



10 Tips to supercharge your results while on a diet



01

Take pictures every week

The best way to keep track of your changes is with photos. The scale does not know if you lose fat or muscle and my diets are made to reduce fat and shape your body.

The right way to take photos



02

Keep a Positive Attitude

Before starting a diet, it is important that we mentalize the positive aspects that we are going to achieve, highlighting the good things that this change in diet is going to bring us in our lives (increase my self-esteem, lose weight, improve my sex life, have more energy, put on the clothes I like). Think about them daily. It will motivate you.

03

Be Grateful

Giving thanks has many benefits:

- It releases dopamine, which helps us relieve physical and emotional pain.
- Gratitude triggers large amounts of serotonin: "the hormone of happiness", thus inhibiting sadness and depression.
- Gratitude improves sleep significantly. If at night you feel anxiety or anguish invade you, start making a mental list of all those things for which you are grateful, it is relaxing.
- Experiencing gratitude lowers cortisol, the stress hormone. It always makes us feel better to look at the glass as half full and not half empty.

source: occ.com.mx

04

Get an accountability partner

When making the plan with someone else there is a mutual well-being since they help to establish and maintain diet and exercise goals. The premise is that knowing someone else is watching you, and vice versa, raises the bar and makes it harder to loosen, say, eat healthy or exercise. Knowing that someone else is counting on you does the same.



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05

Everybody eats the same at home

Do not complicate yourself, all the members of the house eat the same as you plus what they want to add. Use your creativity to use the amount of protein and vegetables in different ways in the long run, your family will thank you.

06

Establish a meal schedule and stick to it.

The Matrix system is based on a simple principle: **Eat to you lose weight**; Follow this premise by eating your 9 meals promptly at the same time, in this way your metabolism will speed up and you will have better results.

07

Log every meal (even the snacks)

Keeping a food diary can help reveal unhealthy habits that are keeping you from losing weight. Often times, people forget about the little snacks that could prevent them from losing weight. Keeping a food diary will help you say no to the extra calories that may be slowing down your weight loss.

Research shows that for people interested in losing weight, keeping a journal can be a very effective tool to help change behavior. In a weight-loss study of nearly 1,700 participants, those who kept daily food records lost twice as much weight as those who did not keep records.

08

Move your body every 30 min. Just walking is great!

Sitting for a long time is extremely harmful to your health. Use alarms or smart devices to remind you to get up and stretch every 30 min.

Adding a minimum of 20 minutes of mindful walking will go a long way toward losing weight.

09

Go to bed and wake up at the same time.

Just as eating at the same times affects us in a positive way, sleeping and waking up at the same time will help us to have better results.

10

Go to sleep before 11 pm

Just going to sleep before 11 pm can make you lose up to 28 pounds in a year without changing anything else in your life!



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Watch video

youtube.com/MatrixSystem

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