

# THE KEYS TO WEIGHTLOSS SUCCESS

By Steve Jones



YOUR PERSONAL  
GUIDE TO LIFE LONG  
WEIGHT CONTROL

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# The Keys To Weight loss Success Program

## Index

Introduction.....	Page 3
<b>Key #1:</b> Never think the word " <b>Diet</b> "! .....	Page 5
<b>Key #2:</b> Don't starve yourself.....	Page 5
<b>Key #3:</b> Forget the standard 3 meals a day!.....	Page 5
<b>Key #4:</b> Don't be pre-occupied with counting calories.....	Page 6
<b>Key #5:</b> Eat more protein and fewer carbohydrates.....	Page 6
<b>Key #6:</b> Don't forget to eat a little fat! .....	Page 7
<b>Key #7:</b> Drink plenty of pure water daily.....	Page 7
<b>Key #8:</b> Take a walk every day.....	Page 8
<b>Key #9:</b> Lift some weights 3 days a week.....	Page 8
<b>Key #10:</b> Educate your kids on healthy eating.....	Page 9
<b>Key #11:</b> Slow down the aging process! Turn Back Time.....	Page 9
Simple anti-aging program.....	Page10
The Power of the Mind.....	Page11
Thank-you Note.....	Page11
Final Word.....	Page12

# The Keys To Weight loss Success Program

I am very happy to have the opportunity to help you succeed in reaching your weight loss goals. My program is aimed at a large section of the community so it covers ALL areas including weight loss, correct exercise, general health and well being, and even muscle building and toning.

I have designed this guide to educate you and your family on the Key points that will enable you to succeed in losing weight and keeping it off permanently. I also want to reveal the truth about weight loss as there is so much misinformation on the market that tends to create mass confusion and shear frustration.

So we shall keep it simple and to the point, and concentrate on getting YOU the RESULTS that you truly deserve.

## **Weight loss Success Guide:**

Below you will find important information to ensure your ultimate success in achieving your weight loss and fitness goals. Please make sure you read this information very carefully and absorb it thoroughly. You have to imprint these lifestyle changes in your mind to reach your goals.

Read and re-read. Success is applying the correct knowledge on a continual basis.

### **Eliminate those bad habits!**

Bad habits are the major contributors to weight-gain so you must learn to spot these habits and break them before they break you! The secret is control; you have to be in total control of your actions to allow success to reveal itself.

You must be in 100% control of your actions. Do not let the minds habitual nature take a hold, habits are easily formed very quickly and can result in disaster for weight loss goals. Below you will find a summary of warning signs.

#### ➤ **Many times you can feel hungry when you are actually dehydrated!**

If you feel hungry in between meals drink more water, as usually the cause of these false feelings of hunger is due to dehydration. Do not nibble on snack foods at any time during the course of a day. Snacking becomes a habit and once you start it takes some time to kick.

Drink at least 2 glasses of water in between your meals, as this will prevent false hunger pangs from dehydration. Water is an important component in the overall weight loss process as it helps eliminate toxins from fat breakdown. Ensure that you drink quality water, either filtered or bottled.

#### ➤ **Do you always clean-up your plate?**

Many parents of young children feel guilty about letting food go to waste and would rather "clean the plate" of their child than through the food away. Or they actually encourage the child to eat every last morsel of food on their plate before they will reward them with a desert! In both cases this encourages over-eating and can lead to weight gain.

I am sure this is one of the major causes of child obesity as it actually encourages excessive eating when the child is already had enough food! There are ways of changing your environment to change this behavior: Do not put the serving bowls on the table.

- Give your children smaller portions that they can handle.
- Set a rule that you won't eat left-overs from others plates!
- Get yourself a dog! They will love you for the left-overs!
- Give you children healthy deserts like fruit salad instead of cakes & ice-creams.

# The Keys To Weight loss Success Program

## ➤ Why Do You Eat?

A lot of people overeat for reasons having nothing to do with hunger. Many overeat when they are feeling down, when they are feeling lonely, sad, bored, anxious, etc. This is why it is important to recognize these triggers to overeating and to deal with them in more positive ways! The first step in addressing these issues is to ask your self the questions. Do I really feel hungry? Is my hunger physical or just habitual?

Distinguish true hunger from mental hunger. When you are truly hungry your stomach will tell you not your habitual mind. Before you eat ask yourself, am I really hungry? Be honest with yourself. You have to learn to eat to feed your body not your mind.

## ➤ Do You Eat Too Fast?

Many people suffer from this bad habit of rushing through meals. Whether that be rushing through meals in college, school, lunch breaks etc, eating quickly doesn't give your body and brain the time to make the connection that you are full and don't need any more food. So therefore you overeat and consume far more than your body really needs! There are several ways to slow down at meal times, and no doubt it will take a little while to change this bad-habit, but it can be done. Just slow it rightttttttt doooowwwwn!

Here are a few helpful tips:

- Eat with chopsticks so that you get smaller quantities.
- Make a conscious effort to really chew your food and taste it thoroughly....enjoy your meals at a relaxed pace!
- Separate your meal into courses. Eat part of your salad, then your main, a little more salad, and then finish with a little desert. The main point is savor the taste and slow it down.
- Never eat when you are rushed, plan you meals over the day.

## ➤ How Much Do You Eat?

Do you eat very large meals? More than your friends? It is unlikely that your metabolism is that much faster than your friends - it is more likely that your ability to appreciate satiety is not as sensitive as everyone else's. If you eat fast, as discussed above, try ways of slowing yourself down so that your body has a chance to feel full. Take a close look at the foods that you seem to eat large amounts of or that you eat frequently - what kind of substitutions might you make that would be better for you? I have found that even eating too much good-food will make you fatter! So go easy on the portions, and divide your meals into 4-5 smaller meals rather than 3 very large meals. Small meals placed 2-3 hours apart will not only help you to feel less hungry, it will also increase your metabolic rate- you will burn more fuel.

Think of your body as a furnace, and food is the coal. If you let the fire go out it burns very dim. However if you keep feeding the furnace small amounts of coal it will burn continually.

## ➤ Where Do You Eat?

Do you often find yourself eating treats in front of the T.V.?  
This is a common place where people eat when they know they aren't hungry - it's more something to do. Modifications would be such things as: Not allowing yourself to eat anywhere but in the dining room or kitchen.

# The Keys To Weight loss Success Program

Make sure you have already had a decent meal before watching TV. TV snacking is one of the biggest culprits for weight gain than anything else. Television tends to be very un-stimulating for the human mind and boredom sets in, and then out comes the junk food just for something to do.

Once again this is just a habit and must be broken if you wish to reach your weight loss goals. One of the best remedies for TV snacking is to cut back on the TV viewing, find an alternative. Read a book, or come back to this guide and review it again : ) Take the dog for a walk, play with the kids. Anything but TV, as it really is a no-brain activity that can induce boredom and tax your will power.

## ➤ Do You Snack When You Are Bored or Lonely?

Get active! These days there is little reason to be bored or be lonely! Join some clubs (a gym), take an adult education class and learn a skill that you have always wanted to do, an art or a new language! Take up the music lessons!

There are lots of other people out there in the same situation so don't feel sorry for yourself - connect with them. You must face the fact that these feelings may be causing you to overeat, and that to overcome the overeating problem you really must deal with these feelings in a positive way.

You must be in total control of your thoughts to unlock your true physical and mental potential for success. Losing weight is all about control, and you can easily do anything that you desire to do. If you truly think so! Don't sell yourself short, you have the power to succeed and you will lose weight and look and feel fantastic.

## In Summary:

We have now taken a closer look at why we eat and some of the associated problems that create bad habits.

Weight loss success starts by you making a mental decision to "Act Now" and change your bad habits by firstly recognizing them before it is too late. Once you have distinguished why you are eating and when you are eating the whole situation becomes a great deal clearer. Logically the only answer to why you are eating has to be "For the health and well-being of your body". Not for just taste, not because of stress, not because you are bored.

These are not logical reasons they are only created in your own mind. Now that you realize that you ARE in total control of your health and well-being we can begin to transform your body to any shape or size you wish.

You can Succeed!

In my program I have supplied you with all the mental tools you need to lose all the weight you need. However we must work together, so if you are having a little trouble in understanding any part of my program please e-mail on [zone1@power-zone.com](mailto:zone1@power-zone.com) or call anytime.

My success is your success. I know you can succeed if you follow my advice, and you will be surprised at how easy controlling your weight is once you know how!

## ➤ Where do I start?

Believe it or not you have already started!

You have made a conscious decision to take control of your life, this is without a doubt the hardest step, from now on it is easy as all you need to do is follow my lead.

# The Keys To Weight loss Success Program

## The 11 Keys To Easy Weight loss Success!

### ➔ **Key #1:** Never think the word "Diet"!

The main reason why diets fail is the word - "diets". They are something you start and you stop. They are not lifestyle changes and most of the time they are designed to fail so you will go back and buy yet another "Diet"! Unfortunately there are a great number of companies making big \$\$ from the word "Diet".

Diets are also doomed to fail miserably because they depict deprivation and starvation. Suffering comes to mind and everything seems tedious. These are feelings that you must not have if you are to succeed.

Think "Nutrients" NOT "Diets". Never refer to my program as a Diet, it is a nutrition program designed to transform your body into a trim healthy individual. By eliminating the word "diet" from your mind you will not feel pressured, or deprived.

So let's start by saying to ourselves "NO MORE DIETS". I bet you feel better already : )

### ➔ **Key #2:** Don't starve yourself.

I have been involved in the health and fitness industry for 20 years and it still amazes me that people feel that they must starve themselves to lose weight! Anyone who has followed the starvation technique will certainly have re-gained the weight they lost plus EXTRA for all of their suffering.

The key here is don't starve yourself, as there is NO possible way you can stick to a prisoner of war type diet for any amount of time. By starving your body you set into action a built in safety mechanism in which your body slows your metabolism right down to protect tissue loss. Also reducing nutrients will lead to muscle-loss, premature aging, lack of energy and finally more body-fat!

You can think of your body as an advanced-machine that requires fuel in the form of balanced nutrients to sustain optimum health and well being. If you have a complete nutrition program you should never feel very extreme hunger, if you do you are not eating enough.

My program will enable you to never diet, never starve and still lose weight!

### ➔ **Key #3:** Forget the standard 3 meals a day!

Forget the standard breakfast, lunch and dinner routine that we have been brought up with, as this will only lead to failure. You have to eat every 2.5-3 hours to stabilize your blood sugar levels and keep your metabolism burning like a hot fat burning furnace.

Three meals make you HUNGRY. Four to five meals will feed your body nutrients at timed intervals enhance weight loss and prevent hunger.

Simply take the three large meals you are currently eating and dividing the portions into 4-5 smaller balanced protein and carbohydrate meals. You will start to lose weight instantly without making any other changes or even exercising!

This is key number three- 4-5 smaller meals every 2.5-3 hours. Make a note of this now, and change your meal times, you will be amazed as you will start to look and feel better in as little as one week.

# The Keys To Weight loss Success Program

→ **Key #4:** Don't be pre-occupied with counting calories.

Calories are only numbers and numbers really have very little to do with nutrient value of food. For example: 1 chocolate bar could have roughly 300 cal, and 2 skinless chicken breast would have possibly the same number of calories.

However the chocolate bar is devoid of any nutrients and contains sugar and fat where as the two skinless chicken breasts contain very little fat, around 30-40gms of quality muscle building protein! Now, taking this into consideration both are equal on the calorie scale but entirely different on the nutritional scale.

As you can see numbers is not the issue as your body does not live on numbers it requires quality nutrients, especially proteins to help re-build muscle tissue, skin and hair. Also counting calories will constantly pre-occupy your mind with food, this is not the ideal situation when you are trying to lose weight!

→ **Key #5:** Eat more protein and fewer carbohydrates.

Basically your life depends on protein, the amino acids that make up proteins are the building blocks of life. Protein is essential for the continual renewal of muscle tissue, skin, hair, internal organs, enzymes, hormones and the list goes on.

Muscle tissue is active tissue that you need to have to be able to burn fat efficiently. By increasing your lean muscle mass to fat ratio you will burn more fat even while you rest due to the higher energy demands that muscle tissue has.

Carbohydrates are short-term energy foods and do not have any muscle building qualities; there is no such thing as an essential carbohydrate. However there are essential amino acids and essential fatty-acids, which your body has to have to survive and be in good health.

One of the easiest ways to lose some weight very fast is to cut back on your carb intake and increase your lean protein intake. I did say cut back, NOT entirely cut out! There are many zero carb "diets" circulating that promote the NO-Carb concept but I do not agree with this approach as it is too difficult to follow and is not balanced.

As a general rule and an easy one to understand is when working out the correct balance of protein/carbs is to look at portions. The size of your carbohydrate portion should be only slightly larger than your protein serve. The only acceptance to the rule is fibrous green vegetables as they have a high fiber content and very low sugar and overall carbohydrate level.

So if you have a chicken breast on your plate your serve of brown rice or potato should only be of a similar size. Most people go wrong in this area and end up having three quarters of a plate of potatoes or rice and a tiny piece of chicken or fish! This is a total in-balance and will not enable you to succeed in reaching your weight loss goals.

Here is a little list of the best protein foods and the best carbohydrate foods for weight loss:

## Proteins:

Skinless chicken	Low fat yoghurt
Tuna fish	Low fat cottage cheese
Salmon	Low-fat milk
Lean beef	Whey protein powder
Soy isolate powder	-(great for the ladies, it contains valuable isoflavones )

## Carbohydrates:

Green vegetables ( Broccoli, green beans, spinach, cabbage, etc )
Fresh green salads ( Lettuce, tomatoes, alfalfa, raw carrots)
Sweet potatoes ( Yams ) - very good complex carbs
Brown rice
Rolled Oats
Wholegrain bread -( Limit to 2 slices )
Fresh fruit - ( Limit fruit to 2 pieces per day )

# The Keys To Weight loss Success Program

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Some people don't tolerate fruit very well because of the high natural sugar content. I would suggest keeping the fruit to a minimum and selecting the more complex carbohydrates.

Key number five is to make sure you have between 20-30gms of low fat protein per meal. For the ladies 20gms should suffice and for the men 30-40gms depending on training intensity.

⇒ **Key #6:** Don't forget to eat a little fat!

Fat!! That's a dirty word I hear you say. Not entirely as your body needs essential fatty acids for healthy cell membranes, skin, hair and brain function. Adding a little olive oil to your salad or vegetables will help. I would also suggest adding 1 teaspoon of [Parent Essential Oils \(PEOs\)](#) to supplement the important Omega 3 and 6 requirements that your body needs.

Salmon is also very high in omega three fatty acids that help to protect against heart disease and maintain healthy skin and hair. In a nutshell you can also find some essential fatty acids. Just add a few almonds to one of your meals as a little variety.

Fat has such a BAD reputation in the weight loss industry, when in fact the carbs are the guilty party. Excessive carbohydrate consumption is the biggest cause of obesity in the entire world, however fat intake has taken most of the blame! WHY? The simple answer is large companies and corporations don't make their money from telling you the complete story, only half of the truth is told regarding carbohydrates. Carbohydrates are cheap to manufacture and purchase, they store well and can be made into numerous different shapes and forms. Therefore carbohydrates make billions of dollars for the manufacturers.

How many times do you see a breakfast cereal marketed as having 1% fat or even Zero Fat! Or, how many times do you see low fat cookies, low fat candy, low fat bread, and the list go on? The uncanny thing about all of this low-fat food is that it makes you FATTER than eating a fat itself! Scary isn't it..... Oh, well now you know that it is Ok to include a little fat in your diet and it will actually enhance your general health and well-being.

⇒ **Key #7:** Drink plenty of pure water daily.

I am sure you have heard this before, drink 8 glasses of water per day. However I feel that 8 glasses is not enough to keep your body fully hydrated and cleansed. I would recommend around 2-3 liters to make sure you stay hydrated. I must stress that it is of utmost importance that you drink this amount spread over the day.

Start when you first wake up in the morning by having two glasses, as this is a good time to cleanse your kidneys because you have been without water for around 8 hours. Then make a conscious effort to drink two glasses in between your smaller meals to make up the rest. A dehydrated body is NOT a very efficient fat-burning machine, as water is needed to eliminate toxins that occur from the fat burning process.

By drinking more water you will lose weight faster and you will not get hunger pangs in between meals, as dehydration is often mistaken as hunger if you do not drink enough. Drinking plenty of water also prevents excessive fluid retention within the body. By drinking more your body releases more water and cleanses the tissues, so you automatically lose that puffy watery look. Sometimes fluid retention can be mistaken for body fat, so you may find that you are not carrying as much body fat as you think once you shed the excess water.

By making the effort to drink more you will be pleasantly surprised as your weight loss will increase and you will also feel cleansed and look healthier, especially skin tone. Toxins tend to accumulate and come out through the skin if you are not drinking enough pure water each day.

# The Keys To Weight loss Success Program

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A good way of knowing if you are drinking enough is to take note of how clear your urine is, if it is yellow you are still not drinking enough. It should be fairly clear once you reach your optimum water intake. Drink only purified filtered water, as you are only as clean as the water that you drink. The human body is around 80% water so it makes sense to ONLY drink the best water you can get your hands on.

Here we have Key number seven- Ensure that you cleanse your body with 2-3 liters of water per day. It's a simple solution to speed up the weight loss process, suppress hunger and increase general health and well-being.

⇒ **Key #8:** Take a walk every day.

By far walking is still one of the best fat-burning exercises and the special bonus is - it's FREE!

Timing is important - early morning walks prior to eating will burn a great deal more fat than afternoon walks due to the lower blood sugar levels upon awakening. When you walk early in the morning you burn fat almost straight away, compared to when you walk later on in the day where as for the first 15-20 minutes you will start to burn glucose and then your body starts to tap into the fat stores.

So why not make the most of this fantastic opportunity, get up early and take a brisk 30-45 minute walk outdoors or walk on a treadmill either at a local gym or at home if you have the equipment. Try and get a group of friends who want to also lose some weight and walk at a given time each morning. If you set a time with your friends you will feel committed and also have someone as company and support. If you prefer to do your own thing take your walkman and listen to your favorite music.

Another key benefit from early morning walks is the fact that you will feel fully energized for the rest of the day. You can think clearer due to the increased oxygen to your brain, make better decisions, improve work performance and in general just feel damn good! Take a walk, and enjoy it!

⇒ **Key #9:** Lift some weights 3 days a week.

No, no, no we are not going to turn you into a over-grown muscle monster. Working out with weights at home or at your local gym will turn you into a lean fat-burning machine! Yes, muscle burns fat so you need to have some to succeed in permanent weight loss. You don't need to lift massive weights or break any records, just a basic all over body program three days per week.

Ideally Monday - Wednesday - Friday would be an ideal schedule for a beginner and enough to stimulate your muscles enough to firm up and prevent muscle loss. Each workout should take you around 40-45 minutes to complete if you are doing a complete body workout three days per week.

Please don't think that gyms and lifting weights are for bodybuilders only. Resistance training with weights helps to maintain bone density as we age. This is very important for woman to prevent bone degradation. Think of it as a life-insurance policy for your bones, later on in life you will thank me for it when your bones are still strong and healthy.

Aerobic exercise like walking, bike riding, stair climber etc are purely fat-burning and fitness movements but they do very little for maintaining lean muscle tissue and having that well-toned firm appearance.

Weight training is the ninth Key to weight loss success and you will find that the majority of men and women who are in great shape do some kind of weight training.

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# The Keys To Weight loss Success Program

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→ **Key #10:** Educate your kids on healthy eating and exercise.

Please utilize the information within my program to start your kids of in the right direction. An early start with good nutrition and some exercise will ensure your children don't fall into the modern day childhood obesity league!

It's happening all too often, kids are watching too much TV, eating far too much junk food and just doing less and less exercise. Heart disease can start in kids as young as 8 years old and can be irreversible! Surely it's wise to point your kids in the right direction, so they grow up to be fit and healthy individuals.

The benefits of a healthy nutrition program for children are limitless. Here are a few benefits:

- ☆ less illness due to healthy immune system,
- ☆ boost in self-confidence,
- ☆ greater concentration at school equals higher grades,
- ☆ clean healthy skin.

When kids reach high school age they become very self-conscious at this point and having a healthy mind and body certainly helps them to get through this often-tortuous phase. Other kids in high school can be very cruel if they spot a kid who is over-weight, I am sure you know the story. I am sure the other kids don't mean to be so cruel, however they don't think of the mental damage they can be causing to a young child's delicate self-confidence.

I am 100% sure that healthy parents will lead to healthy children so take the time to teach your kids the values of health and fitness. Anyone at any age can benefit from my advice, so please feel free to share this information with your children so they can benefit from a health and fitness lifestyle. They will thank you for it in the years to come.

→ **Key #11:** Slow down the aging process! Turn Back Time....

Aging! Can we slow it down or even reverse the process? Why does the human body degenerate at an increased rate once we hit the age of 40?

The answer to all the above is: Lack of essential nutrients to re-build human cells. How many of us supply our bodies with everything it needs to renew cells on a continual basis? The truth is most of us actually do more to speed up the aging process by eating nutrient deficient foods, smoking, drinking excessive alcohol, taking drugs, pollution, pesticides and lack of exercise. Wow, what a list.

All of these negative things slowly but surely kill the human cell and do not provide nutrients for the renewal process. Therefore we AGE! And worst of all we age very fast if we don't take precautions.

How can we take precautions and slow down the aging process?

The first thing we can do is start by giving away smoking and drinking as these two are positively devastating on the human body. The next thing we can do is eliminate empty nutrient deficient foods and replace them with nutrient dense foods.

It is also wise to supplement your diet with a good anti-oxidant and vitamin and mineral supplement to ensure you are getting the necessary compounds to enhance cellular functions and renewal. Supplement your diet with a good quality protein supplement, preferably whey protein. Without protein we don't have the raw building blocks for muscle, skin, hair, fingernails, enzymes.

# The Keys To Weight loss Success Program

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I personally feel that premature ageing is preventable as long as we make a continual effort to supply our bodies with the correct balance of nutrients it needs to renew cells on a regular basis. I know for sure that 80% of the population does NOT consume anywhere near their necessary requirements of protein per day. This is why muscle's sag, skin wrinkles, hair grays and dries out.....and the list goes on!

If you could find a way of reversing or slowing down the aging process would you follow that path? I am sure your answer has to be yes, and to your surprise the answer is within my Program you are reading right at this very moment. The surprising point is that the process is fairly simple and is within most people's reach.

## Simple Anti-Aging Program:

Here is the simple anti-aging program.

- ☺ Do some form of exercise everyday, a 30-40 minute walk is ideal and take 1 teaspoon of **Acetyl L Carnitine ( ALC )** to help increase your bodies fat burning potential plus 200mgs of **7-Keto** to increase your RMR ( resting metabolic rate ), and 4 capsules of **Lipo Fusion** to optimize lean body mass fat/muscle ratio.
  - ☺ Train with weights 3-4 times per week for 30-40 minutes, this helps increase bone density and prevent bone loss.
  - ☺ The weight training will also help to stimulate natural Growth Hormone release. This hormone is a powerful anti-aging compound. The exercise will also increase blood flow and improve circulation.
  - ☺ Try to eliminate as many chemicals from your daily routine as possible. If you smoke and drink, or take recreational drugs give it away.
  - ☺ Drink ONLY pure filtered water. 2-3 liters to be on the safe side. Water is the ultimate cleanser of the human body so stay hydrated.
  - ☺ Consume some form of low-fat protein at each meal.
  - ☺ Consume carbs in moderation just a little less than you do protein at each meal, complex carbs are the best, preferably vegetables. Try and buy organic vegetables and eat as many of them raw instead of cooked. This way maintains the essential enzymes in the foods.
  - ☺ Supplement your diet with essential fatty acids to maintain integrity of your cell-membranes and brain functions.
  - ☺ Cut the saturated fats, by this I refer to animal fats.
  - ☺ Supplement your daily food intake with quality anti-oxidants and vitamins and minerals.
  - ☺ Supplement with **HGH Formulation** to increase your bodies' natural HGH levels. This product works extremely well and has a great effect on your overall health and well being. To learn more about the benefits of HGH Formulation visit this website  
[www.powerzonenutrition.net/hgh.htm](http://www.powerzonenutrition.net/hgh.htm)
  - ☺ Think positive and associate with positive people. Feed off their energy, become like them. Don't be lead down the wrong path by jealous friends! Believe me this does happen. Sometimes even your friends don't want you to succeed, if they don't stand by you in your cause, they are not your friends!
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# The Keys To Weight loss Success Program

By simply following the steps above you can easily look and feel 10-20 years younger in a matter of months! The human body renews each and every cell (apart from brain cells) every 6-12 months, it does this from the nutrients you provide it. Ensure you feed your body ONLY the best fuel and not inferior garbage that clogs and destroys cell renewal.

You can change and actually start to replenish the damaged cells, add life to your body once again. Feel how good you are supposed to feel, instead of what you get use to feeling! Believe me you will not only look 100% better you will feel on top of the world, and have a new lease on life.

## The Power of the Mind:

YOUR philosophy on life: What you think and how you feel about what you think is going to determine your ultimate destiny in life!

Whatever you think of most is usually what you become. Things are easy to do but also easy not to do! It is better to shoot for the stars and hit the eagle than to shoot for the eagle and hit the rock! Your body is the means of transport to move you through the journey of life. It only makes sense to glide through life in a high performance sports car than a clapped out old Model T.

We have made the choice to maintain and build our bodies so we can have a long and safe journey through the gift of life. Therefore, it makes sense to also do the same for our minds. Just as we feed our bodies quality nutrients we must nourish our minds with healthy thoughts.

Set yourself a goal/first a short-term goal then along term goal and don't look back until you've achieved that goal. Don't give up until you're there stay focused and positive. Enjoy what you do; as it's your own choice no one is making you do anything.

You can do anything you want in life and there is only one person stopping you! YOURSELF!! Reach inside yourself look deep inside yourself.

What's stopping you from taking that initial step? You are. Don't hold yourself back fill your mind with positive thoughts, reject negative people, and learn from your mistakes and then move on. Don't linger in the past learn from it let it be your teacher not your slave. It's what you think and do from now that is going to determine your ultimate outcome in life.

Acquire, as much knowledge as you can in life and then combine that knowledge with hard labor and determination and everything you strive for will be yours. Remember that knowledge is power. A lot of people blame lack of motivation as the reason they can't succeed. But this is not so, applied knowledge plus labor is the true answer to success. Let's face it if you motivate an idiot all you have is a motivated idiot. Success is a simple equation.

Positive attitude + Knowledge + Labor = Results.

You now have all the knowledge you need to make your dreams become a reality.... The Keys are yours to use.

## Thank you note:

The information supplied in this program is the accumulation of my journey through the bodybuilding and health and fitness world. By sharing this with you gives me a great feeling that I am offering a little part of me to help you reach your very own goals. If this program even helps just one person to realize their true hidden talents and live a healthy fulfilling life then that's all I want. I have given a part of myself, to contribute to the quality of someone else's life. One thing I would like to say is make sure you enjoy this lifestyle.

## The Keys To Weight loss Success Program

Love your training and love eating healthy food and most of all enjoy your quest to develop your body to its utmost potential. Now it's your turn to put it all into practice, you have the Keys to weight loss success so take the next step into a whole new world of personal accomplishments. By following this information you will surprise yourself at how quickly you can transform your body.

### Final Word:

I would like to point out that I am always available anytime if you wish to call me or email and ask me any questions you might have. I will only be too happy to help you out.

**Email:** [zone1@power-zone.com](mailto:zone1@power-zone.com)

**Web site:** [www.power-zone.com](http://www.power-zone.com)

**USA Web site:** [www.powerzonenutrition.net](http://www.powerzonenutrition.net)

**MSN:** [healthmaster2003@yahoo.com](mailto:healthmaster2003@yahoo.com)

**Myspace:** [www.myspace.com/stevejonesoz](http://www.myspace.com/stevejonesoz)

I truly hope that this program has empowered you to take control of your life and pursue the great lifestyle that is ahead of you. I thank you for your attention and wish you all the very best for a long and healthy life.

Yours in Health and Fitness

Steve Jones



Director/CEO

### **Powerzone Nutrition USA**



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