



The 6 SECRETS Of Fitness For Busy Women

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Women's 30+ Metabolic Specialist & Motivational Coach

Do you want to make more money, have lots of energy and
look and feel younger?

If you follow these 6 Fitness Secrets you will be well on your way!

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1. Eating The Top 12 Fat-Burning Foods and 5 Star Foods

An example of one of one of my recommended top 12 fat-burning foods is sweet potatoes and a 5 star food is salmon.

Get the full list here: [Click here for more information](#)

Helps with energy levels/more productive & focused at work

Burns more fat

All calories are **NOT** created equal ...when you eat more of the top 12 fat burning foods and 5 star foods you will lose more belly fat and inches around your hips, thighs, and glutes....expect to lose 3-4x more fat with these foods and in less time! Food as what is called a “thermic effect”, meaning the rate of which food is metabolized.



2. Fat-Burning Nutrition

Eating lean proteins, carbs and adding essential EFA's (omega 3,6,9) fats to your daily fat-burning plan.

EFA's is one of the most powerful fat-burning secrets that most women aren't doing. I have seen some incredible results when working with women and adding this to their nutrition not only will this help speed up the fat-loss process but will help with joints, depression, monthly cycles, menopause, makes hair and nails strong.

3. How is your energy levels? Energy levels should be 9-10 consistently (10 being the highest)

Eating every 3 hours Timing of your meals will not only help you reset your metabolism but will give you unstoppable energy to work



4. If I were to tell you the Ultimate Secret to your fitness and health is on a sheet of paper...would you believe me?

In my 6-week ultimate fat-burning system, exclusively for women 30+! have a special journal that I have women keep and when they do this regularly they are amazed at the results. It keeps them motivated and accountable.

Planning & Preparing for the day/week

Using a journal or day planner and actually write the times and days that you will be exercising. Every women that does The Secret 6 Week Ultimate Fat-Burning & Instant Motivational System always see results by writing in their journals. I have an easy way that I show then

5. Setting Realistic goals and setting them the right way

I am a size ____ I have more energy

How many here set goals for your business?(income you want to make for the month, sales you want to get for the week)

Most women are busy so they need to plan for the day and week (meetings ect)

Setting Daily/ Weekly goals

Mental, Fitness, Nutrition

6. Women get so busy with work.some have families ect. And they say how hard it is.

Making it Easy! You all have an “Easy” button and I help bring out your inner easy button....with instant motivation tools and helping you create a total lifestyle plan.

Mistakes busy women make

Have you done any of these?...

Skip breakfast because your in a hurry to get to work

This will actually slow down your metabolism

Skip workouts, because you tell yourself you have no time

Rely on repacked foods or fast foods

Eating too many simple sugars

Affects your immune system

Makes you sluggish at work /hi-low

Affects your judgment / mood

Affects fat burning

Going on diets

Slows your metabolism

Your body actually changes its chemistry and you develop a hormone called "LPL" which makes your metabolism a slower, fatter one. (up to 30%)

Brain fog (unclear thinking)

Failing to Plan and Prepare is an all time KILLER for busy women (if you have ever waited to work on a project that was due the next day...you start to feel stressed and anxious) The same with failing to Plan & Prepareyou will always feel terrible because you over indulge in something.

Telling yourself: "I'm too busy or it's hard...I can't.I'm too old"

The Power of The Subconscious Mind

Your mind is going on 24/7 and believe me what you think you become.

The mind thinks in images and not words themselves!!!

Do this exercise:

Close your eyes and **don't think of pink monkeys**

I bet you thought of a pink monkey

This is where I help you if you who have this belief ...as long as you want to change I can help you.

What you think you become!

I don't want to be overweight = you will stay that way

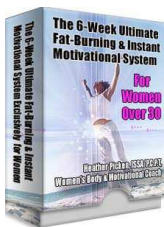
(remember the mind only sees images.you must state exactly what you want and in present tense/positive way)

I see myself being lean and fit = it will become a reality

Do you want to finally know the secrets to creating the body you want without fad diets or pills...naturally?

Do you want to start feeling like a million bucks and look and feel your best ever?

Let me share with you my 10 years of fat-burning secrets that will help you create the body that you have always dreamed about



[Please click here NOW](#) to discover how you can create your best body Ever with this **Limited Time Offer.**

Believe it...You Can Achieve Your Best Body Ever!

Heather Picken

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About Heather



Heather Picken, ISSA/P.C.P.T is a Women's Over 30 Metabolic Specialist & Motivational Coach. She helps women over 30 all over the world achieve the body and health they desire and is the creator of a breakthrough system that is changing the way women create the body they want, without fad diets, pills or will power (<http://www.mybodyisfitnow.com>).

She is also the author of Fat-Burning Recipes For Women On the Go. Get your FREE Copy of Blast Cellulite Now by going to <http://www.feelinglikeamillion.com> and you can subscribe to her weekly podcast show Feeling Like A Million, where she shares her top fat-burning secrets, exclusively for women 30+.

***Nominee For *Fast 50 Company* for 2007**

Mentioned in *The New York Times