

DAY 7

7-DAY SIZEDOWN



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CONGRATULATIONS!

You have made it to Day 7, and if you are like most people who have had a history of dieting, binging and deviating from their eating and exercise goals, then this is a huge accomplishment. Do you realize you will never have to look back ever again? You now know the secrets of getting lean and reaching the maximum results possible. Today, I don't want you to change anything, but add a cheat meal – a *real* cheat meal.

This means anything you want to eat, eat it. Just make sure it is worth the calories. From now on when you eat this clean, don't miss meals, and work out hard and consistently. It is not only recommended you incorporate a cheat meal, but you will also get leaner in doing so once or twice a week.

CONTINUING THE PROGRAM

Where do you go from here? This is a good question. I can break it down like this. The **21-Day Slimdown** is without question a program for life. The **7-Day Sizedown** is a program designed to help you take things to a higher level in a shorter period of time. I suggest you eat and train on the **21-Day Slimdown for most of the year**. However, there are times when you will want to crank it up for a wedding, reunion, date or just because it feels so amazing to see results. While your body will change, you will become healthier, more productive, more positive and hopefully even happier. I suggest you also learn the 7-Day Sizedown. Can you do it for more than seven days? Some will never stop doing it, while others pick their times of the year to follow it for a week or even six weeks. The bottom line is this program, while strict, should still be fun and easy once you get the hang of it. This is why you never finish but continue to get better by being creative with food choices, recipes, herbs and spices, etc. And in regards to the workouts, I have seen people go from hiring a trainer to becoming one.

Now it is your turn to also help and encourage others to follow a program you know really does work. You have gone from participant to disciple. I cannot thank you enough for giving this program a try. Now imagine the results we can achieve together throughout the entire year. **I hope this is the best year ever!**

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!

