

METABOLIC

REBOOT[®]

Program Guide



BEYOND SLIM[®]

Fitter. Healthier. Happier.

Welcome to a Fitter, Healthier, Happier YOU!

A Message from Beyond Slim® Founder Ray Faltinsky

Dear Friends,

I am thrilled you have decided to become a part of the **Beyond Slim®** family and are making the most important decision of your life; to become fitter, healthier and happier! It was the poet Virgil who said, “The greatest wealth is health” and nothing could be more true! Without your health, you have nothing. You can have all the money in the world, all the material possessions you could ever dream of, but if you don’t have your health and well-being to enjoy those things, they are meaningless.

Beyond Slim’s Metabolic Reboot® program has been carefully designed to help you activate your metabolism and build healthy habits to keep it switched “on.”

This program guide gives you a **simple, easy-to-follow and science-backed plan**, providing you with a roadmap for reaching your weight loss, fitness, and happiness goals.

Once you **define your “Why”** and **set your health goals**, you will dive right into our **9 Reboot Rituals**. These simple health habits are the key to achieving your goals and living the vibrant, healthy life you deserve!

I challenge you to try them long enough to form a true habit - science says that takes 66 days. Best of all, when you do, you can **win from thousands of dollars in annual prizes** as part of our **Reboot 66 contest!**

Let’s do this together, spread the word to others, and make the world a fitter, healthier and happier place for all of us!

Stay Healthy!

Ray

Ray



Ray Faltinsky

What's Your Why?

The first step for keeping yourself motivated to get into better shape is to **define your "why"** and write it down. There are many reasons people want to lose weight, and the key is finding the 2-3 different reasons that will motivate you to keep with the program, and overcome those obstacles that may have kept you from your goals in the past.

To get your brain going, consider these reasons as examples:

- ☒ To live a longer, healthier life
- ☒ To be able to play sports with your kids (or grandkids!)
- ☒ To be able to fit into your jeans from a few years ago
- ☒ To feel more confident in how you look
- ☒ To have less pain in your joints and muscles

Why I want to be fitter, healthier and happier!

Pro Tip:

Keep these somewhere you'll see them often — your fridge, your phone lock screen, your bathroom mirror. Don't lose sight of your "why"!

Set Your Goal!

Selecting a weight loss goal is very important to reaching your ideal weight. Studies show that setting a target leads to greater long-term weight loss. It may surprise you to know that having a "stretch" goal actually improves the results; so set a big, bold goal!

Ask yourself, how much weight do I want to lose in the first 30 days of my participation in the Metabolic Reboot® program? 5 lbs? 10 lbs? How much do I want lose in 60 days? 90 days?

Set your goal, write it down and go for it!

How much weight do I want to lose in the next 30 days, 60 days and 90 days?

30 DAYS: _____

60 DAYS: _____

90 DAYS: _____

Metabolic Reboot® Video Program Guide

Follow along with short videos to support your success!

vimeo.com/showcase/reboot

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5111772/>

A photograph of two women in a kitchen. The woman on the left, wearing a white t-shirt and glasses, is holding a large red knife over a wooden cutting board. The woman on the right, with curly hair and wearing a green top, is smiling and peeling a green apple with a small knife. The background shows a kitchen sink, a water filter, and some fruit on the counter.

9 REBOOT RITUALS



9 REBOOT RITUALS

The keys to becoming **fitter, healthier and happier!**

These **Reboot Rituals** are small, very doable habits to work into your daily life that have been shown in scientific studies to **dramatically improve your progress** towards your weight loss and health goals. It used to be said that to form a daily habit it took 21 days. But according to a study from University College London, **it actually takes 66 days for a new behavior to become automatic**. So, we encourage you to follow these Reboot Rituals for 66 days so they become a part of your daily life - and so you can win prizes as part of our **Reboot 66™** contest!

At the end of each day, review the 9 Reboot Rituals and jot down or make a mental note of which ones you achieved and which ones you didn't. Don't beat yourself up if you missed one or more. Just make it a goal to go for 9 the next day.

There is no better way to activate your metabolism and keep it switched "on"!

References:

<https://onlinelibrary.wiley.com/doi/abs/10.1002/ejsp.674>



1. Drink ZipSlim® an hour before your 2 largest meals each day

Using **ZipSlim®** is an integral part of the **Metabolic Reboot®** program. It has been **scientifically designed** with ingredients that maximize the results of your Reboot Rituals by helping you to lose **3x more weight** than dieting alone,* **reducing your cravings and appetite**, and helping you to get into the best shape of your life. Plus it **tastes so great**, you'll WANT to make ZipSlim® a daily habit!

Learn more at
ZipSlim.com



References:

Fifty overweight people (BMI 28-36) using a key ingredient in ZipSlim, along with a lower calorie diet (1350 calories for women/1850 for men), lost 30 pounds in just 90 days, compared to just 10 pounds for those following the lower calorie diet alone. Results may vary from person to person.

Di Pierro F, Menghi A, Barreca A, Lucarelli M, Calandrelli A. GreenSelect Phytosome as an adjunct to a low-calorie diet for treatment of obesity: a clinical trial. Altern Med Rev. 2009 Jun;14(2):154-60. <https://nmxmcdh.com/images/BYS/research.pdf>

2. Give gratitude

Cultivate an **attitude of gratitude** by writing down or even just thinking of **3 things** you are grateful for each morning when you wake up. Science shows the health benefits are extraordinary!

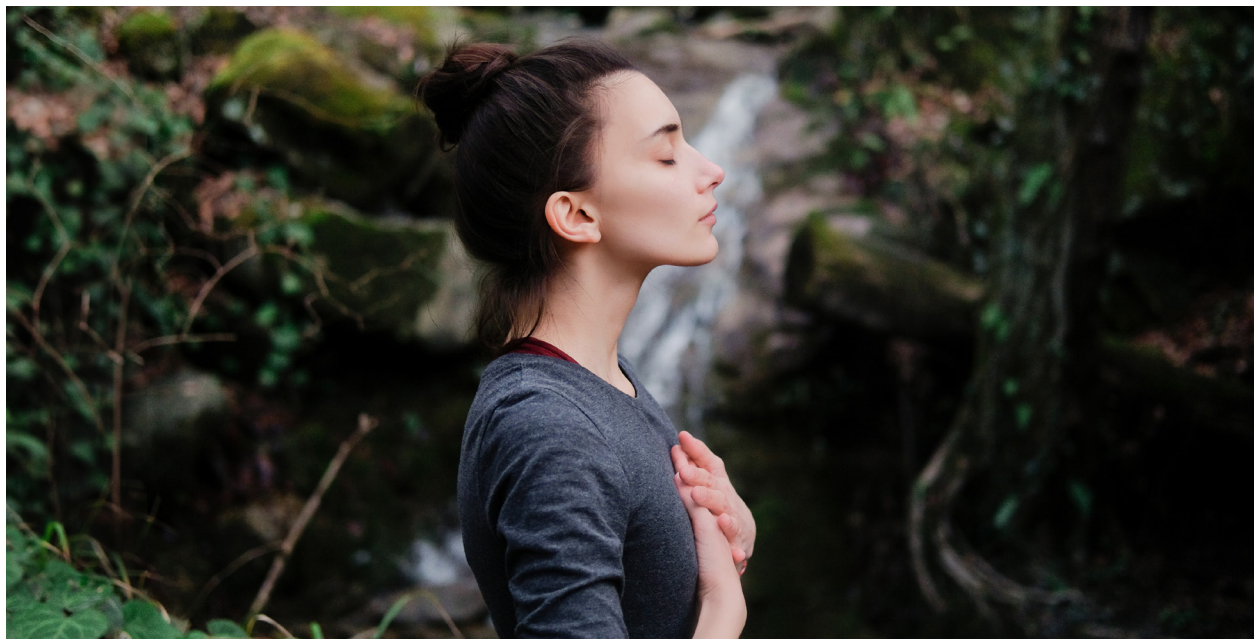
Gratitude has been shown to **improve physical health and to help reduce aches and pains.**

A 2019 study showed that optimistic people have a 35% reduced risk of cardiovascular events and a 14% lower risk of ALL causes of death. And, grateful people are more likely to take better

care of themselves, eat healthier, sleep better and increase their level of happiness. Gratitude has also been scientifically shown to **reduce stress levels** and thus it will reduce stress-based eating. Gratitude can also reduce your levels of cortisol, a stress hormone that can cause you to become overweight.

All of these **scientifically proven** benefits will help you reach your goals of losing weight and becoming **fitter, healthier and happier!**

Start right now and write down 3 things you are grateful for in this moment:



References:

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude>
JAMA Netw Open. 2019 Sep 4;2(9):e1912200
<https://www.today.com/health/be-thankful-science-says-gratitude-good-your-health-t58256>
https://www.huffpost.com/entry/7-reasons-gratitude-can-help-you-with-weight-loss_b_58fee8a8e4b047ce3ee27b93



3. Track your progress daily

Studies have shown that stepping on the scale and **weighing yourself each morning or taking your measurements** is an effective method to help you lose weight because it **increases motivation** and improves self-control and accountability. The results can be quite dramatic if you adopt just this one simple habit.

In one published study of 47 people, the group that weighed themselves daily lost 13 more pounds over 6 months than those that weighed themselves less often. That's 13 pounds more weight loss, just by weighing yourself each day!

In another study, people who weighed themselves every day ate 347 fewer daily calories than those

who did not. And after 6 months, the group that weighed themselves daily lost 10 times more weight than the group that did not!

This habit is really simple. Weigh yourself or take your measurements after you wake up and go to the bathroom, but before you eat or drink anything. This way, you will be getting a consistent baseline weight or inches number. Keep in mind that your body can fluctuate daily for a variety of reasons (including how much water you've had to drink), so don't worry about these fluctuations.

Keep focused on your overall progress trend and you'll be thrilled with your results!

References:

<https://www.ncbi.nlm.nih.gov/pubmed/25683820>

<https://www.ncbi.nlm.nih.gov/pubmed/23512320/>

<https://www.healthline.com/nutrition/daily-weighing>

<https://www.healthline.com/nutrition/weight-loss-morning-habits>



4. Drink more water!

Numerous studies have demonstrated that drinking reasonable and healthy amounts of water results in **weight reduction, body fat reduction and appetite suppression**. In one 2014 study, 50 overweight women who drank about 16 oz of water before each of their 3 meals achieved excellent weight loss results over 8 weeks. Similar results were seen in a 2013 study.

Another study found that overweight women who increased their water intake to over 34 ounces per day lost an extra 4.4 pounds over one year, without making any other changes in their diet or exercise routine.

Water helps **increase calorie burning**, helps remove waste from the body, reduces your overall calorie intake, and is necessary to burn fat.

Drinking ZipSlim® 2 times a day before your 2 largest meals is an easy way to get an extra 12-20 ounces of water twice a day. But in addition, for optimal weight loss results we recommend drinking an additional **four to six 8-oz glasses** of water throughout the day.

Your body will thank you!

Drinking more water throughout your day could look like this:

Morning		Midday		Afternoon		Evening	
Waking Up	With Breakfast	With ZipSlim 1 Hour Before Lunch	With Lunch	In the Afternoon	With ZipSlim 1 Hour Before Dinner	With Dinner	Before Bed

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4121911/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3809630/>

<https://www.ncbi.nlm.nih.gov/pubmed/18787524>

<https://www.ncbi.nlm.nih.gov/pubmed/24684853>

<https://academic.oup.com/ajcn/article/95/3/555/4578292>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4901052/>



5. Move your Body for at least 30 minutes every day

There is no question that **our bodies were designed to move**, and that a key healthy weight habit is to get some form of exercise every day. In general, it doesn't matter what kind of exercise you do, whether biking, yoga, strength training, swimming or any other exercise that you like. The key is to get your body moving for at least 30 minutes every day.

The best exercise is the one you will do consistently. One of the easiest and simplest exercises for weight loss and overall health is walking. Studies have shown that **walking** is one of the most effective ways to lose belly fat. One study showed that just 30-60 min of walking on most days of the week resulted in an extra 1.5 inches off their waistline and 1.3% more lost body fat than in the group doing just dieting alone.

So please get your body moving for at least 30 minutes every day!

References:

<https://www.webmd.com/fitness-exercise/news/20120824/30-minutes-daily-exercise-shed-pounds>

<https://www.ncbi.nlm.nih.gov/pubmed/12439651>

THIN Foods

Total
High
Intensity
Nutrition

Download
the guide at
Reboot.
BeyondSlim.com

6. Eat mostly T.H.I.N. foods

T.H.I.N. stands for Total High Intensity Nutrition, foods that are **packed with nutrients yet low in calories**. T.H.I.N. foods include vegetables, lean animal protein, whole grains and a little fresh fruit. T.H.I.N. foods do not include cakes, cookies, ice cream, sodas or any foods with lots of sugar or white flour. Yes you can have non-T.H.I.N. foods occasionally, but the mainstay of your diet should

be T.H.I.N. foods like salads, vegetables, whole grains, lean meats and some fruit (but not fruit juices because of the high sugar content).

To make this simple, please read Beyond Slim's **Think T.H.I.N. — Healthy Eating for Life** booklet for eating tips and 30 delicious recipes.

7. Fast for at least 12 hours every day

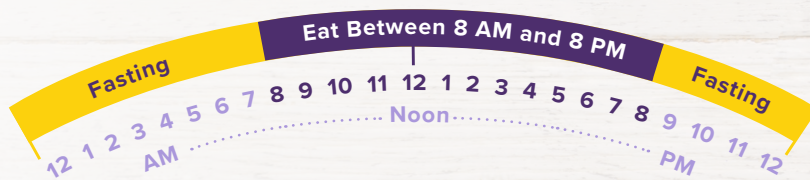
Recently there has been a tremendous amount of research coming out on the **health benefits of intermittent fasting** for **weight loss, longevity and overall health**. And the research is very strong, including a 2019 study in the New England Journal of Medicine touting its benefits.

Fasting doesn't have to be complicated; you can simply keep a rule to not eat anything after 8pm at night, and don't eat the next morning until 8am. That's 12 hours and it can be as simple as that!

Or choose a different 12 hour window that works for you. You'll be giving your body a tremendous break each day, which will lead to weight loss and some incredible health benefits. Intermittent fasting is a great way to amplify the results that you will receive by following your Metabolic Reboot™ results.

Example:

Here is what a 12 hour fast can look like if you eat between 8am and 8pm, and fast from 8pm until 8am.



Pro Tip:

For even better results, try to stretch your fasting time eventually to 14 or 16 hours.



8. Get at least 7 hours of sleep each night!

Research shows that **getting more sleep is one of the most important things you can do to lose weight.**

In one study of 1,615 people, those sleeping fewer than 5-6 hours each night gained more weight over time, had bigger waistlines and were more likely to be obese compared to those who got 7 or more hours of sleep.

Your goal should be to get at least 7 hours of sleep every night. And watch those pounds melt away in your dreams!

Did you know?

In a 2012 double-blind, placebo-controlled study in 64 healthy adults, it was found that those taking a key ingredient in ZipSlim® had **improved sleep quality** almost 6x better than those taking a placebo.*

References:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0182195>

Chandrasekhar K, Kapoor J, Anishetty S. A prospective, randomized double-blind, placebocontrolled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults. Indian J Psychol Med 2012;34:255-62.





9. “Check in” with your Coach or buddy at least once a day

Researchers from Brown University Medical School found that people with at least 1 support buddy were **more successful at losing weight** than those who tried to do it alone. Having a buddy helps in numerous ways; by holding you accountable, by being understanding, by making the challenge fun, and by being someone to celebrate your success with!

We recommend you **work closely with your Coach** who introduced you to Beyond Slim®. Your Coach is there to support you all the way.

Be sure to ask them if they are running a Reboot Group you can join! Reboot Groups are a simple, rewarding, and FUN way to connect with others and increase your chances of success.

Remember to **check in each day** with your Coach or buddy and let them know how you’re doing with a phone call, text or on social media.

Let them know how many of the **9 Reboot Rituals** you did that day, and ask them how they did!



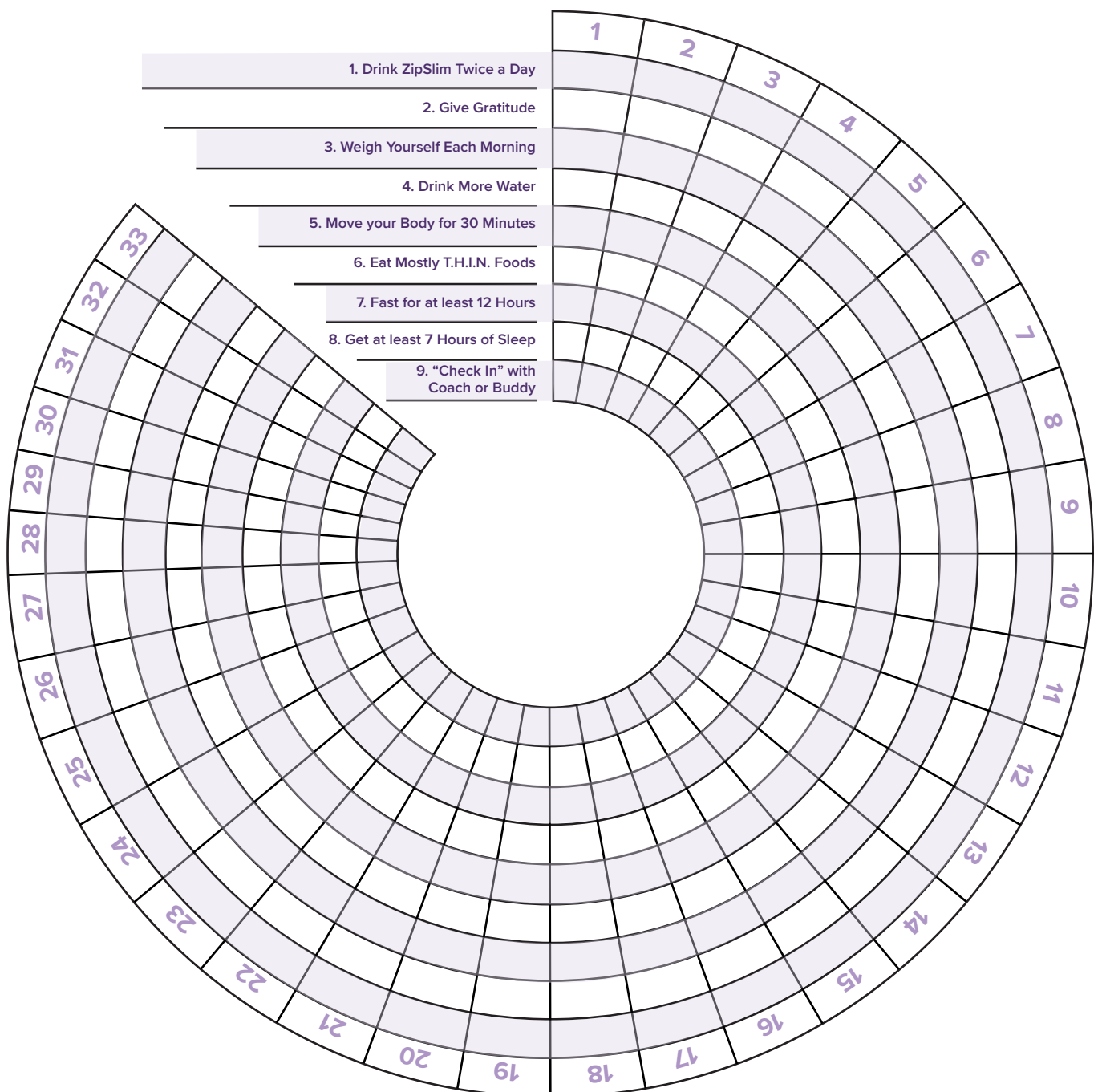
References:

<https://www.ncbi.nlm.nih.gov/pubmed/15796642>

9 Reboot Rituals Activity Tracker

Did you know that it is scientifically proven that it **takes 66 days to form a habit**? We don't just want your Metabolic Reboot® program to help you get Fitter, Healthier, and Happier, but we want you to have the success habits to STAY that way!

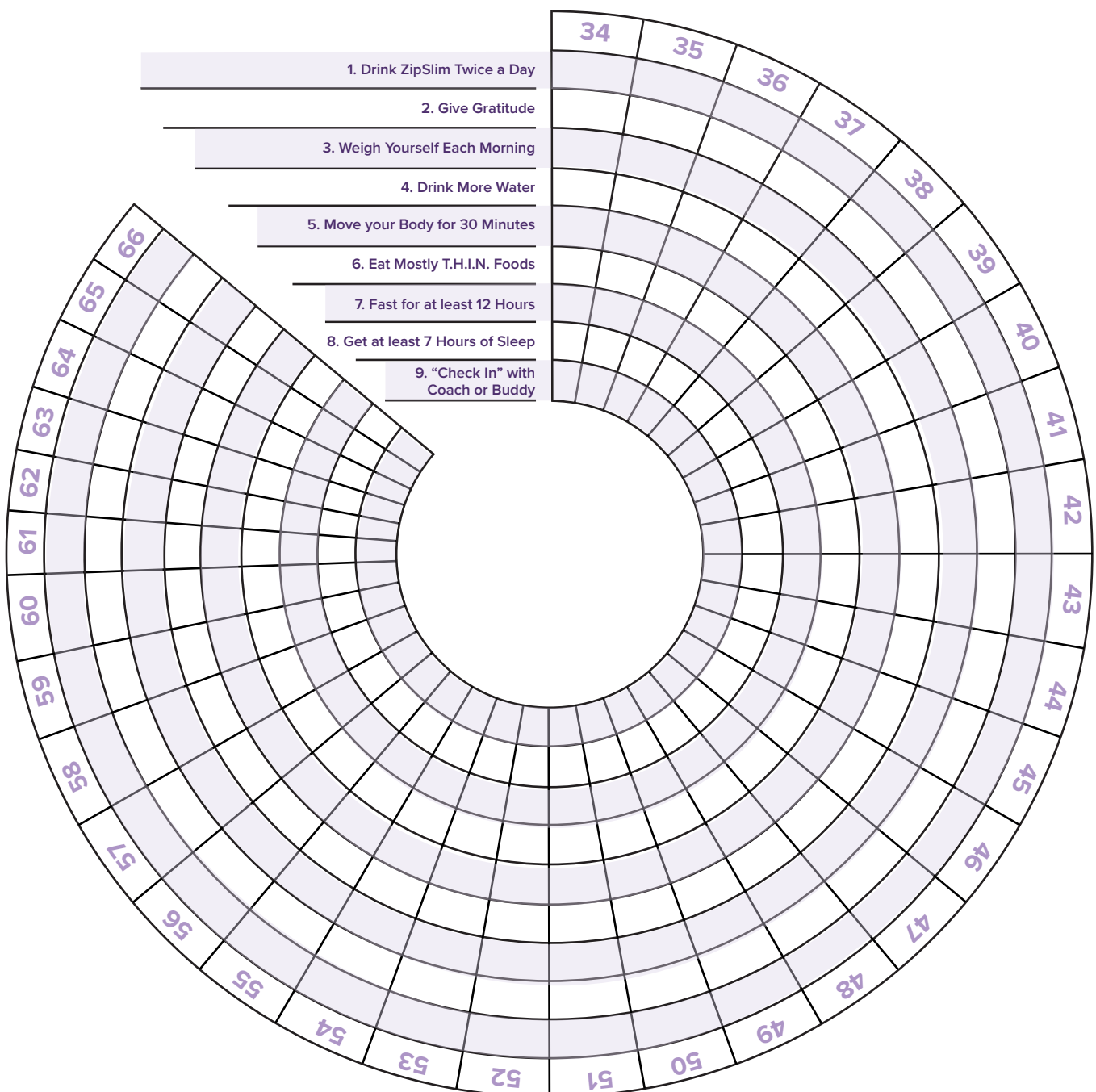
How do we help you do that? The first and easiest step is to simply track your progress! We've made it simple to think of our Reboot 66™ as 2 “cycles” of 33 days each. It gives you a great halfway point to celebrate just after your first month, knowing you're more than halfway to creating lasting healthy lifestyle habits.



9 Reboot Rituals Activity Tracker

Simply **mark your progress** as you go in whatever way speaks to you! Maybe it's a simple "checkmark" or an "X." Maybe you're the type who wants to color code them with 9 unique colors or use it like an

adult coloring book to create unique and calming designs as you go. Regardless, just have fun with it and celebrate your progress, don't sweat your imperfect days, and just keep on going!



BEYOND SLIM®

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