

Behavior Modification Program

"If everything else fails. Go back to the Basics"

The Behavior Modification Program teach you the basic fundamentals about Nutrition. Yes, you are what you eat, if you overeat and is not active enough – you will be fat and might suffer from chronic lifestyle diseases like cholestrol, diabetes, high blood presure...

Learn systamatically a susstainable, healthy lifestyle with the easy control methods.

- ❑ **Time Control** – Due to modern life & electricity, your biological clock has lost its natural rhythm. You eat when you want, sleep when you need. You think you are full in control of your health, but you are overweight?

It is essential to now learn how to control your eating and sleeping patterns to balance your Day and Night Metabolism. This will give you lasting weight loss results and a healthy prolonged lifespan.

- ❑ **Portion Control** – At TenaZ you don't need to weight your food. You are unique, we always treat you as a indivudual. You use your handpalm as a guide for the correct healthy portion size.
 - **Protien** - use your handpalm size and thickness as a guide. 1 per main meal.
 - **Veggies** – use your fist. 3 per meal.
Whenyou use the TenaZ Meal Support, please add 3 extra veggies for fibre – this is vital for your succes. Cabbage and Carrots are my favourits. I eat them raw.
 - **Fat** the size of your thumb. 1 portion for breakfast and 1 portion for lunch.
 - **Carbs** use your inner hand palm. 1 Portion only for breakfast.
(If you hungry inbetween meals – have extra veggies or a fruit at 11am and one at 3pm)
- ❑ **Food Combinations** – we give you guidelines to follow. How to choose the best food chioces and combinations for weight loss and ultimate health.
 - We strive to cut out Sugar, Wheat and Alchol. They block your Fat Burn Mode and activate your Fat Store Mode.

- ❑ **Raise your Activity Level** - We strive to get you more active. You start by walking 10 min in the morning and 10 min in the evening. As your level of weight loss and fitness progress you can increase your activity level until you sweat as much as possible for ultimate weight loss results when you active.