

## **GET YOUR SHIT TOGETHER: WEEK ONE**

**You will see a million weight-loss plans online:**

*Take this magical weight loss pill!*

*No dieting or exercise needed!*

*Lose 30lbs in 2 weeks!*

*Get skinny by eating this ONE miracle Ingredient!*

*Lose belly fat while Eating FAT!*

Its all bullshit, unsustainable, hot garbage. It plays on our desires to get the results we want, quickly and easily. Unfortunately, what normally happens is as soon as you stop following their advice, you gain it all back and more. You haven't taken your health and wellbeing to a better place; you simply tried to solve a problem that is much more complicated.

When I started Raquel Barr Nutrition, I decided that I wasn't going to be the person online selling you an "perfect" unrealistic idea of health and wellness. In todays day and age, it takes concentrated effort and a full motivation to make lasting changes in your health. And let's face it, our society doesn't really set us up for success.

My job is to give you the most thorough education, inspiration, and support through your specific health challenges.

This transformation requires change. A change in thinking, behaviour, and attitude. You know that change is not easy.

It pushes us outside of our safe comfort zone and challenges our habits and beliefs.

I won't sit here and tell you that weight loss doesn't matter. It does.

It matters for your health, self-confidence, and overall emotional well-being.

What I will say is this: *your weight does not define your value and worth in this world.*

Read that again.

This program is about more than changing the number on the scale.

Its about taking back control of your life - creating better, long-lasting healthy habits.

There is no need to strive for perfection here.

Consistency, hard work, and a willingness to change will give you the results!

### **Week One of GYST 2020:**

The focus of this week is *awareness* and *education*.

In order to work on what the body needs to be healthy we must be *aware* of our body.

I will be requesting that you keep a **food/emotion journal for 5 days** - Monday to Friday.

Make sure to track all meals, snacks, drinks, along with your emotional state and any other important details.

You can write it down in a journal, keep a note in your phone, or get creative!

At the end of 5 days I will request your journal so I can create a realistic meal plan for you.

*Education* is a major part of taking back control of your health and wellbeing.

This week we will be discussing the basics of **Digestion** and what to do if **Constipation** is an issue.

Understanding the importance of digestion and absorption provides a solid base for bodily awareness.

We have to know our bodies to help our bodies!

Once I receive your completed nutrition questionnaires, I will create your individualized health plan to get ramped up for Week Two!