

## **Weekend Mindset Makeover Boot Camp**

### **What is it?**

The Weekend Mindset Makeover Boot Camp is a 9-hour, life-altering workshop spread out over two days, followed by weekly group meetings and one-on-one “Breakthrough” sessions for 8 weeks after the Boot Camp. The ultimate goal is to reach a transformational shift in our belief systems and thought patterns that **WILL** result in self-supporting habits that are conducive to achieving struggle-free, permanent weight loss.

What does this mean? You will learn how to eliminate food cravings, desires to overeat, emotional eating, and food addiction so that you can enjoy permanent, struggle-free weight loss.

### **What Results Can I Expect?**

- Struggle-free, permanent weight loss
- No more Yo-Yo Dieting
- Develop a genuine desire for regular exercise & healthy foods
- Stop engaging in Emotional Eating
- Cure food addiction
- Stop food cravings for good
- Stop the desire to overeat
- Turn on your body’s “No more food; I’m done & satisfied” signal
- Stop feeling deprived
- Stop the inner struggle regarding your weight and food choices
- See food as fuel—no more relationships w/food
- Create a healthy lifestyle *that you can comfortably maintain* for the rest of your life.
- Never “diet” again

Can you imagine the freedom involved with never having to worry about your weight again? It’s not only possible, it is guaranteed with a self-supportive mindset!

### **Course Outline**

During our 9 hours together, we will be discussing a myriad of topics encompassing fitness, nutrition, and (most importantly) your mindset. The detailed class agenda is as follows:

## Back-to-Basics Fitness

- How to get away with doing less cardio
- How to sky-rocket your metabolism by 50% to 60%
- Ideal workout schedule for optimum fat loss
- The best way to lose the belly fat, muffin tops, and love handles

## Back-to-Basics Nutrition

- What to eat before and after your workout
- How to get away with eating whatever you want
- Bust common nutritional myths that are keeping you overweight and sick.

## The Dangers of Processed Foods

- What exactly are processed foods
- Examples of processed foods
- How to tell if a food is “processed”
- How processed foods are making/keeping you fat and/or sick.
- Are you addicted to food? Take the self-diagnostic test.
- Processed foods versus clean foods
- Wheat & Whole Grains—What the USDA doesn’t want you to know.

## The Missing Link to Permanent Weight Loss

- The cause behind the 96% failure rate of ALL weight loss efforts
- Common Causes and Reasons for Overeating
- The Ins & Outs of Emotional Eating—Discover your triggers
- “Am I Really Hungry?” Discerning the difference between a food craving and physical hunger
- Is your mindset in alignment with your weight loss goals? A 5-question quiz to find out.
- Why relying on willpower and self-control can actually be counter-productive.
- 4 key points contributing to permanent weight loss

## How the 4 Key Points Affect the Attainment of Your Goals

Discover the state of your belief system, self-confidence, self-esteem, and self-image and their influence on your health, weight, and everyday life.

## Breaking the Cycle

- Deconstruct negative thought patterns and self-destructive habits
- Build new, healthy habits that are conducive to permanent weight loss
- Work on transforming your belief system which will also transform your self-confidence, self-image, and self-esteem. Become unstoppable!

## Living Life with Purpose, On Purpose

- Identify your life's purpose
- Learn the steps to living a life of balance
- The dangers of living a life out of balance
- The need for and importance of setting goals
- How to set S.M.A.R.T. goals
- Defining your top priorities

### **Tuition Cost is \$399 per Attendee and Includes:**

- Entry into the Boot Camp
- Lunches & snacks for both days
- Meal plan w/recipes and clean-eating food guide
- Weekly "Refresher" Live Webinars w/Q & A for 8 weeks following the Boot Camp.
- A 30-minute, one-on-one "Breakthrough" session every week conducted over the phone for 8 weeks following the Boot Camp.

### **Now I'm Not Gonna Lie to You...**

- This is NOT a quick fix. It's taken you years to build those bad habits, so don't expect that they'll be magically gone the next day.
- You will make mistakes
- You will "fall off the wagon"
- You will face obstacles and "Weight Loss Saboteurs"
- You may face adversity
- People may criticize you
- You may struggle in the beginning
- You will feel like the "odd one out" in social gatherings

This course is NOT for you if:

- You refuse to do the work and follow instructions as outlined in the course.

- You refuse to cook
- Have a hard time sticking to a program
- You refuse to try new things
- You have a closed mind
- You continue to make excuses for not exercising or eating healthy
- Aren't willing to make time for cooking and exercising
  
- You could care less about your health or your weight.

If you are excited about the possibility of living life without food cravings and ready to devote some time toward the transformation of your mindset, then enroll now!

### **Boot Camp Leader**

The boot camp will be lead by Michelle Estrada who is a Certified Personal Trainer & Group Fitness Instructor. Michelle's experience with food addiction, emotional eating, and food cravings is a very personal one; she was a victim of all three for well over 20 years.

After 4 years of working on the root of the problem and finally achieving a permanent breakthrough, Michelle developed the boot camp with hopes of helping others to break the chain of food addiction, emotional eating, and intense food cravings in their own lives.

### **Have Questions?**

For more information about the Weekend Mindset Makeover Boot Camp, you can contact Michelle Estrada anytime: