS working, but you are in process. In my coaching I tell women all the time, stalls are GOOD! They help your body establish a new "normal"

THE SOLUTION:

Celebrate every step. Did you have a really great day? Did you forgo fast food for your healthy lunch? CELEBRATE!

SECRET #2

YOUR BODY DESERVES GOOD FOOD

This one gets a lot of my coaching clients... They feel like they are treating themselves with high sugar and high calorie foods.

These foods are not a reward for your body. They are a lot of work to digest and they take health from you instead of adding to your health. Instead of seeing these foods that are not good for you as a treat or reward.

THE SOLUTION:

Begin telling yourself (as you feed yourself healthy) "My body is worthy of good food and good health". Watch as your attitude changes toward good food and see how much easier it is to make good choices!

SECRET #3

YOUR BODY NEEDS GOOD (HEALTHY) SLEEP

I know we live in a culture addicted to business. But our bodies, minds and souls thrive off of rest.

We have to take the time to prioritize our health and make our sleep a vital part of what we do each day.

Did you know that you actually lose weight while sleeping through your breath? It is true. For you to actually lose weight your sleep patterns are one of the easiest and most effective changes you can make.

THE SOLUTION:

Find a time that works for you and aim to regulate your sleep, even if it is just 30 minutes more!

SECRET #4

WEIGHT LOSS RUNS ON WATER

This one... whew... This lesson took me a long time to learn. I firmly believe that some of us are running on near constant dehydration and we don't even know it.

Bad skin? Tired all the time?
Having unhealthy cravings?

W.A.T.E.R . It will fix all of those things and stave off wrinkles and even improve your mood while you are at it!

THE SOLUTION:

Get a bottle and aim to up your water intake each day getting at least 1/2 your body weight in oz each day!

WANT MORE SUPPORT? JOIN THE COMMUNITY OF WOMEN PURSUING HEALTH TOGETHER

I wanted to create a SAFE and encouraging environment for us to gather as WOMEN and learn from each other.

I created the Mommy Goes Keto program for moms that are wanting to drop weight, get fit, and learn how to pass on healthy habits to their kiddos. I get that eating plans are very personal. Which is why even though keto is what has worked for me, I offer support for moms doing paleo, or keto, or even vegetarian style eating.

Our focus is FIRST + ALWAYS on healthy mindsets!

VISIT [MOMMYGOESKETO.COM](https://mommygoesketo.com)
TO LEARN MORE!