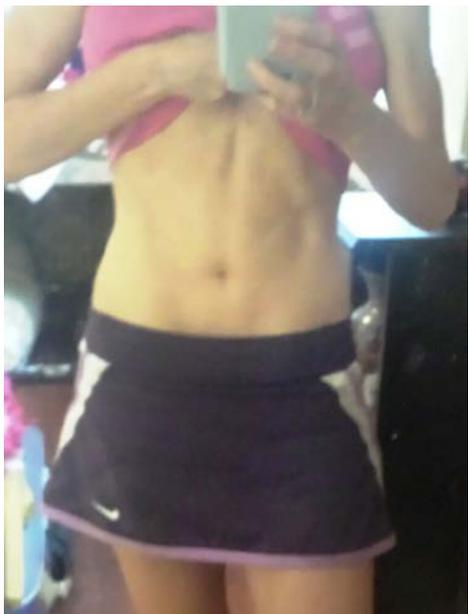


3 Days to a Cleansed, balanced more energetic body!



By: Dianne Villano, Your Personal Body Sculpting Expert
Brought to you by Custom Bodies
www.fitnessstpete.com

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Please feel free to email this to any of your friends, family, or co-workers that you think would benefit from a cleansed, balanced and more energetic body . They will surely be thrilled that you shared all of this information with them!

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1. Introduction



Do you want to be one of those "lucky" thin people who seem to be able to eat anything they want without gaining weight? Want to have tons of energy and look good in any outfit? It all starts with a cleansed body and balanced blood sugar levels.

During these next 3 days you will naturally and gently balance out your blood sugar levels, cleanse your body of nasty, metabolism toxins and reduce bloat.

This is not meant to be a long term diet but a simple, gentle way to get your body ready for the healthy lifestyle and food choices that will get you into the body of your dreams without harsh pills, potions or nasty sludge.

I'm here to tell you that being fit, healthy and energetic isn't as difficult or daunting as most people make it out to be but it does require a little effort and some lifestyle changes and this

is step 1.

Our clients have heard me say repeatedly that "weight is a symptom of lifestyle" and the only difference between fit and unfit people are the daily habits which comprise their "lifestyle". So, I am giving you a simple tool to get your body ready to create the healthy lifestyle (and body) you want.

People often remark that I am lucky to "be so thin". The reality is, I have been living this for the past 25 years of my life which is why I am no longer the 40 pound over weight chubby chick I was in high school and why I've managed to avoid the on again, off again dieting merry go round plaguing Americans for the past 20 plus years.

Looking and feeling great in your 20's, 30's and beyond, is about consistency and making small changes weekly and I am looking forward to helping you take your first step!

2. 3 Day Detox & Cleanse

	Monday	Tuesday	Wednesday
Pre workout snack	Apple Biofuel	Biofuel	Apple Biofuel
Breakfast	Green Smoothie	Green Smoothie	Green Smoothie
Snack			
Lunch	2 C sliced Veggies, 1 C fruit	2 C Sliced Veggies	2 C sliced Veggies, 1 C fruit
Snack			
Dinner	2c Spinich 1c romaine 2 c veggies lemon for dressing	2c Spinich 1c romaine 2 c veggies lemon for dressing	2c Spinich 1c romaine 2 c veggies lemon for dressing

If you are ready to take your cleansed, balanced and detoxed body (and fitness program) to the next level, check out our revolutionary **14 Day Rapid Results Program** . This program is fully comprehensive with everything you need if you're serious about **finally** achieving the body of your dreams. This is NOT about going on a diet or crazy "transformation" program. It's about letting me put science and my 20 years experience to work for you with cutting edge workout designed to turn your body into a 24 hour fat burning machine, 21 Days of menu plans designed to burn maximum fat while you eat real food 45 tasty, fat blasting recipes that won't leave you hungry and all of the tools you need to be successful and FINALLY look and feel the way you deserve. You can check it out here: www.stpetebodytransformationexperts.com

3. Smoothie Recipes



Tip: put in liquid first, then fruit and then the greens. The amount of water will depend on whether you like it thick or not.

1. 1 cup of water, 1 cup of strawberries, 1 banana, and 2 cups of spinach, 1 tbs flax
2. 1 cup of water, 1 cup of mango, 1 frozen banana, and 2 cups of spinach
3. 1 cup of water, 1 cup of tropical fruit blend (freeze section) and 2 cups of spinach
4. 1 cup of water, ½ cup of blueberries, ½ banana, and 2 cups of kale
5. 1 cup water, 1 cup of green grapes, 1 orange, ½ Bartlett pear, ½ banana, and 1 cup of kale

4. The Next Step: How To Fix Your Slow Metabolism



IF you are like most women over 30 or men over 45, the words "*I can't lose weight because of my slow metabolism*" or "*I've done everything and I just can't lose weight*" have probably come out of your mouth at least once. Being a woman over 45 myself, I can promise you that fixing a slow metabolism is much easier than you might think and it doesn't involve hours of tedious cardio, "eating well", starving yourself or working out 6 days a week.

If you want to get rid of that stubborn fat from your butt, thighs and arms and lose those last 10 -15 lbs, you must STOP with the steady state cardio immediately.

No more walking on treadmills or outside, ellipticals or steppers, period. Conventional aerobic exercises are not very effective ways to lose weight **and will train your body to STORE fat on top of inhibiting your fat burning hormones.**

Study after study over the past 10 years has shown the efficacy of metabolic resistance and high intensity interval training techniques + over steady state cardio.

In the last 10 years, research has shown us two very important things about exercising for fat loss.

1. Lifting your Body weight or heavier weights using total body movements lead to burning more calories after the workout when compared to old school lifting programs or cranking out rep after rep with a light weight.

According to **A study conducted by Wilson et al. From the University of Tampa, FL**, "when you add in low intensity steady state cardio you get a temporary boost in weight loss. Subjects lost a couple of pounds the first week and after that they lost nothing. This happened because their metabolism completely adjusted to that and that became their new set point to what they had to do just to maintain. Steady state cardio with a low calorie diet is terrible for fat loss and could cause muscle loss. During a low calorie diet, steady state cardio is more catabolic (muscle wasting) towards muscle as opposed to High Intensity Interval training being much more muscle sparing."

Wilson, et al. Concurrent Training: A Meta Analysis Examining Interference of Aerobic and Resistance Exercise. University of Tampa, FL. J Strength Conditioning.

2. **The more muscles you use during an exercise, the more calories you burn during your workout and after.** A study of women showed that when they used heavier weights and lower reps for compound movements they burned more calories in the hours after training. This is called EPOC. (Exercise post oxygen consumption) Doing hours and hours of "cardio" each week is a great way to go nowhere in your fat

loss program while wasting a lot of time and most likely incurring injury. **Stop worrying about exercising in a certain heart rate zone for fat loss or for cardiovascular endurance or how many miles you walk.**

Unless you have nothing better to do with yourself than spend 5 plus hours a week working out with minimal results, (which, long term lead to joint damage on top of fat storage) there are far more effective ways to reach your goals.

Step 1: Forget about how many calories the machine says you've burned (they are rarely accurate), it's all about MAXIMUM calorie burn and EPOC

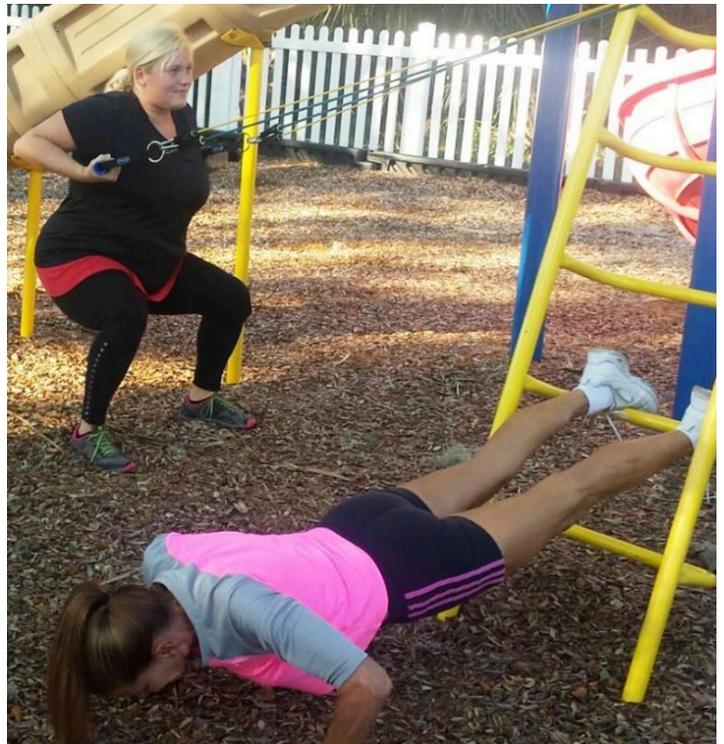
Step 2: Get off the Elliptical, treadmills and steppers for good and stop with the long walks.

Step 3: Choose the right total body exercises for your body type, fitness level and goals, exercise at the right intensity, and perform shorter bouts of metabolism-boosting interval training.

Step 4: Eat to burn more fat which is a topic for a whole other rant

In a nutshell, if you want to speed your metabolism and reshape your body do this:

1. Eat more Protein, more vegetables and fewer processed foods
2. Step away from the treadmills, steppers, ellipticals and long walks
3. Start an effective fitness program that includes plenty of high intensity interval training and whole body resistance training





5. The Secret To Eliminating Carb Cravings

Now that you've cleansed, balanced and detoxed your body, here are some tips to keep it that way.

While we all know we can eat from boredom, stress or depression.. all which can stem from being cooped up in

the house, often times "carb cravings" stem from a physiological response to the type of carbohydrates you eat and how you eat them. Have you ever noticed that the more you eat, the more you want and the hungrier you get?

The secret lies in the TYPE of carbs you choose and how you combine them with other foods.

This is, of course, presuming that you are getting [adequate daily calories and proper break down of macro nutrients](#) and aren't eating because you are bored, stressed or annoyed and that you aren't coming off of a strict "no carb" diet.

Processed carbohydrates, like those made with white flour and white sugar have had their nutrients, including fiber, stripped during processing, so when they are consumed, they are digested rapidly and can cause spikes in blood sugar that can lead to unhealthy cravings for more of the same. Remove them permanently from your diet 90% of the time. Aside from the amped up carb cravings, they effect your insulin levels and fat storing hormones creating a double whammy.



Choose "good carbs" like grains, vegetables, beans and other legumes, and fruits because they are nutrient-dense, high in fiber, and, unlike processed carbs, they'll help stabilize your blood sugar levels and keep you feeling fuller longer.

BONUS TIP: To further tame carb cravings, be sure to ALWAYS eat your carbs with a protein or fat. This helps slow down the break down of the sugar in your blood stream, keeping blood sugar even and fat storing hormones at a minimum.

ex. Fruit with cheese or nuts (watch your portions)

Bagel with cheese or a tbs of peanut butter instead of jelly

Remember, fat free = blood sugar nightmare

Extra bonus tip: There are no bad foods, only bad amounts and even processed garbage can fit into a healthy food plan if you are mindful of nutrition labels and portion sizes.

6. In Closing

YES, , IT REALLY IS THAT SIMPLE ! Cleanse, detox and balance your body naturally with real food, train and eat to burn fat and balance your macro nutrients. This is how I have maintained my 40 pound weight loss for over 25 years and how I have helped over 1500 clients lose (and keep) their weight off over the past 18 years – eating more than they ever have on any “diet” and working out 3 days a week.

I hope you found this and my thoughts, insights and examples helpful. I want to drive home the point that you don't need to spend every night cooking for hour and you don't need any expensive, pre packaged meals (which are over priced and loaded with chemicals and preservatives anyway).

To have a fit, healthy, body full of energy that looks good naked, you don't need to live on twigs and nuts or have a life that revolves around your “diet” or workout. You don't need to jump from diet to diet or fad to fad. You don't need to waste money on the new pill or potion. All you need is a little dedication, 3 hours a week out of the 168 we all have and an effective plan.

There you have it. The “secrets” I've used with our in home clients and campers for the last 18 years to detox, cleanse and balance out their bodies after holidays, vacations or just a fast food lifestyle.

If you want to take your cleansed, balanced, detoxed body (and fitness program) to the next level, put my no hype, science based approach and special motivational tools to work to **FINALLY** get the body you deserve to spend the rest of your life check out our **14 Day Rapid Results program** and enjoy 14 days of pre planned meals including 45 tasty fat blasting recipes along with progressive workouts you can do anywhere and suited for the first time exerciser to the most advanced of fitness buffs plus our unparalleled accountability system and group support.

7. RAVING FANS

Here is a sample of what some of our clients have to say:

This is a wonderful program. Dianne is the spark plug for a group of supportive and motivational people. Today is actually my 5 month anniversary on the group. In that amount of time **I have lost 25 pounds and 25 or 30 inches.**

Dianne educates, motivates, supports, and sometimes gives a person a good kick in the rump (in the most loving of manner). With her willingness to share her knowledge, I am developing and creating a new lifestyle that will lead to a healthy and fit life. I have more energy than I have had in a long time. My moods are more stable and my stress levels have decreased.

With Dianne's help I am achieving fitness goals that I will be able to maintain a life time. This board gives me a way in which to be more accountable for the goals that I have set. If you are in a negative space, Dianne helps you back to the positive way of thinking.

I could go on forever about how wonderful this program is, but I would need to write a novel. Anyway, I don't know how many people would believe it unless they experience it. I have in the past, and will continue to do so, compare this group to a family that lives all over.

Dawn Lander - Ohio



My first experience with a personal trainer ever has been with Custom Bodies. **I have lost a total of 10.75" and 7 pounds in 7 weeks including 3" off my hips, 1" off of my thigh, 1.75 off of my waist 1.25 off of my abdomen.** The best Part is that for the first time in my life, I don't feel addicted to food and I haven't had to starve or deprive myself to get these great results.

Roseanne H – St Pete Beach, FL



Binita (over 35) had been dieting and spending hours on ineffective cardio and a few machines at the gym seeing no results when we met. She reached that "frustration" point where she thought "why even bother any more ?"

With a few minor dietary changes and effective exercise, **She dropped 3 lbs her first week** and hasn't looked back except to see her firmer, tighter butt !



Albina (Her daughter) was in the same boat trying "everything" to lose weight with the same frustrating results. A little nutrition education and a few weeks later and BAM, **she's down 10 lbs** and rocking camp like a champ.

"I can't believe how easy this food plan is. Why doesn't everyone know this?" she said.

Jean lost an inch in her waist, hips and abdomen to fine tune and get her best body EVER !

ps. she is closer to 60 than she is to 50



Dianne is a great motivator but my favorite aspect is her knowledge. There simply is no substitute for a Trainer with a degree and all the added certificates. Dianne is that person... energetic and always there to customize every move for your individual body. If you are on the fence about where to exercise... Skip the gym and join a Custom Bodies boot camp!!

*****Cathy dropped 6 inches her first 6 weeks including 1.5 off her hips . She started even though she knew she had a 2 week trip planned during weeks 3 and 4 of her 6 week program!**

The bottom line is this: If you are serious and committed to training , getting yourself in shape and developing a healthy and sustainable nutrition and fitness program, then Custom Bodies trainers are where you need to go, it's as simple as that.

Dr. Michael Sprintz, Tampa, F

Custom Bodies has changed my life!! In the past 10 months Dianne has improved my life in the following 3 ways. She has increased my knowledge on fitness and nutrition, helped me to replace bad habits with good, and she has provided unmatched motivation & support.

I gained over 13 pounds of lean muscle tissue, lost 21 inches, 20 pounds (11%) body fat and I reduced my resting heartrate to 60!! Deborah Baust - St. Petersburg, Fl

8 About The Author & The Company



Dianne Villano is the President of CUSTOM BODIES, INC. She was certified through The National Academy of Sports Medicine 1996 and studied Exercise Physiology at San Diego State University. With 20 years experience, she specializes in teaching busy men and women over 40 how to eat more, train less and look and feel years (if not decades) younger .

Dianne has been involved in all aspects of the health and fitness industry as a fitness competitor, marathoner, triathlete, Jenny Craig consultant and Gold's Gym Manager. She has been helping people improve the quality of their lives through fitness for 23 years.

Dianne started Custom Bodies 20 years ago with a passion to help people make sense of all of the marketing hype and gimmicks so prevalent today. By using science based programs and formulas with predictable results she has been helping people jump off of the

dieting merry-go-round, reach their fitness goals and improve the quality of their lives. Shortly after, the "Just say No to Dieting" program was born which brings together **the 6 Components** necessary to put an end to the "on a diet off a diet" , all or nothing, failure cycle plaguing Americans today.

Dianne specializes in Lifestyle Coaching and Weight Management, fitness programs designed for people who hate to exercise and who have tried every diet only to gain their weight back. She also enjoys helping intermediate and advanced clients take their workout routines to "the next level", helping people drop a couple of sizes and get back into shape, and working with adolescents to improve coordination, balance and self esteem.

In 2008 Dianne began doing triathlons , 1/2 marathons and marathons to honor our fallen and deployed Marines and raise money for her NPO which brought a whole new range of skills to her fitness professional arsenal with 80 finish lines crossed and new insight as to the special needs of runners and endurance athletes.

Ms. Villano is also available for fitness workshops and seminars and is a contributing writer for the following print and online publications:

- **The Tampa Tribune**
- **The Island Sun**
- [Fit FAQ](#)
- [Fitness Motivator Newsletter](#)
- [It's About Women](#)
- [K W Nutrition](#)
- [Lift For Life](#)
- [Life Tools for Women](#)
- [OverWeight.net](#)
- [Self Growth](#)
- [Supple City](#)
- [Weight Loss & Obesity Resource Center](#)
- [Weight Loss / Diet Portal](#)
- [Work At Home Mom](#)
- [Women Central](#)
- [Women's Exercise Network](#)

1. **Fat Loss University** - Check Out Daily Fit Tips & Motivation, Health News, Answers from our ask your trainer site, and my general opinion on everything fitness related – Go [HERE](#)
2. **Transform St Pete** - Our Free, Private Facebook Community for fitness and health minded individuals to find out what really works, how to eat more, train less and achieve the results they deserve. Recipes, fitness and lifestyle tips, myth busting, and real world solutions from our own members. Go [HERE](#) to join

For The Locals

Enjoy \$475 worth of services for FREE
With Our Try Before you Buy Program

Comprehensive Success Session, Functional
Movement Screen and 1 Group Personal Training
Session on us !

Consultations Include: (a \$450 value)

Current Lifestyle, behavior and habits
Previous Fitness programs - experiences & outcomes
Goals and previous challenges in reaching them
Evaluation of current exercise program (if any) and food intake Goals
Expectations and concerns
Fitness Analysis /Functional Movement Screen

Fitness Testing

Flexibility
Balance & Coordination
Strength of core muscle groups
Ancillary Muscle Strength
Muscular Imbalances
Structural Imbalances
Resting heart rate