



# The Complete You

"...The truth of my being is that I was created perfect, whole and complete..."  
- Louise Hay

January 2007  
Volume 2 Issue 1

## In this Edition

- [Happy New Year!](#)
- [9 Ways to Burn Fat](#)
- [Self Motivation Sucks! \(Or does it?\)](#)

### 9 Ways to Burn Fat



Everyone's metabolism naturally slows down with age. At 40, you could be burning 100 to 300 fewer calories a day than you did at 30. This can translate into a weight gain in a year. But you can counteract that slowdown and boost your body's fat-burning capabilities by making just a few tweaks to your daily routine. The following strategies will help you bust out of a weight-loss plateau and burn even more fat. **Take five** – Do five minutes of exercise each morning. We all have a metabolic thermostat, call the metastat, that can be turned up or down, and morning is the best time to activate it. Your best bet is a light, full-body activity like walking or push-ups **Fuel up in the morning** – Numerous studies have found that regular breakfast eaters are often leaner than breakfast skippers. Your metabolism naturally slows at night, but you can jump-start it in the morning by eating breakfast. And because both your activity level and metabolism decrease later in the day, it's a good idea to make breakfast or lunch your largest meal. If you live life in the fast lane, make a Herbalife Shake and kick start you day the healthiest way! **Fill up on good grains** – Whole grains such as brown rice, wheat germ, dark bread, whole-grain cereals, oatmeal and bran leave you feeling full because they take longer to digest than simple carbohydrates. Woman who regularly eat whole-grain foods – about 1 ½ servings a day – gained less weight than women who ate less per day. **Pump yourself up** – Muscle burns more calories than fat does, and decreased muscle mass can be one of the main reasons metabolism slows. Not using your muscles can cause woman to drop as much as ... kg's of muscle between ages 30 and 50. Losing that much muscle means you'll burn 350 to 500 fewer calories a day. To build and maintain muscle mass, aim for 2– 3 strength training workouts a week. If you don't belong to a gym, try push-ups, squats, abdominal crunches and tricep dips off a chair. **Power on with Protein** – Add a little high-quality, low fat protein, such as chicken, fish and egg whites, to your meals, and you'll help your body burn fat faster. Protein requires more energy to digest, it speeds up your metabolism, and protein is necessary to ensure against loss of muscle tissue. Snack on a delicious Herbalife Protein Bar! **Get your vitamin "I"** – That's "I" for intensity. You love to walk, but if that usually means strolling along at a snail's pace, your waistline will pay little attention. Instead, put intensity or "vitamin I" into your stride. Pick up your pace so you're walking faster than normal. Once you build up your cardiovascular fitness level, you can even alternate between walking and jogging. The key is to get your heart rate up and keep your workouts challenging. **Say yes to yoghurt** – A recent study shows that women who ate three daily servings of low fat yoghurt lost 60% more fat

## Happy New Year!



**Our self image and our habits tend to go together. Change one and you will automatically change the other.** Dr. Maxwell Maltz

A resolution is defined as: "the act of resolving or determining upon an action or course of action, method, procedure, etc."

The interesting word here is ACT - it is a verb; a physical intention is set to do/not to do something. We all make these every year - mostly in a light-hearted manner late into an evening of fun and free-flowing joviality.

Why not just make one meaningful resolution for 2008 that challenges you with the potentially life-changing effect of becoming well?

## Self Motivation Sucks! (Or does it?)



Submitted by Kathleen Yould

I have always been the first one to say that self-motivation is awful. How do we keep ourselves motivated and inspired every day?! Motivation is difficult. What motivates each of us? Is it the will to succeed or attain a goal? Or is it to prove something to someone - even ourselves? Are we motivated by money or power? Or to attain a vision? The vision of being "comfortable" in our lives? To be able to go overseas? Give our kids a good education? Retire early? Someone can be motivated by the simple things of life - like being able to live in beautiful surroundings and fill that space with beautiful things. Wanting to own simple things like an old piece of furniture that has a history ingrained in its body. Having a garden filled with flowers and lawn that is freshly mowed. Having a peaceful place within the walls of that garden to be able to be serene and be inspired. To others it is the power that motivates. It is as attractive to some as a moth to a flame. There are those that have a need to fulfill. To see that they can do it and do it well. No matter what the career, very often, we are all motivated by ourselves to prove something to ourselves. Part of being successful is to not worry what other people think but rather to do something to the best of our ability and have a clear conscience while we are attaining our goals. Motivation means different things to different people. Receiving inspiration is the easier part of self-motivation. Being inspired by dynamic people around us. Striving to attain that same magnetism of their personalities and to attain some of the respect they get from being successful. Wanting to emulate their leadership styles and the way they interact with those around them. Inspiration comes in the form of faith. Be it faith in yourself or a spiritual faith. It is that little voice inside your head that tells you can do and be. One thing is certain : self-motivation is hard work and an exercise for each and every day. Remembering why we need to be in this rat race and why we are continually striving. Working. Living. Being. All of this can be quite a scary prospect. There is a beautiful saying by Ruth E. Renkee that says :

*Never fear shadows.*

*They simply mean there's a light somewhere nearby.* This is a powerful sentiment. If something is important to you and you know where you are going and what you want, the shadows should never scare you. Always look for the light. It is there. It is the light that motivates and inspires. The light comes in different forms but it is there. Find your light, follow your heart and you will soar.

## About Completely Human



than women who didn't. Calcium rich diets reduce fat producing enzymes and increase enzymes that break down fat. So, eat at least three servings of low-fat dairy a day **Get active after eating** – Your body's metabolic rate increases 10% after eating, and just a few minutes of activity could double that boost for up to three hours. Within 15 to 30 minutes of eating a snack or meal, do 5 to 10 minutes of light activity. Take the dog for a walk, climb stairs in your house or do some basic strength exercises **Sip Green Tea** – You might love your lattes, but if you switch to green tea, not only will you get a healthy dose of disease fighting compounds, you'll also cut body fat. A study has shown that people who drank a bottle of tea fortified with green tea extract every day for 3 months lost more body fat than people who drank black tea

Completely Human is a novel idea by two ladies who firmly believed that life is for living. And we need to get the most from this wonderful experience! We assist people in understanding and managing all aspects of their complicated and full lives.

We offer solutions in the following fields  Physicality  Nutritional & diet  Emotional (Upliftment and Motivation)  Relationship Rendezvous (meet other like-minded individuals)

As flexibility is the key to a balanced existence - you determine where you fit in and we meet you there - **to be what and who you are. And do what you want to do.**

Surprise yourself – join our community today. Dare to become who're you're meant to be.

**Complete and Fulfilled.**

**We're on the Web!**

**See us at:** [www.completelyhuman.com](http://www.completelyhuman.com)

[Forward this newsletter!](#)

Contact: Completely Human | PO Box  3548  Adelaide Terrace | Perth | WA |  6832  [heidi@completelyhuman.com](mailto:heidi@completelyhuman.com) | <http://www.completelyhuman.com>



 [Safely Unsubscribe](#) [Unsubscribe from this newsletter.](#)

This email was sent to noreply@www.onlineitools.com, by heidi@completelyhuman.com

Don't miss out! Make sure our emails end up in your inbox, not your bulk or junk folders. Simply add heidi@completelyhuman.com to your email address book or trusted-sender list.