



PREPPING FOR DAY 6 OF THE 7-DAY FAST METABOLISM DIET CHALLENGE

The Weekend.....

For some it is a stay in jammies all day, cuddle up with a good book and nap day. For many, it is a crazy time filled with being away from the house and your kitchen all day! One thing for sure is the weekend is when you must be plan ahead and prepared.

This is a Phase worth studying and in my course teachings one that I lecture about a lot. The hormones of the metabolism are complex and fascinating.

They are also ones that if you can heal and master you can truly increase your rate of burn, Here are some articles worth the read:

[HELLO, GUACAMOLE: FAST METABOLISM DIET PHASE 3](#)

[WHAT KIND OF EXERCISE SHOULD I DO IN PHASE 3?](#)

[WHAT TO EAT: A DAY IN PHASE 3](#)

[FREE DOWNLOAD FROM US - LIMITED TIME - PHASE 3 RECIPE GUIDE](#)

TOMORROWS, DAY 6 EXERCISE

Did you do your relaxation exercise yet for Phase 3? You can feel free to do a relaxing activity every day during this phase. Try some deep breathing or meditation. Just some quiet time on your own does wonders for stress. Find a little time for you (we know it can be hard!).

BODY BONUS: Heat is great in Phase 3. Try a sauna, a hot bath, or even just a hot foot bath. Heat increases nasal dilation, letting you breathe easier and helping to widen your blood vessels to improve circulation and reduce inflammation.

Now that we're using food to help release stored fat, improving your circulation can help move toxins and stored fat through the body, processing them out of the body for good!

JOIN THE CONVERSATION

Have any questions? Please post your questions on the [Private FMD Facebook Group](#). My team is here to answer your questions. Also, if you know an answer to a question from someone in the group, don't be afraid to chime in!

NEXT EMAIL UP: DAY 7

Tomorrow we'll finish out our week with a delicious Eggplant Stew. This dish freezes well, so plan on extra portions for next week's meals.

In Good Health,



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