



Kathy DePalo-Mooney

4 Day Weight Loss Reboot



Hi there!

My name is Kathy DePalo-Mooney and I'm a Certified Holistic Health Coach through the Institute of Integrative Nutrition. I am also a National Academy of Sports Medicine certified Personal Trainer, WFE, FNS and CSMC.

"I help women redefine their relationship with food, fitness and find the freedom to eat and train with flexibility to rock a badass body to fit her badass personality."

It's my passion to teach women how to fall in love with themselves again.



Ready to dive in? I am!

Love,

Kathy



ARE YOU READY TO FEEL ALIVE AGAIN?

Before we begin this amazing program, tell me your goals here:

- 1.
- 2.
- 3.

Write them down and know you will achieve them.

After changing my life, I decided to become a coach. I graduated from the Institute for Integrative Nutrition where I studied over 100 dietary theories and had the opportunity to learn from amazing teachers and leaders, including Andrew Weil, Mark Hyman, Geneen Roth and Deepak Chopra.

Do you want to lose weight, yet you don't know how? Well, losing weight can be easy and simple for as long as you're going to follow the right steps in a healthy and proper manner. So, are you now ready to start losing your weight? Then check out this guide today and be ready for a 4-day weight loss reboot.



WHY WE GAIN WEIGHT?

Weight gain is primarily caused by emotions or bad motivations. If you believe that you're gaining too much weight because you're eating too much food, you're probably wrong! Are you surprised to hear that? There are several reasons why you're gaining weight, and this is not only due to the amount of food you're eating. Here are some of the reasons why you're gaining weight:

DIET

This may sound paradoxical, but diet may lead to weight gain. The diets that you may have known from magazines or even from your friends are not suited for long term dieting. The reason for this is these fad diets only give you certain amounts and types of food to sustain yourself. You're cutting out whole food groups and as soon as you stop this diet, expect to gain pounds again. This is why 95% of all diets fail in the long run. This way of eating is not sustainable for long term weight loss.

WRONG FOOD

Grocery shopping while losing so much weight is not easy! Ingredients found in the foods you're going to purchase might say that the food contains less fat or is even fat-free without knowing that some other ingredients are not suited for losing weight. For example, they are usually loaded with sugar and/or sodium. Excess sugar that the body does not metabolize gets stored as fat! This is the reason why you need to determine the right type of food to purchase and stop relying so much on those packaged foods. You need to eat more whole foods, and less foods from a box.



INHERITANCE

Family heredity does play a role in your body type and your ability to lose weight. This does not mean losing weight is impossible; it just means you need to tailor your lifestyle changes based on what actually works for your body.





UNSCHEDULED EATING


Skipping meals is not an effective way to lose weight and may contribute to your gaining weight. When you do not eat enough one of two things happen.

1. You become ravenous and eat everything in sight which can contribute to weight gain.
2. If you do not eat enough your body thinks it is starving so it slows down all of its functions, including your metabolism, in order to conserve energy. The body then begins to break down its own muscle, muscle is made of protein, to feed itself. So even if you manage to lose weight you are also losing muscle mass. The leaner muscle your body has the more calories your body can burn while at rest.

BAD MOTIVATION

You can't lose weight for someone else; you need to eat healthy foods and make lifestyle changes for yourself. Looking for someone else's validation or approval of your weight loss won't sustain your efforts if you don't put yourself first. You have to have the desire to lose the weight. You are the master of your own body, not anybody else.

EMOTIONS



Even your emotions can have an impact on your overeating habit. What happens when we're stressed, sad, or angry? Many people run to the cabinets or refrigerator for comfort food. Do you get bored at night watching tv? Are you just plopping yourself on the couch and mindlessly snacking? Be aware that foods are not a defense against all the negative emotions you're experiencing.

These are only some of the best reasons why you are gaining weight. The best motivation to losing weight is to think that by doing this you can have a better and happier life.



HOW TO LOSE WEIGHT NATURALLY

Obesity has been a growing concern for several years. This condition might not only impact your self-confidence and self-esteem, but obesity may also expose your body to different types of diseases. However, avoid the temptation to take weight loss supplements or other fad medicines because they may cause you harm and damage your liver which plays a role in your metabolism.

If you need to shed excess pounds, here are some natural methods you may follow without risk of harm or side effects:

HEALTHY EATING HABITS

It is always essential to eat a healthy and well-balanced diet. Avoid eating processed foods and choose whole foods, which are found in the outer aisles of the grocery store. Eating whole foods with lean proteins will lead to healthy weight loss. Eating less foods that come in a box will help you lose weight and help you feel better overall because these foods are loaded with processed chemicals, excess sugars and sodium.

DRINK WATER

Keep yourself hydrated to lose weight naturally. Water can be a healthy replacement to some other beverages that contain high calories and sugar. You can always add lemon or lime to the water to make it taste better. On my website I have a free report called “**8 Ways to Drink More Water.**” Download that it has some ways to make water taste better, as well as to how much you should be drinking throughout the day.





REGULAR EXERCISE

Performing regular exercise may not only help you to lose weight but also to improve your overall health and give you sculpted muscles. The more muscles your body has the more calories it is able to burn while it is at rest. Good news I am a National Academy of Sports Medicine certified Personal Trainer and have my own exercise app in the app store. If you want to learn more about how I design workout plans for your specific goals using my unique “Fit in 40” method, you can reach out to me here -<mailto:Kathy@kdmooney.com>

ENOUGH SLEEP

Getting a good amount of sleep may prevent poor regulation of appetite and may prevent future gains of weight. Try for 7-9 hours of sleep each night. No less than 6 hours if you can help it. Although you may feel like your body is shutting down when you crawl into bed, your mind is. Sleep is actually a time when your body gets busy restoring and repairing different functions. Sleep is also the prime time for the body to get its hormones back to a healthy level.

LIFESTYLE CHANGE

You are going to have to change your lifestyle a bit if you want to lose weight. Get up early, do some exercise, eat a balanced diet, and always allow yourself a good night's sleep. These lifestyle changes do not end, so start changing your mindset now and embrace these healthy changes.

With these natural ways of losing weight, you can accomplish your goal within a short period of time.



GUT HEALTH AND WEIGHT GAIN

A healthy gut is very important to maintain normal metabolism and weight. This is the reason why you need to maintain a healthy gut to prevent gaining weight. But this is not as easy as you think, especially in cases where infections and chronic stress are factors. Here are several steps on how you can maintain a healthy connection between gut health and weight loss:

- Remove food toxins in your diet.
- Eat huge amount of fermentable fibers.
- Take high quality probiotics.
- Treat intestinal pathogens.
- Take steps to completely manage your stress. I offer a Stress course Habits for the Mind, Body and Soul. There is also a free De-Stress for your Health Guide on my website.

If you have unhealthy gut and don't make these changes, expect to gain more and more weight. Making long-term lifestyle changes will heal your gut and allow you to lose weight. I also offer a few gut health programs you can check out to see how easy it is to clean out your gut and jumpstart your fat burning hormones.



MINDSET AND WEIGHT LOSS

Losing weight is a difficult thing, especially to those people who don't have the right mindset. Despite the fact that you've probably tried several weight loss techniques and programs, this program won't work either if you don't have the right mindset. So, how are you going to develop the right mindset to lose weight fast? Well, here are the three simple tips you need to consider.


1. Find a workout buddy.
2. Emphasize your small victories.
3. Keep positive attitudes.
4. Do not dwell on a setback. We are all human and may overindulge at a meal, or drink too much, miss a workout etc. **Weight loss is a process not a race!**

If you're going to follow the above-mentioned tips, you're assured to develop the right mindset towards losing your weight fast.

FOODS TO BOOST METABOLISM

Your body is the same as a machine – to run it effectively and smoothly, it needs to be properly maintained. Stress, modern lifestyle habits, and work demands tend to remove sleep and nutrition from your life's balance. This in return affects the entire function of your body which may lead to other health problems, particularly weight gain.





Boosting metabolism of the body is one of the best means of leading a healthy life and enhancing its ability to lose weight fast. Here are some foods that boost metabolism for you to try:

FOR BREAKFAST

Before you proceed with your daily work, don't forget to eat breakfast. Breakfast literally means break the fast from sleeping. Your body just spent 6-9 hours without food and needs to be refueled, just like gas in a car. Your car will not go without gas, or fuel in it. Your body will not perform well without a healthy breakfast. This simple routine will give you high energy which, in turn, means burning a lot of calories.

If you really want to lose weight fast, then here are some of the foods you need to add for your breakfast.

- Smoothies
- Eggs
- Quinoa with protein powder or oatmeal with protein powder
- Protein bars
- Green Juice with chia seeds



VEGETABLES AND FRUITS BOOSTING METABOLISM

Here are some vegetables and fruits that boost your metabolism:

- Pears and apples
- Grapefruit
- Avocado
- Tomato
- Raw Apple Cider Vinegar
- Spices
- Citrus Fruits
- Berries
- Broccoli and leafy greens



FOR MEAT LOVERS

One of the best foods that can help you lose weight is healthy protein sources like:

- Organic, free-range, pastured chicken & turkey
- Grass-fed beef, lamb, bison
- Wild, line-caught fish
- (Instead of tuna fish salad, try Whole Food's Wild Salmon in a can or Wild Skipjack tuna in a can)
- Cage Free eggs

OTHER HEALTHY FOODS THAT CAN BOOST YOUR METABOLISM

- Peppers
- Green Tea
- Coffee
- Olive Oil
- Salmon or any cold-water fish
- Coconut Oil
- Seaweed





Any of these foods alone or put together in a recipe will boost your metabolism, giving you more energy and more efficient calorie burning. So, avoid eating those processed foods and avoid those harmful weight loss supplements.

Choose whole foods and lean proteins to boost your metabolism and begin your weight loss journey.





SIX NATURAL METABOLISM BOOSTERS OF METABOLISM

Are you on the fence and unsure about the ability to boost your metabolism? When people think of metabolism, they usually think of people who are naturally thin and joke about their fast metabolism. People also assume these thin people can maintain their healthy body due to genetics and don't consider the realities of how often they are at the gym or how healthy they eat.

Metabolism is known to be a chemical reaction that takes place in an organism to make it alive. The metabolism process in the human body is a process of turning the calories you're consuming into usable types of energy. Calories are the measurements of your energy, which is what your body needs to function properly.

If you really wanted to boost your own metabolism, here are some of the best things you can do:

1. Stop dieting and give the body the proper number of calories it requires.
2. Get plenty of rest.
3. Try to perform high-intensity type interval trainings or HIIT.
4. Start to perform weightlifting activities.
5. Avoid eating inflammatory-type of foods.
6. Add to your diet the powerful metabolism-boosting foods from the last chapter.

By making these small changes to your lifestyle, you will have the best body of your life! Want to learn more about metabolism and how it works? There is a free guide on my website you can download!



TIPS & GUIDELINES FOR THE 4 DAY REBOOT

Getting clear and getting focused on how and why you are nourishing yourself is key to your success. I invite you to get prepped by following some of these steps and suggestions so you can maximize your results and get nourished.

1. Grab a journal. Journaling can be a very healing experience during your detox. The practice also provides you with a sense of accountability.

2. Get clear on the mentality of Reset. This is not a diet. You are embarking on a healing journey. Diets do not work. Instead, you are resetting your body, mind, and spirit.

3. Detox your kitchen and home environment, including makeup, lotions, supplements, and even people in your life. Begin to reduce the foods that may be causing havoc on your body, such as sugar, alcohol, and caffeine. This step is key, especially in the few days leading up to your start date.

4. Continue your current exercise program if you have one, and if you're just starting or restarting, commit to sweating 3-5 days a week for at least 15-30 minutes each workout, even if it's just walking. Get moving! Try new things until you find something you love – e.g., yoga, spinning, Zumba, rebounding, dancing, weightlifting, or running, to name a few.

5. Begin to check in with your body and think RESET.

6. Start drinking more water. I suggest drinking 64 ounces a day of good, pure, clean water with lemon. Feel free to sip warm water throughout the day to flush your lymphatic system and support detox.



7. Spend a few days before your program begins to shop and prepare a few of your meals. Have fun so you can make shopping for your meals a new lifestyle habit. Since I tend to have more time on the weekends, I usually spend one morning preparing at least 3-5 meals I'd like to eat and re-eat during the week so when I'm busy, I'm not tempted by the quickest fix. This is what we call meal prepping, making your meals in advance so you have no excuse not to eat healthy.

8. Be super proud of yourself for the direction you are taking. I am proud of you. Honor yourself each night by lighting a candle to represent your new life .

9. Take before and after pictures of your body, your face, and your glow. During the process, this can be a great way to stay motivated and keep working to reach your goals.

10. Practice saying your affirmations. Here are some of my favorites:

"I choose health. I forgive. I love myself."

"I am enough".

"My worth will not be determined by a number on a scale."





LET'S GET STARTED

A TYPICAL DAY LOOKS LIKE THIS:

UPON WAKING:

Take your probiotic (optional) or drink a cultured drink to add good quality bacteria to your body. A probiotic means FOR LIFE so during detox we are setting the stage for a healthy and happy you, free of sickness all season long! Plus, you are ditching the excess weight and bloat.

Drink water with lemon and a dash of cayenne.

SNACK: See recipe guide for snack ideas

LUNCH: See suggested meal

SNACK: see recipe guide for snack ideas

DINNER: See suggested meals



VISUALIZATION AND WEIGHT LOSS

One of the major challenges when losing weight is getting the mind aligned with one's fitness or weight loss goals. In many instances, people's minds are aligned with what they do not want, like laziness, bad habits, avoiding workouts, and other self-destructive acts.


Losing weight will be a real challenge under these given circumstances. You need to have the strong desire to follow through with doing the best actions to shed pounds and reach your weight loss goals. One of the highly effective strategies to bridge the gap between the body and mind is through visualization. Weight loss and visualization ARE vital for long term weight loss. With proper visualization, you will be able to overcome inner barriers and focus more effectively on weight loss.

WHAT IS REALLY MEANT BY VISUALIZATION?

Visualization pertains to the process of viewing images in your mind. For instance, if you are asked to think about the sunrise, you immediately see quick mental images of the rising sun on the horizon. There are individuals who can easily see things and visualize mentally while there are some who find it difficult to do some quick visualizations.

USING VISUALIZATION IN WEIGHT LOSS

To use your visualization in weight loss, you need to create some mental motives about the scenarios that you want to come true. First of all, understand that using visualization for losing weight will be more effective if you relax. Feeling



tired or stressed will surely make it difficult for you to focus and your visualizations will never be effective and useful. To get completely relaxed, take five to ten minutes to sit silently in one corner and release all stress and tension from your body and mind. Breathe slowly and deeply.

The next thing is to relax every muscle group. You can even visualize your muscles slowly letting go and becoming relaxed, limp, and stress-free. When you are fully calm and relaxed, then you can proceed with the other visualization and weight loss techniques.

VISUALIZING END RESULTS

One of the most common uses of visualization is seeing end results of objectives and goals that you're trying to achieve. For losing weight, you need to focus on mental images of yourself at your goal weight or wearing the style and size of clothing that you want to wear. You can also picture or visualize yourself in a dream setting or at an occasion you've been looking forward to, such as a family occasion, school reunion, or just lounging on a first-class beach wearing your bathing suit.

Focusing even on the tiniest details can help your weight loss visualization sessions stay realistic and powerful. Using your visualizations every day helps to improve your motivation and dedication to get in shape.




WEIGHT LOSS WITHOUT THE SCALE

Wouldn't it be so amazing if you could lose weight without really feeling pressured and frustrated because you are stuck on a strict diet plan or you have become a constant scale watcher? This mentality of severely limiting your food and constantly watching the scale does not actually allow you to eat foods that your body needs and sometimes deprives you of the chance to eat with your family and friends. Believe it or not, there are effective ways for losing weight even without the strict diet, scale, or even counting fat and calories.

GETTING OFF THE SCALE-REASONS TO STOP WEIGHING YOURSELF

If you are losing weight with the scale, consider stepping off the scale now, forever! Though picking an arbitrary number for your weight loss goal is a good starting point, the scale does not really tell the whole story. Frustration on the scale can send you into emotional turmoil, which can sometimes result in losing your focus and not achieving your goals.

In many instances, the metrics or the scale you have been relying on for so long provide numbers that do not always indicate the real progress you are making in your weight loss journey. The truth is, powerful transformations can slim you even without dropping a significant amount of weight on the scale. When people lose weight and are not strength training, then they lose muscle too. So, it is not just fat you are losing. If you are strength training while losing weight you will gain muscle and the scale will show that, but most people panic think it is fat, and go into deprivation mode. As I stated earlier, this only slows your metabolism thus slowing down your weight loss. If you have not moved your



bowels that can also affect your weight, if you had salty foods the day before your body maybe holding extra water weight. So, get off the scale! If you MUST weigh yourself do it the same time, as soon as you wake up, after you urinate, before eating or drinking anything and try to do it every two weeks like every other Friday.



DISCOVER YOUR NEWEST SCALE


Some individuals might wonder about the ways they can properly track their weight loss progress in case they are told to put their weighing scale away and stop weighing themselves or tracking their body fat percentage. There are various indicators that you can use to track, and these are often more accurate and do not fluctuate nearly as much every day as your bodyweight.

The following can be your newest scale and you can use these tools to track your progress:

- How you look in your mirror
- How you feel
- How your clothes really fit
- How you perform
- How you eat

You have probably learned so much about your body over the years and you know that weight fluctuates and that one pounds of fat is not equal to one pound of muscle. So why do you really need to be slaves of the scale?

The truth is the number that peers up from your cold bathroom floor is a bad indicator of fitness and health success. It does not really matter if you are trying to gain or lose weight or even discover a new ideal weight for you. Experts even suggest that these other methods are much better ways to figure out that you are on the right fitness path.



When losing weight, you need to listen to your body because your body will tell more information than the scale does. So now, you have probably learned the reasons why you need to take the scale out of the picture. Remember, this is not the only way to track your progress.

LONG LASTING WEIGHT LOSS-HOW CAN YOU REALLY ACHIEVE THIS?

While losing weight really takes dedication and focus, it is imperative to remember that losing unwanted weight is not really a start and end process. Sure, you have your fitness or weight loss goals to achieve, however, once you successfully get there, you do not just stop eating healthy and working out right. You don't become a couch potato eating fast food once you hit your goal. You keep this up simply **because it is a healthy lifestyle** that is doable and livable, and this is something that makes you feel great.

So, whether you are just starting out in your own weight loss journey or you have already reached your goals, you need to follow ways to ensure long lasting weight loss.



SO HOW CAN YOU REALLY ACHIEVE THIS?


Keep Track of Your Progress

You can write down things about how much you work out and the foods that you eat. There are many apps and tools that can help you track your progress. Doing this can also open your eyes on what you are really doing and where you can improve to reach and maintain your weight loss goals.

Studies revealed that individuals who track their progress and who prepare food journals lose more weight and then keep this unwanted weight for the long haul. Keeping track of your progress either in a notebook or phone app keeps you focused on the end goal and logging foods in a journal minimizes the amount of cheating. Most of these individuals who used food diaries while losing weight were more successful in reaching their goals than those who did not. Seeing in writing exactly what you are eating each day, when you are eating it and **why you are** eating it. Make sure you keep track of your feelings when you eat. Are you eating out of hunger, boredom, stress, that time of the month?

Reward Your Success but Not Necessarily with Foods

Good rewards are something that's desirable and timely and this depends on achieving your goals. Rewards might include treating yourself to a massage, a movie, or you can take an afternoon off from work. It is suggested that you make time for yourself at least one hour every day for self-care and to decompress from a busy or long day. Remember that small rewards that can be given to meet small goals or to motivate someone to work harder. Breaking a large weight loss goal into smaller, more attainable goals is easier to measure and doesn't seem so daunting or impossible. It's called **SMART goals**.



Get Moving & Stay Moving

Being active is ultimately important to keep the weight off not to mention the numerous other health benefits, such as helping with the cholesterol ratios, reducing the blood pressure and improving well-being and mood, and strengthening your heart. Make sure to be active and do things that you love, whether it is walking, dancing, biking, or playing your favorite sports. Life is too short not to do things you love.

Do some cardio exercise every day and resistance training for few days to get into and to remain in shape. The sessions must be at least 20-30 minutes for maximum effectiveness, but this can even be broken into smaller segments with the heart rate up to 60% to 85% at its maximum.

Follow these strategies and you can surely achieve long lasting weight loss.



READY TO TAKE YOUR WEIGHT LOSS TO THE NEXT LEVEL?

Think about how amazing you'll feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program that to take your health, life, and energy to the next level?

Join me for my “**21 Day A New You Simple Weight Loss Program**”. You'll receive an in-depth guide, over 41 mouthwatering, allergy-friendly, easy-to-make recipes, with an omnivore and vegetarian option, as well as a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally. Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you. There is a private Facebook Group for all members to join for extra support during the 21 days.



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