



[Link to FMD Quickstart Private Facebook group](#)

[Link to 7-DAY FMD Quickstart Resource page](#)

PREPPING FOR DAY 1 OF THE 7-DAY FAST METABOLISM DIET CHALLENGE

Tomorrow is Day 1 of Phase 1, who's ready? Have you downloaded your meal map and grocery list, and started your shopping?

If you haven't, please visit the [7-Day Fast Metabolism Challenge Resource Page](#) , It has all of that in there and much more.

Remember, do a kitchen inventory before you head to the store for staples like olive oil, veggie broths, sea salt etc.

In your Quick Start Guide I gave you a pretty simple meal map as a suggestion to follow but you can pick and choose any food combinations long as it fits the food group criteria for that snack or meal and comes from the Phase Specific Food list.

You should have everything you will need in that guide but your body is unique and your experience is uniquely dynamic so spend a lot of time on the facebook

page where you can get even more information and ask your questions.'

DAY 1 EXERCISE

Day 1 and 2 are your Phase 1 days, so that means you'll want to incorporate some cardio exercise on one of these two days.

You can choose to run, walk, swim, cycle, take a class or do a video - as long as you get your heart-rate up for 20 - 45 minutes. Try not to let it get over 145 BPM so you increase the blood flow but do not increase stress hormones.

If you have limited mobility or just feel exhausted try these [seated exercises](#) or [these lower-body only movements](#) that won't strain your shoulders or back.

Remember Phase 1 is all about lowering Stress Hormones: Deep breathing is a great way to decrease stress - and that decreases cortisol, the "belly fat" hormone.

Try some alternate-nostril breathing. With your right thumb, press your right nostril closed. Inhale deeply through your left nostril. Release your right nostril and press your left nostril closed, then exhale through your right nostril. Inhale on the right, switch sides and exhale on the left. Try taking 30 breaths this way. It sounds more complicated than it is! Check out this [article](#) for more deep breathing exercises.

RESOURCES

Do you will not miss anything I have created the [7-Day Fast Metabolism Challenge Resource Page](#)

This is where to go for all of your challenge resources. All of the printable meal maps, daily emails, and videos from me are stored in one place for you!

NEXT EMAIL TO COME: PREPPING FOR DAY 2

Will you be enjoying leftovers for lunch tomorrow? This is a possibility making week one Super Simple.

WE ARE GOING TO ROCK THIS!

A handwritten signature in blue ink that reads "Haylie Pomroy". The signature is fluid and cursive, with the first name "Haylie" and last name "Pomroy" clearly distinguishable.

No longer want to receive these emails? [Unsubscribe.](#)
Haylie Pomroy Group 351 Linden Street Suit 160 Fort Collins, Colorado 80524