



## Hypnosis Slimming Coach

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## EAT WELL, MOVE MORE BODY MANAGEMENT PROGRAMME

Welcome to your Body Management Programme. This programme will help you achieve the size and health level, you are aiming for. I will do my very best to help you with this programme and help you to do your very best to help yourself. Your Body Management Programme will follow some specific actions you create, and some general actions, repeated trials have proven to aid your goal to transform your shape.

Firstly, really think about the way you currently eat, and your level of exercise, if you are not happy with your shape, it usually has something to do with your current, or long term eating pattern ( how you approach eating) and exercise level.

This is a life changing and body transforming programme and with your own focus and effort along with successful hypnotherapy techniques, you will progress towards your goal, with ease.

To kick start your programme you will need to be aware of your Weight, Height, Activity level and have a description of your current eating habits and exercise pattern and an understanding of any food specific cravings you may experience.

I will then use this information to create your individual programme. If needed by you, I will calculate your BMI, using an NHS based calculator which also offers guidance and advice for the future status required, this will show what's needed for you to have a healthy BMI.

I then use this information to calculate your BMR – basal metabolic rate, which shows how many calories you need to simply maintain your body, in resting mode. This background information will help tailor the food needed for your body management programme, to give you the best and healthiest route for you.

You will then be offered a 4 part tailored hypnotherapy programme to support you in your goal. The sessions can be every week or be booked as and when you require and will be tailored to your specific needs. You will also be provided with a measuring service, and a supporting recording for you to listen to daily.

## Your Programme Actions.

**Action 1** – Participate in at least 4 tailored hypnotherapy sessions. I will discuss your needs on a regular basis and adapt your sessions to suit your own individual needs.

### **Action 2– Listen to your support recording daily for at least 3 weeks**

It is important to support your programme with the recording I produce for you. This will help amend the neural pathways in your brain relating to your associations and attitudes towards food. Please listen to your recording, using headphones, at least once a day, in a safe and comfortable environment. Do not operate machinery or drive whilst listening.

### **Action 3 - Focus on what and how you eat. Do nothing else whilst eating.**

Every time you eat, be aware of how your food tastes and feels, and only continue eating if you fully enjoy every single mouthful. When this sensation stops, stop eating and either dispose of any remaining food or wrap it carefully and save for a later time, if appropriate.

### **Action 4 – Only eat when you recognise you are physically hungry.**

Do not follow your existing habitual eating method. Open your mind to help you take up your new eating plan and remember to eat before your hunger signals become too strong, and stop as soon as you recognise you have had enough.

NB. Sleep is vital to a great health regime and has an important impact on eating patterns. If you have trouble sleeping I can also provide a sleep support recording

Create your new eating plan here after your discussion with me

**Action 5 – Safely increase your exercise levels** ( please consult with your GP if needed)

Follow your own safe exercise plan daily, and keep a record of activity level and impact.

**PROGRESS CHART - measure at the same time every week.**

Week 1	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 2	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 3	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 4	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Remember, you are able to take control of the way you eat. Eat consciously, and take note of your physical hunger signals only, and not emotionally driven food cravings. Drink safe amounts of cool water and give your body the healthy nutrients it needs, to function in the best way possible. The most amazing thing you could do for your body is to fine tune it and maintain it. It's your body, and needs your support and care, to make sure you can live the best and healthiest way possible. Remember, your future is in your hands.

**4 week review..** What's going well? What, if anything, needs to change/ improve? Create your next 4 weeks' plan.

**PROGRESS CHART - continue to measure at the same time every week.**

Week 5	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 6	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 7	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 8	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Remember to eat consciously, and to continue to take note of your physical hunger signals only, and not emotionally driven food cravings. Drink safe amounts of cool water and give your body the healthy nutrients it needs, to function in the best way possible.

Remember, it's your body, and needs your support and care, to make sure you can live the best and healthiest way possible, for the rest of your life. Be amazing. Remember, your future is in your hands.

**Second 4 week review.** What's going well? What, if anything, needs to change/ improve? Create your next 4 weeks' plan

**PROGRESS CHART - measure at the same time every week.**

Week 9	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 10	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 11	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Week 12	
Chest	cm
Waist	cm
Hips	cm
Total	cm

Remember, you are able to take control of the way you eat. Eat consciously, and take note of your physical hunger signals only, and not emotionally driven food cravings. Drink safe amounts of cool water and give your body the healthy nutrients it needs, to function in the best way possible. The most amazing thing you could do for your body is to fine tune it and maintain it. It's your body, and needs your support and care, to make sure you can live the best and healthiest way possible. Remember, your future is in your hands.

**12 week review.** What's going well? What, if anything, needs to change/ improve? Next steps, continue size reduction, or maintain.

**12 week summary.**

What will you continue to do to reach and maintain your healthy size and shape?

What have you put in place to make sure you maintain your healthy lifestyle?

How will you make sure you continue to look after yourself the best way possible?

Do you need any further support from hypnotherapy or life coaching?