

**[Main Title]**

[Subtitle]

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## Chapter 1: Description and history of your lifestyle, evaluating the main issue

It's high time to realize that all your life you have worked hard under so much stress and pressure that you completely overlooked your well-being. You know how it feels to have the blues.

You are exposed to new fears as you enter into the mid-life years. But this one is different. It's a lot bigger. It has got more than 35 years of emotional and psychological baggage under its belt. Take a closer look, are you happy with your health? There is an overwhelming chance that you are not.

The fear of deteriorating health and doubts of failing to adopt a healthy lifestyle are digging in deeper and the time seems to be moving faster. You are somewhat convinced that doors to a healthy lifestyle have started to slam shut. We have all been stuck there for so long that we wish someone would tell us how to quit and move on from these unhealthy eating habits and lifestyle. Don't worry, there is still time. You can figure out everything.

But then again, you might be wondering what the magic formula is. First step towards leading a healthy lifestyle is a huge perspective swing. Yes, you need to reassess everything, peel off the greasy layer, breathe new life in and build a new perspective towards your health and lifestyle.

One of my favorite quotations says *excellence is not an act, but a habit*. Habits and routines are key to consistency and consistency is key to accomplishing goals. So first, you need to know how to unlearn and relearn a habit. Even if your habit formation is dedicated to exercise or any other activity, your success lies in your deeply ingrained habits. To change your habits, you need to understand the psychology of them.

I know you have made tons of sacrifices to stand where you are today. The most crucial of them is your health and was it really worth it? Let's get this straight, everybody has to work, to support ourselves, our need for purpose, our families and what not. However, therein lies our inability to identify when to switch off but also to comprehend the damaging effects on our health.

On the other hand, ailments can range from the highly overlooked world of mental health issues, to other various physical issues like obesity, high cholesterol and high blood pressure. Go back and reassess that rigid work life, you are likely to find yourself eating too much or too little, let's not forget all the

unhealthy snacks that you kept munching on while working. Your joints have probably become so stiff that you are unable to pull off vigorous exercises.

It's time to fix. Everything.

## Chapter 2: Success of habit-based coaching/change psychology

At some point of your life, you may have thought about your habits and their impacts on your daily life. But it is also very likely that you may not have given a thought to it. According to the Psychologists, you form habits when your conducts become automatic and spontaneous and are enacted with least conscious awareness. But why? It is due to the behavioral patterns that we keep on repeating often are etched into the neural trails.

Reconsider and assess the latter point for a minute. Now evaluate the habits that you automatically do. Let's take an example, how many times do you check your cellphone for any notifications? How much time do you spend on scrolling through your Facebook, Twitter or Instagram? Do you actively feel the need to check your social media accounts? Or, does it happen without any conscious effort?

We all agree that some habits can be highly detrimental, for example, damaging your health by not being physically active and eating unhealthy food, when you should be doing regular exercises, eat healthy and be productive. On the other hand, there are some habits that can be beneficial to have. When we are young, we are taught to brush our teeth, which helps us to maintain a good oral health. One more common example is the habit of switching off the lights while leaving the room which helps us save energy.

### Understanding Habit Formation

A four-step neural pattern has been discovered in humans forming the core of our habits, i.e. Cue, craving, response & reward.

**Cue** is the first step. It triggers your brain for initiating a conduct. It can be referred to an information that forecasts a reward. Your external and internal environment can be analyzed continuously by your mind for hints of where the rewards are. Since the cue is the very first signal that you are close to your reward, it leads to a craving naturally.

**Craving** is the second step of the habit circle. Craving is basically the motivational force behind a habit. For instance, if you don't have any desire or motivation, you don't have any reason to behave.

Craving is not a habit itself but the change that it delivers. Let's look at it this way, you don't crave a cigarette, what you basically crave is that feeling of relief that comes with it. We are never motivated by brushing our teeth but by the feeling of

a cleanliness and fresh breath. Your cravings are linked to the desire of changing your internal state.

Typically, our habits have instant rewards. Nevertheless, habits that have instant rewards and they are relatively easier to pick. On the other hand, those habits that have delayed rewards are difficult to commit and maintain. For instance, it is more convenient to eat junk food as compared to consistent workout.

**Response** is the third step. It is the actual habit, which can be a thought or an action. A response is due to either the level of your motivation or the level of friction that is connected to that behavior. If your habits involve more mental or physical effort than you are want to spend, you won't simply do it. Our response depends on our ability as well.

Every habit's end goal is **Reward**. The cue is all about predicting the reward, on the other hand the craving is about how much you want the reward. In addition to this, response is basically about getting your reward. Typically, the rewards are chased because of two main purposes:

- They satisfy us
- They teach us.

Reward's major purpose is to satisfy our craving. They provide advantages in their own way. For instance, Food and water provide us the energy to survive. A job promotion brings respect and money. Getting fit and active improves your physical and mental health.

## Changing the Habit Loop

Now you have an in-depth understanding of habits forming, let's shift our focus to changing these habits. Let's take a hard look on the following scenario:

You damage your health by ordering unhealthy food and snacks especially when you are at work instead of taking freshly cooked healthy meal from home. Although you know that you need to cut this bad habit but you like eating burgers and pizzas, it pleases you. You struggle to follow a proper healthy diet but at the same time, yield the joyful feeling of having your favorite food full of cholesterol and calories. How would you do that?

An ideal way is to convince your colleagues to bring healthy home cooked food for lunch, this way you can also motivate yourself to eat healthy. Later, you can treat yourself with a perfect cheat meal like cheesy burger or a pizza (as a reward).

In this case, you can replace a negative routine habit with a healthier one. Changing your routine can help you increase your chances to earn several rewards.

In the same way, focus on repeating productive yet short-term daily activities to make it a habit for a long-term. Start by exercising 15 minutes every day. Once it becomes a habit, start eating clean and cut down the junk completely. It will help you cleanse your system while keeping your body strong and fit. Once, healthy lifestyle becomes your habit, you will not have to struggle with getting up early to work out and eating clean every day.

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## **Chapter 3: Steps to begin implementing healthy lifestyle into your daily life**

You may often think that you could increase your productivity and feel better if you had taken a good care of your health. It's not that difficult to put off healthy lifestyle and habits, why wait for New Years to plan a healthy lifestyle?

If you think its high time now and you must improve your lifestyle for your good health, you are almost there. Being concerned about reevaluating your lifestyle is the first step towards a new healthy life!

It is undoubtedly challenging to quit your old habits, but you need to see the bigger picture. A healthy and maintained lifestyle improve your mental health, give you more energy and strengthens your immune system.

Want to manage a healthy lifestyle? Follow the below discussed top five steps:

### **1. Include vegetables and fruits in your regular diet**

Adding vegetables and fruits is an ideal foundation to start a healthy lifestyle. Start by eating leafy greens vegetables and fruits that are rich in nutrients like antioxidants and vitamins. They boost and strengthen your immune system, fighting off toxins that causes diseases. Antioxidants promote fresh and healthy skin, fights eye disease and maintain your overall health. World Health Organization stresses on eating vegetables and fruits as a part of your daily diet so you have a good chance of fighting cancer, heart problems and other diseases. Make sure you eat 5-9 servings of varied fruits and vegetables per day.

### **2. Drink water**

What if I tell you that you can save improve your health and save money just by drinking water religiously throughout the day? Water is a natural liquid that offers several benefits, it keeps you hydrated, nourished, fresh and provides enhanced well-being. Water improves your brain function, cleanses toxins from your body, strengthen muscles. Moreover, it also balances your fluids and body temperature and controls weight gain. You must drink about 64 ounces or 8 glasses of water on the daily basis.

### **3. Manage your mental health**

When it is about starting a healthy lifestyle, you are likely to ignore your mental maintenance and focus on physical health aspects. Always remember that your mental well-being is a base of your overall health.

You need to manage and assess your emotions and mental state on a daily basis. Do you feel negative towards other people? If yes, then you create a bad vibe and cause unhappiness at college, work and in social life.

Following are some ways you can improve your mental health:

- Daily Exercise
- Socializing with your loved ones
- Read books
- Sleep at least 7 hours every night
- Participate in something creative

If you still feel depressed, consult a professional about how you can improve your mental health.

#### **4. Distress**

Sometimes it gets necessary to take a break from your routine life. Take a deep breath, and relax! Maintain your mental and physical health by taking a break from a hectic, stressful work week. You can try some relaxing activities to improve your mental health meditate, listen to music, read books, watch movies and work out. It can bring the feeling of pleasure and calmness.

#### **5. Exercise**

Exercise is the best way to stimulate your physical and mental health. Physical activities improve longevity and your overall health. Make a schedule of your exercise, do proper exercise at least thrice a week. You can also work out for 30 minutes as you wake up in the morning to get strengthened for the day.

Moreover, make your workouts fun. You should never feel like exercising is a chore and enjoy it to the fullest. Following are some fun physical activities:

- Dance
- Running
- Yoga
- Aerobics
- Hiking

## Chapter 4: Why having an online coach will benefit you?

Want to stay fit and have a healthy lifestyle? Don't worry, don't change what you eat, but the way you eat! You can now have a perfect healthy lifestyle without any diet.

Just 2 habits can help you get going on the road to considerable fat loss.

For revamping your lifestyle, you have to incorporate these two habits in your life. Always remember that habit change could be permanent! Moreover, don't ever revert to any habit that doesn't help and serve you in any way. Honestly, there is no shortcut. Diet can address the symptoms and you need to deal with the root of the problem. Your Habits! Let's dig in to the habits that you need to change ASAP.

### Habit 1 - Eat slowly

It's all about the way you plan it. You can set a reminder for every morning that can help you check-in with yourself about the last day. It will help you achieve two things.

- It will help you be keep a check on your automatic responses to eating.
- Considering your previous results, you can remind yourself about what should be done today.

This could be set up after every meal or as you like. Ultimately, you can assess yourself during every meal. Initially you can eat as much as you want, any foods you like. However, you need to do it slowly. Mindful eating.

Start with little things that can help you slow down. Such as:

- Set down the utensils between every bite.
- Frequently take sips of water.
- Breath properly between bites.
- It's ideal to not use your phone so you can be more attentive

### Benefits

- Eating slowly can lead to eating less. You will be more in control of how you eat, as being aware and mindful.
- You can follow this habit anytime, anywhere with any food and in any situation.
- It is the simplest habit to understand, however, not it's not easy to do.

- You can assess and note down your eating speed, and how it affects what you eat.
- You can notice where and when you can eat slowly and how can you create those conditions anywhere.

Struggling with binge eating? Don't worry you can overeat but... slowly.

## **Habit 2 - Stop eating at “80% full”**

Congratulation on pulling off the first habit of eating slowly for 2 weeks, let's try and maintain that habit. Now, let's talk about the second habit.

In order to lose weight, you should start eating less than you usually do. Your satiety hormones will start to kick in after 20 minutes. You are likely to feel full and want to stop eating. So, the idea of eating till you are 80% full is to eat and stop before you are completely full. Then, you notice if you still get hungry anytime soon.

We typically eat more than we should. It is a habit i.e. hard to do and simple to understand. You can look for:

- **Hunger cues:** It refers to the feeling of light-headedness, hunger headache, or spaced out. It can also be called feeling “hangry” (hungry + angry) an empty stomach feeling.
- **Over-fullness cues (over eating):** It refers to feeling bloated, nauseated, heartburn, heavy and sluggish.
- **Satiety cues (ate enough):** It refers to feeling strong, energized and not hungry. A feeling of satisfaction that motivates you to get up and do something productive for instance going for a walk.

## **Benefits**

- “80% full” is not just a number, but an idea. Eating just enough until you are not hungry is like staying in between neither stuffed nor empty. It breeds mindfulness.
- This habit teaches appetite awareness, control on hunger and builds an intuitive understanding. Gradually, you will start to properly identify hunger and satiety cues.
- You will be able to distinguish between physical hunger and cravings.
- You will be able to analyse your eating habits as a process and the situations that contribute to these eating habits.

- It improves your sense of mindfulness. You will not blindly stuff food in your mouth.

### **Habit 3 - Remove night-time snacking**

- Pick a specific time to stop eating anything and start again the next day.
- Allow your stomach to properly digest by not eating anything. Your digestive system shouldn't work 24/7
- Eliminating late night snacks can help in weight loss by lowering insulin levels.
- Imagine your kitchen is off the limit after supper.

### **Habit 4 - Change where you eat**

- Step 1: Don't use phone and don't watch TV while eating.
- Step 2 : Avoid eating where you work or on the couch.
- Step 3 : Practice habit 1 and 2 religiously.

## Chapter 5: Why having an online coach will benefit you?

The moment you realize that it's too late to start over and implement a healthy lifestyle, that's when you need an online coach. This is the future. Online health and fitness coach is the next big thing. With an internet access, you can consult an online health and fitness coach from the comfort of your home. Regardless of your age, mental stability or other conditions, you can get fit and lead a healthy lifestyle with an online health and fitness coach.

Online health and fitness coaching is growing day by day. It is one of the most cost-effective options which is available 24/7. No, you don't have to follow tough diet schedules and fitness routines to lose your body fat. By just changing the way you eat you can achieve your health and fitness goals. Online fitness coach doesn't solely focus on your relationship with food, but it can change or develop any habit by using the **Super Simple Fool Proof Way to Change or Introduce Habits**.

In addition, to the way you eat, a little extra movement into your daily routine can drastically increase your success chances when it comes to losing fat. A Personal Trainer will ensure clients perform their exercises and follow a healthy lifestyle correctly and efficiently to maximise results.

### What will you get from the MIDLIFE REBOOT?

Being a Precision Nutrition Qualified level 1 Online Trainer, I can help you complete one year body transformation using Habit-based coaching techniques laid out by Precision nutrition which has more than 100 000 successful results. Keep in mind that this is for normal people, not for magazine cover models. Specially designed for people who are in their middle age and have families and jobs. The time of one year is practically realistic, and honestly it can promote a lot of healthy changes.

### It is a permanent demonstrable step by step growth, one habit at a time!

Never went to the gym before? Don't worry, our curriculum has all kinds of workouts designed for you even if you have never been to the gym before or haven't worked out in your life.

Our impeccable and exceptional online habit-based nutrition coaching will help you maintain a healthy lifestyle and replace all the bad habits that have been holding you down. It's a very easy and understandable curriculum. In this curriculum you will daily learn in small portions about every habit via an online dashboard. This dashboard will keep you responsible about your daily habits.

Now let's reevaluate the four steps that forms the core of our habits.

### **Step 1: Cue**

A workaholic employee drowns in several bad habits, such as eating junk at the desk, eating on the go, bingeing on the weekend with junk food and booze and not doing any exercise to stay fit and well.

### **Step 2: Craving**

Craving for the junk and regularly repeating the same habits. He tried almost everything, nothing work out, hence, unhappy and given up.

### **Step 3: Response**

Then he presses the MIDLIFE REBOOT button. Finally starts a journey of healthy lifestyle with good health and fitness as a core mission.

### **Step 4: Reward**

After finally completing 1 year transformation and 24 habits, life changes drastically resulting in perfect health and fitness.

Be your healthier self. Whether you're 40 or 80, good health is extremely important. Don't know if you may live longer, however, you will undoubtedly live better. Our online health and fitness coach is able to help you get in the perfect shape with a good health.

They are always here to assist you in reaching your ideal weight, and help you live your best life! The Internet is a lot more than just viral videos, buying unnecessary junk and downloading music– it's an optimum way to get healthy!