

DAY 21

YOUR DAY OF VICTORY



What can I say? Right now I'm almost speechless. You have turned little steps into great strides because of your simple but noble decision to make a better life for yourself. Opening the door and stepping out of your past required a commitment that most people don't have. You made the decision to fly adventurously into the unknown.

There is really nothing more I can tell you. It is so moving for me to see how much you have accomplished on this program. You know exactly what to do to make your body leaner and stronger. You've learned all the keys to being fit and keeping bad food out of your life without feeling the slightest bit deprived. In so many ways, you have honored yourself. As time goes on, I want you to remember that. You have worked so hard at learning to believe in yourself. With your new-found control and discipline, you are already exhibiting a kind of enthusiasm and passion that others haven't seen in you before.

HOW FAR THIS PROGRAM CAN TAKE YOU

I get letters from mothers, business executives, grandparents and students. All of them have stories to tell about the way the program has helped give them the strength and confidence to be able to create a better life. I remember once talking to a land surveyor named Willie. When I met him, he weighed 435 pounds. One day he blacked out at his job site, was sent to the hospital and was told by his doctor, "Willie, you can either lose weight, or you can struggle for the rest of your life." Willie heard about the 21-Day Slimdown, started following it and ended up losing 135 pounds in less than eight months. A year later, he had lost another 90 pounds.

I said, "Willie, has there been any downside to the program?"

He said, "Larry, the program has slowed down my work output."

"What do you mean?" I asked, a little baffled.

"I have trouble getting work done because so many people come up to me asking if I will tell them about this program I found to help me lose weight."

There was also Sandy Friesenhahn, a Dallas woman who had struggled with her weight for almost her entire life.

She thought she had no time for herself because she was working two jobs and taking care of kids. But then her wake-up call came. She told me she had to do something to feel confident about herself. She was tired of feeling embarrassed in public about the way she looked. She didn't have time to go to a gym, she later told me, and she didn't have time to whip up perfect low-fat meals. But she took my program, learned how to get in her five daily meals simply and quickly, learned to get in her workouts, and lost so much weight and body fat that many people who saw her in a swimsuit told her she should enter a beauty pageant. Sandy did...and became a finalist for Mrs. Texas!

Let me tell you one final story about the power of this program. I will never forget how I was doing one of my live weekly radio broadcasts at a shopping mall, and a man walked up who looked vaguely familiar. I kept staring at him, and then it hit me. It was the most feared coach from my high school. When I attended high school, he truly made my life miserable. He had a crewcut, a very bulky physical presence and a fiercely intimidating manner. At the time, I was a boy who had just left New York and was completely out of place in Dallas. I wore a black T-shirt over my soft, flabby body, and I wore an earring as a fashion statement. The coach found me irritating from the moment he laid eyes on me. He instructed the high school football team that if they were seen talking to me or befriending me, they would do extra laps at practice.

Part of the joy of leaving high school, I thought, was getting away from that coach. And then after years and years, there he was standing in front of me. Although I was by then considered a national fitness expert, I reverted right back to my adolescent state.

"Oh, my God," I thought, "what is he going to do?"

The coach took the microphone that was available for the audience and asked, "Do you remember who I am?"

"Yes, sir," I said, my voice shaking.

"Well," he said, "I'm down here to tell your listeners something. I came here to say that I once made your life miserable, and I'm now here to ask your forgiveness. I was recently diagnosed with cancer, and my doctor said, 'You need to follow this Larry North program because he has the right idea on getting fit and eating right.'" The coach paused. "And I'm here to tell your listeners this program saved my life. I have gotten healthier than I have ever been before. I have a newfound sense of energy, and I feel like I'm beating the cancer. Larry, I believe my success is because of this program."

YOUR DAY 21 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	Four to six scrambled egg whites and 1 cup of baked hash browns.
LUNCH	A grilled chicken sandwich.
SNACK	Grilled flounder, potatoes and a vegetable.
DINNER	Meal replacement drink.
SNACK	To celebrate the end of the three weeks, treat yourself to a great steak dinner. Order a filet mignon, from 1 to 6 ounces, one baked potato with everything on the side, a dinner salad with fat-free dressing on the side and sliced beefsteak tomatoes.

YOUR DAY 21 WORKOUT

You'll love this. After all the work you've done this week, treat yourself to a day of rest. In fact, give yourself a reward. See today's Slimdown Tip.

EVENING PEP TALK

Remember that bottle of champagne I told you to buy when we were just starting this program? It's time to open it. As we conclude, I want you to know, from the very bottom of my heart that I am honored to have had this opportunity to work with you.

I think one of the reasons the world is so full of frustrated people is that they know they have great potential but they have never stuck to their vision of what they could become. It is not that they don't want to change, but that they don't want to commit to change.

They look at people like you and think you must be very lucky to have found such a niche. They are probably asking themselves, "How did you get so lucky?"

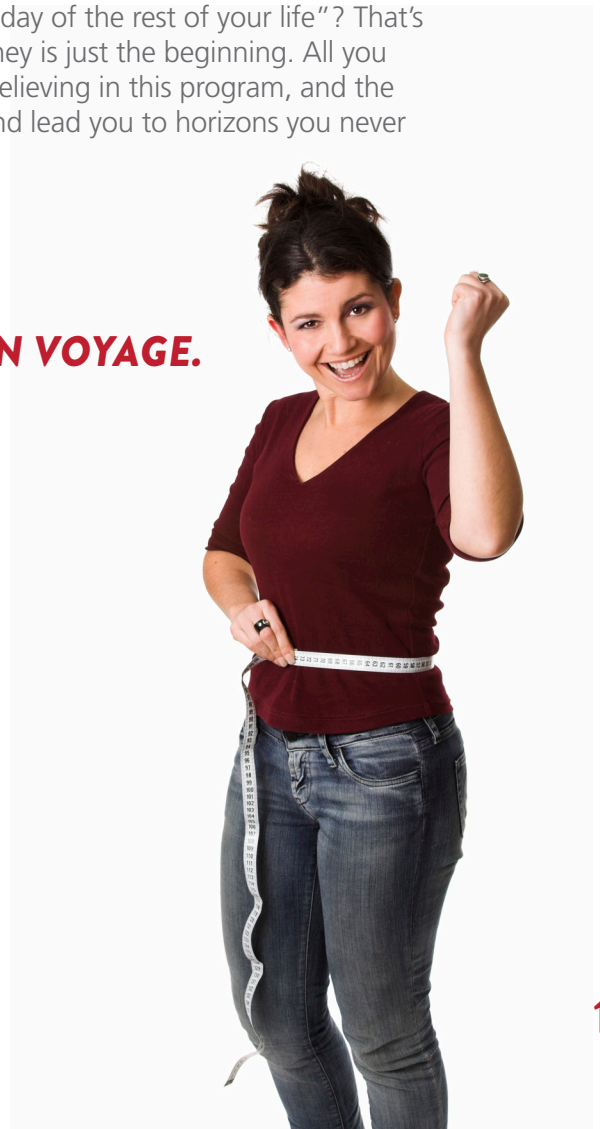
Hey, as you know, luck had nothing to do with it. You simply made a decision to change, and then you stayed committed to change. It's that commitment to continue to change that makes you so special!

I know this is the end of the program, but it is really just the beginning. Have you ever heard the saying, "Today is the first day of the rest of your life"? That's exactly where you are. In so many ways, your journey is just the beginning. All you have to do is keep believing in yourself and keep believing in this program, and the journey will take you places you cannot imagine and lead you to horizons you never knew existed.

I WISH YOU GODSPEED AND BON VOYAGE.

All the best,

LarryNorth





Slimdown Tip:

Give Yourself a Workout Reward

Because you've been pushing yourself harder this week physically than you have in a long time, it's time to treat your body with a little TLC.

You can take a long, luxurious bath or pamper yourself at a hair salon, but I'd like to suggest something that makes you feel better than ever about your body. Have a professional massage therapist give you a soothing, uplifting massage.

A professional massage costs money, but it's amazing how it will connect you to your body. During a massage, the points of tension and stress in your body seemingly disappear. If you're in deep stress, it can help you relax. It also helps prevent injury by working out some of the pain in your body. It is a remarkably healthy endeavour, and you feel pampered with the soothing strokes of the massage therapist. The experience of being touched and pampered can be so nourishing. After a massage, you will really love your body and be more attuned to taking care of it.

ABOUT LARRY NORTH

Larry North was born in New York and raised in Dallas, Texas. In 1981, he started his first business at age 20. His media career started shortly after that by arriving on talk radio where he performed for over 25 years. Shortly after, his best-selling infomercial became one of the most popular weight loss infomercials ever. Three books, a chain of health clubs, and thousands of TV appearances and live presentations in the U.S. and abroad have turned Larry North into a household name in fitness, weight loss, and health. He continues to spread his motivational messages and wisdom to dozens of fortune 500 companies and just about anyone who will listen. He can make you laugh, touch your heart, and more importantly connect with you in a way that makes you want to Change Your Body and Your Life!!!!

Larry North has been a pioneer in helping hundreds of thousands of people learn how to effectively lose weight for close to three decades. He has accomplished this through his bestselling books, radio shows, gyms, global seminars, television appearances and his award-winning show the SLIM DOWN NATION. Larry was one of the first to show you how to eat your way to a beautiful body vs. dieting and starving yourself.

Participants in Larry's program have lost up to hundreds of pounds and have kept the weight off for 5, 10 or 15 years or longer. These people are no different than you. The only difference is these people chose to make a change in their lives. If you love to eat, then you will love Larry's program - it is a food lover's guide to weight loss! On this program, you eat more delicious, satisfying food than you ever imagined you could eat, while losing more weight than you ever thought possible. Larry shows you how to create the ideal muscle-building, fat-burning and great-tasting meal to help ignite your metabolism and help turn your body into a fat-burning machine. No awful prepackaged food, cottage cheese and carrot sticks, crazy fasts and starvation diets!!! On this program, you will eat real food for real people - and lots of it! Larry North Slimdown Nation will help you lose weight and keep it off, and the best part is you will discover a healthier, happier, more satisfying life!

