

THE

# emagrece sim

DIET SYSTEM

PRESENTS

## the **rio** WEIGHT LOSS GUIDE



Everything YOU need to lose weight safely and effectively including:

- The role of proper diet and healthy eating
- Simple and easy exercise ideas
- Importance of supplementation
- Other helpful tips and hints

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# EMAGRECE SIM RIO WEIGHT LOSS GUIDE

Congratulations, you have made a great decision choosing Emagrece Sim to help you reach your weight loss goals. As you will soon discover, Emagrece Sim is a simple yet comprehensive program that can help you produce real weight loss results in a healthy and effective manner.

## WHAT IS THE EMAGRECE SIM?



Translated from its native Brazilian Portuguese, Emagrece Sim means “Yes to make thin” and Emagrece Sim is designed to do just that. Born on the beaches of Rio de Janeiro, Emagrece Sim was developed with you and your lifestyle in mind. After numerous trips

to Brazil, we discovered a strong connection between the lifestyle of Cariocas (people from Rio) and their beautiful bodies. Years of research helped to isolate the three main areas that produce that slim and sexy Brazilian figure and thus Emagrece Sim was created. Keep in mind that each tier is just as important as the next and when used in combination, this three-tier approach provides fast, safe and effective results.

**TIER ONE: Proper Eating Habits and Diet** – Brazilians love to eat but what they eat is the key. In Rio, on nearly every street corner you can find a “Sucos” or juice bar. These Sucos bars are packed all day with people enjoying a healthy and tasty juice or smoothie. With their coastal location, inhabitants of Rio consume a high ratio of fish and seafood compared to meat. As you will learn in the 10 Simple Steps to Weight Loss by Developing Proper Eating Habits with Emagrece Sim section, proper diet is essential to producing real weight loss results.



**TIER TWO: Physical Activity and Exercise** – Brazilians are world renowned for their energy and vitality. This is no more evident than in Rio. Whether they are enjoying beach sports like sand soccer or volleyball, or jogging along Copacabana and Ipanema beach or taking part in one of several festivals or celebrations like Carnival, the people of Rio always seem to be active. This general active lifestyle has a profoundly positive effect on weight loss that will be clearly illustrated in the Physical Activity and Exercise with Emagrece Sim section of this book.



**TIER THREE: All-Natural Herbal Supplementation** – On our initial visit to Rio, one of the first things we noticed was the openness to all-natural herbal supplements. Herbal supplements can be found all over Rio and in particular in drug stores where they take up more than half the stores! Brazilians have been using all-natural herbal supplements for years, long before they gained popularity in the US. Perhaps this is because the primary source of so many all-natural herbal

supplements in the Amazon Rain Forest. We also noticed that not only do the people of Rio take more all-natural herbal supplements to help them lose weight and improve their health, but they also consume foods and drinks that contain beneficial herbal ingredients. Items like Yerba Mate Tea, Guarana Soda (the national drink of Brazil) and frozen Açaí are consumed by many in Rio on a daily basis. More on all-natural supplementation can be found in the Proper Supplementation with Emagrece Sim section of this book.



## HEALTH RISKS OF BEING OVERWEIGHT

Unfortunately most of us have become victimized by over-consumption. It seems overeating and self indulgence have become the norm while proper portioning, eating right and exercise are non-existent. Currently about 2/3 of the US population is either obese or overweight, and statistics indicate that obesity will continue to grow with the end result being a major health epidemic. According to the National Institute of Diabetes & Kidney Diseases, the serious health risks posed from being overweight include:

- Type 2 Diabetes is a major cause of early death from heart disease, kidney disease and stroke. Overweight people are twice as likely to develop type 2 diabetes.
- Heart Disease & Stroke are leading causes of death and disability for men and women in the US.
- Hypertension (high blood pressure) causes an increased risk of stroke, congestive heart failure, kidney failure and heart attack. When high blood pressure exists with obesity these risks increase greatly.
- Dyslipidemia is a lipoprotein metabolism disorder where there is an overproduction or deficiency of lipoprotein. This results in the elevation of bad LDL cholesterol and triglyceride concentrations and also a decrease of the good HDL cholesterol concentration in the blood.
- Hypercholesterolemia (high levels of cholesterol) is a major risk factor for coronary heart disease, which can lead to heart attack.
- Gall Stones & Gallbladder Disease are more common if you are overweight.
- Increased Risk of Cancer in women, including cancer of the uterus, gallbladder, cervix, ovary, breast and colon. In men these include cancer of the colon, rectum and prostate.
- Breathing Problems & Sleep Apnea. Obesity is associated with a higher prevalence of asthma. Sleep apnea is interrupted breathing during sleep.
- Arthritis. The risk of developing arthritis is increased by 9% to 13% for every 2-pound weight increase.
- Complications with Pregnancy. There can be an increased risk of problems with labor / delivery, gestational diabetes (which can result in brain damage and seizures), other birth defects like neural tube defects (such as spina bifida), and even death to both baby and mother.
- Mental Health. We all have some sense of self evaluation that affects our motivation. Sometimes it leads to stress, low self esteem and depression, all of which make the weight loss process more difficult.

## THE BENEFITS OF LOSING WEIGHT

Even with obesity and overeating growing at such profound rates the good news is there is still hope. Losing weight in a healthy manner, even just a few pounds (as little as 5% to 15% of your total body weight), can greatly reduce the health risks associated with being overweight. In fact, according to the American Diabetes Association, by losing weight you can experience "improvements in your physical, mental and emotional health." Some other specific health benefits of losing weight include:

- Regulating your glucose (blood sugar) and blood pressure levels
- Helping to normalize and maintain proper cholesterol & blood fat ratios
- Increasing your vitality and energy levels
- Better mobility and improving your cardiovascular health
- Less stress on your hips, knees, ankles and feet
- Having healthier, more radiant skin
- An improvement in your overall health

*Note: Losing weight is even more important if you have other risk factors like smoking, drinking alcohol and a sedentary lifestyle.*



## GETTING STARTED

Now that you have decided to lose weight and improve your health with Emagrece Sim all that remains is to begin! It is true that the most difficult part of any weight loss system can be getting started. How many times have you struggled through a diet program or began a program just to quit only a week or two into it? Perhaps you have even lost weight on a plan just to have it return as soon as you stopped the diet? Does this sound familiar?

Many diet plans are nearly impossible to follow because they have a number of strict requirements like limiting caloric intake to extremely low and unhealthy levels, requiring the constant consumption of the same bland and boring foods, and/or eating only very expensive pre-made food. You may have tried one of these plans and already learned that they simply do not work. These types of plans rarely produce real results and if they do they are short lived because the plans are difficult to follow and extremely expensive. The problem isn't with you but rather with the plan!

After failing again and again most people convince themselves they are unable to lose weight and give up hope. Well that is about to change thanks to Emagrece Sim. Compared to other plans, the Emagrece Sim Diet System is simple and effective. It is not a fad diet, it is a true weight loss solution and long term weight management system. Derived from the beach lifestyle of those beautiful Brazilians in Rio de Janeiro, Emagrece Sim is an easy to follow plan that can help you produce real results. By simply committing to Emagrece Sim you can finally end your ride on the dieting rollercoaster.

## YOUR COMMITMENT

Finally, perhaps the most important step is to make a real commitment to lose weight. Be sure to set a real goal that you feel confident you can attain. Ask yourself, "What is my ideal weight?" Or "How much weight do I want to lose?" Be sure to write these down so you always have something to work towards. Placing your goal somewhere visible like your refrigerator is also a great motivator. Starting with an easy goal and then revising it after you lose the weight is a great idea and can give you a real sense of accomplishment. Just as important, if you don't reach your goal – don't get discouraged! Keep working towards your goal and you will have an even bigger sense of accomplishment once you achieve it! Always remind yourself how great you will feel once you achieve your goal and don't forget all the health benefits that come with losing weight.



*Special Note: Starting a weight loss program with a friend is also a great way to keep your focus and determination. Friends can add additional support, diet tips and ideas, and even a little friendly competition for extra motivation.*

## TIER ONE: 10 SIMPLE STEPS TO WEIGHT LOSS BY DEVELOPING PROPER EATING HABITS

This section contains 10 simple steps for developing proper eating habits. Designed to be easily integrated into your daily life, these simple steps help promote healthy and sustained weight loss and overall improved health. After the 10 Steps be sure to pay close attention to the list of healthy foods that follows. The foods listed are great sources of vitamins, nutrients, proteins and fiber and make implementing the 10 Steps even easier. Remember, by following the steps and increasing your consumption of healthy foods you can achieve your weight loss goals even faster.

**1. Eat Early and Often:** Eat breakfast every day and 4 to 5 smaller portioned meals. Everyone knows breakfast is the most important meal of the day because it is your opportunity to get your day off to a healthy and energetic start. However most of us squander this opportunity by consuming junk food (fat filled pastries, triple mocha caramel coffees, etc.) or by skipping breakfast, making healthy weight loss impossible.



Consider that when you wake up in the morning your body is in a brief starvation period since you haven't eaten for 10-14 hours. If the first thing you put into your body is junk food or nothing at all, you are setting yourself up for binge eating and weight gain. Eating junk food loaded with fats and sugars for breakfast makes eating right impossible. You may consume over 800 empty calories with a flavored coffee or doughnuts just to be hungry again in an hour. Skipping meals is completely ineffective as well because it ultimately leads to overeating. This is especially true of breakfast because your body needs fuel in the

morning more so than at any other time. In fact, people who skip breakfast are known to have greater body fat. On the other end of the spectrum, do not eat after 8 PM so your body is ready to be refueled when you wake up.

Eating four or five smaller portioned meals is a great way to lose weight because it jump-starts your metabolism. By beginning with breakfast and eating smaller, more frequent, properly portioned meals you will start and finish your day with more energy. Keep in mind that those who eat fewer, larger meals each day tend to have more body fat and higher blood cholesterol levels. A mid morning and late afternoon snack (of fruit, nuts and/or yogurt) is great way to get more healthy meals into your daily routine – just be sure it provides you with your nutritional needs and is of course satisfying.

## **2. Go Green & Stay Lean:** Eat at least 3 cups of fruit & 4 cups of vegetables.



Two cups of fruit and two and a half cups of vegetables per day are recommended for the typical 2,000 calorie diet but this is one situation where more is definitely better. Three cups of fruit and four cups of vegetables will put you on the fast track to weight loss. Even better, try to make half the food you consume be fresh, frozen or dried fruit and vegetables (avoid canned as they may contain high levels of preservatives).

This step, if implemented properly, can make a huge difference in your eating habits. We know that fruits and vegetables are full of vitamins and nutrients your body needs to function properly and be healthy. They contain large amounts of fiber, which is vital to any weight loss program, and add some tasty variety to your food preferences (more on this in step 4). Finally, keep in mind if you are eating fruits and vegetables, you're not eating potato chips (in Emagrece Sim the potato is not a vegetable), candy bars, pastries, etc.



## **3. Say "So Long" to Empty Calories:** Eliminate sodas, alcohol and any juice that is not 100% real fruit juice. Consuming soda (diet or regular), alcohol (two or three glasses of wine is permissible) or any non-100% fruit juices (this includes concentrates) makes healthy weight loss nearly impossible. All of these are empty calories and most are loaded with artificial sugars. If you currently consume soda throughout the day you will be amazed at your results by simply eliminating it from your diet. Some people can lose over 10 pounds in six weeks just from eliminating soda or other high sugar/calorie beverages from their diet. It is important you find something you like that helps offset the urge for "the usual." Beverages like Yerba Mate Tea or smoothies are a great place to start.

*Note: Coffees spiked with sugar and cream can ruin a healthy diet. Coffees served at popular coffee shops can contain close to 1,000 calories! It is recommended that you drink only 1-2 cups a day and without cream or sugar. A better option is our Yerba Mate Tea. With its energy kick and wide array of vitamins, minerals and amino acids it can help increase your metabolism and reduce your appetite. Try Kona Island Wave for the ideal coffee alternative.*

**4. Fiber, Fiber, Fiber:** Eat only whole grain or whole wheat breads and pastas. Your body needs 30 grams of fiber each day but most of us get less than half that amount! This makes losing weight very difficult as fiber is the vehicle that binds to fat and other items in your body and sweeps it from your system. You probably think eating any kind of bread or pasta gives you fiber. That just isn't always the case. Breads or pastas that are made from processed, refined and enriched flour are high in carbohydrates (complex sugars) and low in fiber. By using whole grain pastas and breads, not only do you decrease your carbohydrate intake but you also increase your fiber intake. It is no secret that decreasing your carbohydrate consumption while increasing your dietary fiber consumption is essential to healthy weight loss.



**5. Do You Know H<sub>2</sub>O?** Drink plenty of water each day. Much like eating fruits and vegetables, when it comes to water, more is definitely better. Drinking plenty of water and staying properly hydrated is essential to healthy weight loss. A formula to use to calculate the exact amount of water you should drink each day is one ounce of water for every two pounds of weight. For example, if you weigh 160 pounds that would be 80 ounces of water each day (160 divided by 2 = 80) or about eight to ten glasses. Furthermore, an overweight person should drink an extra glass for every 25 pounds they exceed their ideal weight.



**6. Seeing Red:** Skip the red meat and eat less fatty sources of protein. Consumption of all red meat (and most pork) including hot dogs, burgers, sausage, bacon, ribs and steaks should be done very sparingly and with portion control. All meats, in particular red meat and pork, contain a large amount of mostly unhealthy fats as well as protein. Keep in mind your body needs both fats and proteins to function properly, but also remember there are different types of fats, some of which are much healthier than others. Healthy choices when it comes to meats and proteins include turkey, chicken, fish, shellfish, most nuts, beans and even yogurt – all of which are perfect for Emagrece Sim. Try new meats too – don't be intimidated by new "alternative" meats that are gaining popularity like venison, elk, buffalo, ostrich and emu. All of these taste great and contain far less fat when compared to beef and pork.

Another major problem with meat consumption is proper portioning. When consuming meats, the portion should be around 4 ounces per serving. This is a piece of meat roughly the size of a deck of cards (like a small to medium boneless skinless chicken breast). Compare that to most restaurants that offer eight, ten and twelve ounce steaks! Over-consumption of red meat and pork has been linked to high blood pressure, heart disease and certain types of cancer. In fact, a recent study by the American Cancer Society found that those who eat red meat (beef, pork and processed meats) regularly get colon cancer 30% to 40% more often

than those who eat these foods only once in a while. The study also stated that "eating a diet high in these processed foods (lunch meats, hot dogs and sausages) raises colon cancer risk by 50%".

**7. Bye-Bye Fry Guy:** *Eliminate fried foods, even the so-called "healthy fried foods" like chicken tenders and fish. Stay away from all foods that have been fried, including deep-fried and pan-fried foods. Again, much like consuming red meat and pork, most of the fried foods we consume each day contain a large amount of unhealthy fats; in this case trans and saturated fats. Trans fats are concentrated in margarine, solid vegetable shortening, doughnuts, crackers, cookies, chips, cakes, pies, some breads and foods fried in hydrogenated fat (chicken, fish and potatoes). Consumption of trans fatty acids can contribute to heart disease, cancer, diabetes, immune dysfunction, obesity and reproductive problems, according to the American Heart Association. These are some of the worst foods you can eat, and this is before you even take into account that most fried foods are nothing more than carbohydrates (like French fries or sugar doughnuts). Instead of frying try using your broiler – high and dry heat is extremely effective at cutting calories while preserving flavor. For instance, toss potatoes in olive oil, garlic, salt, pepper and dried herbs rather than eating fried or French fried potatoes. This also works well with a number of root vegetables.*

**8. A Sweet Tooth Isn't So Sweet:** *Avoid sweets – they are entirely sugar, fat, carbohydrates and, of course, calories. Desserts can wreck any healthy diet almost instantly. There are some desserts that are much better than others. However, you should avoid candy, cookies, ice cream, chocolate and sweets of any kind. Desserts and sweets are loaded with carbohydrates, sugars and, of course, calories. Too much sugar in your body causes elevated blood sugar levels. Unless your body is able to bring these levels back into balance mainly through exercise, the excess sugar is converted and stored as fat. Also consider that a poor diet high in refined sugars is a large factor in contracting diabetes and other health-related conditions. Fruit and yogurt can be the perfect alternative to desserts. And if you have to have cake, make it Angel Food cake. It is light and satisfying and contains almost no fat.*

**9. A Salty Snack Will Keep You Off Track:** *Chips, pretzels, and most crackers are nothing more than salt and carbohydrates. Chips and similar packaged snacks have to be avoided. Many are cooked in the very unhealthy trans fats and most are made of carbohydrates and sodium and are packed full of fat calories. Similar to fried foods (which many snacks foods are), these types of foods have a negative effect on blood pressure and cholesterol levels. In addition, recent findings suggest that a number of the "big name" snack companies' products have harmful toxins found in their potato chips. There are some healthy alternatives like whole wheat pita chips that have been baked or broiled rather than fried. Just make sure that whatever you consume is whole wheat, high in fiber and has been baked or broiled and not fried. And of course, don't over-indulge – pay attention to the serving size. A good practice is to pull out one serving size and put the rest of the bag away!*

**10. Exchange Thick & Creamy For Light and Tasty:** Avoid mayonnaise and dairy (including cheese) based sauces and salad dressings. Dairy (milk and cheese) and egg (mayonnaise) based sauces and salad dressing are simply nothing more than flavored fat. These types of sauces are heavy in saturated fats and extremely unhealthy. The number of calories a food contains is always important but it is also very important to pay close attention to the make-up of the calories. Using just a tablespoon of mayonnaise or Thousand Island dressing adds about 100 calories to a meal or salad and nearly 100% of those calories are from fat. Compare that to the same serving size of mustard that contains only 10 to 20 calories, with none of the calories coming from fat.



You can reduce your fat intake but it is impossible (and dangerous) to eliminate all fats from your diet. Everyone must consume fats as they are needed by all of the cells in your body. The key and difference is in the types of fats you consume each day. For example, olive oil is a monounsaturated fat and this means it can lower LDL (bad) cholesterol while simultaneously raising HDL (good) cholesterol. Other foods and their oils like avocados, most nuts (peanuts, almonds, cashews, walnuts, etc.) are also good sources of fats.

## HEALTHY FOODS LIST

### -Vegetables-

Arugula	Asparagus	Beet greens	Beets
Bok choy	Broccoli	Brussels sprouts	Cabbage
Carrots	Cauliflower	Celery	Chicory
Collard greens	Cucumbers	Eggplant	Endive
Escarole	Fennel	Garlic	Herbs
Jicama	Kale	Kohlrabi	Leeks
Lettuce	Mustard greens	Mushrooms	Onions
Peas	Pumpkin	Radishes	Peppers (sweet)
Peppers, hot	Sea Vegetables	Scallions	Shallots
Snow peas	Snap peas	Spinach	String beans
Squash	Tomatoes	Turnips	Zucchini



## -Fruit-

Açaí (extracts)	Apples	Apricots	Avocado
Bananas	Blackberries	Blueberries	Cantaloupe
Cherries	Clementines	Dates	Elderberries
Figs	Gooseberries	Grapes	Grapefruit
Guava	Honey dew	Huckleberries	Kiwi
Lemons	Limes	Mango	Nectarines
Olives	Oranges	Papaya	Passion fruit
Peaches	Pears	Persimmons	Pineapple
Plums	Pomegranates	Prunes	Raisins
Raspberries	Strawberries	Tangerines	Watermelon

## -Nuts, Beans & Grains-

Almonds	Amaranth	Barley	Black beans
Black-eyed peas	Brazil nuts	Brown rice	Buckwheat
Canary beans	Cannelloni	Cashews	Chia seeds
Dried peas	Dry Roman beans	Fava beans	Flax seeds
Granola (low fat)	Garbanzo beans	Hazelnuts	Hominy
Kamut	Kidney beans	Lentils	Millet
Miso	Navy beans	Oats & oatmeal	Peanuts
Pecans	Pine nuts	Pinto beans	Popcorn (air cooked)
Pumpkin seeds	Quinoa	Rye	Sesame seeds
Soybeans	Split Peas	Sunflower seeds	Tempeh
Tofu	Spelt	Walnuts	White beans

Whole-grain or whole-wheat: Pasta, Cereal, Bread & Tortillas

## -Meat & Dairy-

Buffalo	Chicken	Crab	Clams
Elk	Emu	Fish	Lobster
Oysters	Octopus	Ostridge	Scallops
Shrimp	Squid	Turkey	Venison (deer)
Cottage cheese	Milk (skim, 1% or soy)	Yogurt (low/non fat)	Yogurt cheese*

*\*To make yogurt cheese, place two cups of non-fat yogurt in a strainer with a cheese cloth or tea towel. Put a small plate on the wrapped yogurt and place a weight (can of beans) on the yogurt. Two hours later you have cheese you can flavor with herbs and spices or use to make a sauce.*

## -Cooking Oils-

Canola oil	Coconut oil	Macadamia oil	Olive oil (virgin)
Palm oil	Peanut oil	Safflower oil	Sesame oil
Soybean oil	Sunflower oil	Walnut oil	

*Avoid the following:  
Shortening, margarine, non-stick spray and butter*

## TIER TWO: PHYSICAL ACTIVITY & EXERCISE

By Certified Personal Trainer Cindy Fox – [www.cindyfoxfitness.com](http://www.cindyfoxfitness.com)



Are you riding the dieting roller coaster? If so, you know it's not a fun ride... so get off now! There are a lot of misconceptions about the best way to lose weight. Extreme dieting might help you to lose a quick 5 or 10 pounds, but they are sure to come right back once you resume your "normal" eating habits. To have a lasting impact on your health and physical appearance, you need begin by making small lifestyle changes that eventually become a part of your everyday life.

By introducing a moderate amount of exercise into your life, you can significantly improve your well-being and quality of life. The health benefits of exercise can be achieved by anyone, regardless of age, sex, race or physical ability. Regular exercise can help protect you from heart disease and stroke, high blood pressure, non insulin-dependent diabetes, obesity, back pain and osteoporosis and can improve your mood and help you to better manage stress. Exercising also increases your metabolism. Now combine that with better food choices and proper supplementation and you have the foundation of a real weight loss solution.

While everyone knows they should exercise, a lack of time seems to be the biggest obstacle when it comes to making exercise part of your daily routine. If you're a commuter and usually get dropped off close to your job, try getting off a stop or two further away to get a little extra walking time. An extra 15 minutes to and from work each day automatically adds 30 minutes of walking to your daily routine and that's good start! If you're the type of person who munches all day at your desk, take advantage of it and use your lunch break to go outside for a brisk walk. It can definitely give you an afternoon pick-me-up.

As a divorced mother of three children, I know all about time management. I decided to go back to school full-time when my youngest was only 3; plus I still had to work, study and of course work out! I would take my notebook on the stationary bicycle so I could burn calories and study at the same time (it also makes the time fly). I would listen to audio tapes (that came with my school books) in the car on the way to and from everywhere I went. I also made sure that I always got enough sleep. This is often overlooked but proper nutrition, physical activity and getting plenty of sleep are all very important to maintaining a healthy lifestyle.

If you have been inactive for a long time, getting exercise and into shape won't take too much of your time. Starting with 20-30 minutes of activity 3-5 times a week can make a big improvement in your energy levels, your cardiovascular endurance and even lower your body fat percentage in a short period of time. Also keep in mind that people are more likely to be active if they like what they are

doing, so choose aerobic activities or sports that you enjoy and are fun. Support from a friend or family member can also be a great way to stay focused.

If you're already exercising, then try increasing your cardiovascular workouts by 10-15 minutes or up the intensity of what you're already doing. You can also move up to strength training. Strength training activities include lifting weights, using resistance bands and doing push-ups or sit-ups. Strength training, besides building stronger muscles, helps you burn more calories because muscle tissue uses much more energy (or calories) than fat even while being stationary. This means a 160-pound person with muscle will burn more calories compared to a 160-pound person with more fat (than muscle) while doing the exact same exercise. It is true that muscle weighs more than fat, so if you start an exercise program that includes dieting and strength training, remember that after initially losing weight you may gain weight as you build calorie-burning muscle. I hear a lot of false statements about fat versus muscle. Let me clear up any confusion. Fat does NOT turn into muscle nor does muscle turn into fat. They are two separate types of tissue. In fact, increasing muscle tissue through strength training can also improve balance, provide better joint support and improve bone strength.



Below is a list of several examples of how you can get exercise and burn calories without taking too much time from your busy schedule or even going to the gym. Please remember that these exercises and workouts should be logged (if possible) in your daily journal. After all, the name of the game is weight loss and you do that by consuming less and burning more calories each day. If you can commit to this, success is right around the corner!

## EXERCISE TIPS AND EXAMPLES

**Get a Friend Involved:** Getting an exercise partner or friend to join you in your exercise activities is a great idea. Not only does it add a social element and more fun to your activities, it can be a big help in terms of motivation. Having an exercise partner can help ensure that both of you stick with your exercise plans. Whether it is joining a sports league together or just taking a walk around the block, getting a friend involved can be a big help.



**Try a New Healthy Hobby:** Maybe you have always wanted to learn how to salsa dance or take yoga – now is your chance. There are a number of places like the YMCA or health and community clubs that offer a variety of classes like salsa or swing dancing, spinning, yoga and pilates, just to mention a few. Don't be nervous or intimidated – give one a try. Soon you will feel great, not only because you are having fun and getting exercise but because you finally took that salsa class!

**Find More Time for Walking:** One of the easiest ways to burn more calories without altering your normal routine is to try and walk more each day. There are several ways to make this happen. Get off the bus or train a stop or two before your destination and walk the rest of the way; park your car in the furthest space in the parking garage or lot; walk up and down stairs (no elevators); walk the children to school; walk to the local corner shop for your newspaper or milk. If none of these options are available to you, take a walk around the neighborhood after dinner. All it takes is an additional 15 minutes of walking each day to be effective and burn calories.



One of my favorite ideas is to get a group of friends or colleagues together and join a fun run or walk. One easy way to find one that is already organized is to look at some of your local charities or your local parks and recreation department. Many communities will organize walks and runs in local parks as fund raisers. If possible, get people to sponsor you in these events; this will help ensure that you put forth an exceptional effort. The camaraderie of doing exercise together is a great motivator – so much so that you won't notice those miles and calories fall away. A nature hike is great way to get outdoors while getting your exercise.

**Have Some Fun with Your Kids:** There seems to never be enough time to spend and play with you kids. How about heading to the park for some frisbee, a hike or walk, jump rope or even catch. What about dusting off the bike for a leisurely ride with your kids? Your kids will love it and your heart will too! Also just pushing your kids on the swings builds strength in your upper body and put smiles on



your kids faces as well! Exercise at a pace where you can still talk. Make this a regular weekly event and something that the entire family enjoys.

Alternatively, if you don't have kids take the dog for a walk and if you don't have one, "borrow" one from a friend. There's nothing like an energetic partner to keep you fit and trim.

**Try a Sport:** There are a number of sports you can try. Whether or not you try a new sport or possibly pick up an old sport you used to play, sports are an incredible way to get out, have some fun and most importantly, be active! Some sports to consider for exercise are: walking, cycling, jogging, swimming, tennis, golf, yoga, soccer, basketball or even softball.



Team sports are a sure way to help you start an activity and stick with it. Also look into outdoor clubs that organize hike, kayak, and ski trips. The important thing is to become active so that your heart is pumping blood at a slightly increased rate and you are burning calories and empowering your muscles!

**Window Shopping:** Forget that quick lunchtime sandwich in front of your computer get out and go shopping instead. A 20-minute walk around the shops will get your circulation going, making your post-lunch concentration even better. If the weather is not cooperating for your post-lunch or evening walk, find a local mall and take advantage of the indoor walking.

**Make Housework an Activity Within an Activity:** Have some chores you have been putting off? Turn those tiresome chores into healthy positive ones! Turn on



the music and clean the windows, vacuum, clean out that closet or storage shed, dust, wash up, iron and burn off those calories. Take solace in the fact that it's a good way to keep fit. Vacuuming or dusting the house will burn up the calories – anything that keeps you active gets the job done.

**Around the Office or at Work:** Start your day off by parking deeper in the parking lot and take advantage of getting a few more steps in before sitting at that desk. Another easy way to be more active is instead of picking up the phone or emailing, walk to your colleague's desk and talk to them face-to-face. It's just as quick and, as a bonus, it gives you a break from your computer screen. Also, if you normally order lunch in, try ordering for take-out and getting out of the office for a short walk before having lunch.

### **TIER THREE: ALL-NATURAL SUPPLEMENTATION**

The final portion of Emagrece Sim is all-natural supplementation. This is an often overlooked area of many diet systems. Emagrece Sim is an all-natural, dual-action supplement that is vital for anyone who wants to achieve real and sustained weight loss. Supplements alone can have a profound effect on weight loss; however, when used in conjunction with proper diet and exercise, the ingredients found in Emagrece Sim can put you on the fast track to reaching your weight loss goals. As with most supplements, it can take time for the active ingredients in Emagrece Sim to build up in your system and reach their full effectiveness. This varies from person to person but it typically takes two to four weeks to experience optimal results.

**Part I Yellow:** *Internal Cleansing and Detoxification.* Cleansing and detoxifying is essential when attempting to lose weight, but it is often ignored. In most cases, before you can effectively lose weight you need to properly cleanse and detoxify you body. Not only can cleansing and detoxifying help you lose weight quicker and much more efficiently, it can also help reduce health risks associated with toxic build up.



Much of the harmful toxins you absorb each day are stored in your

body as fat, and today you ingest unhealthy toxins from just about everywhere (the air you breathe, the water you drink and the food you eat). Once stored as fat they become very difficult to remove. Unless you are able to call on this stored fat (or energy) during strenuous exercise, it will remain in your body and make weight

loss very difficult. However, these fat deposits can be broken up and flushed from your body via the colon with the use of natural cleansers and detoxifiers.

By supplementing with Part 1 you can help ensure that your detoxification process is functioning at optimal efficiency, greatly improving your ability to lose weight. Part 1 of Emagrece Sim contains the very cleansing and detoxifying ingredients that are necessary to both break up fat deposits and flush them via your body's elimination channels. It does this by supporting the proper function of vital cleansing organs such as the colon, liver, kidneys, gallbladder and the blood stream. It contains only the strongest extract ingredients that provide gentle, safe and effective internal cleansing (unlike many products that use harsh and forceful laxatives).

**Part 2 Orange: Appetite Control and Metabolism Support.** Controlling your appetite and enhancing your metabolism are two very important factors when attempting to lose weight. For many this can be the most difficult part of losing weight. Part 2 of Emagrece Sim is an extra strength formula that contains clinically proven ingredients from the Amazon Rain Forest that help you control your appetite. Part 2 works by reducing your overall appetite and by giving you the sensation of feeling full after eating much less.



## HELP ENSURE YOUR SUCCESS! TRY THESE OTHER GREAT ALL-NATURAL PRODUCTS

**Yerba Mate Tea** is a great appetite suppressant and natural source of nutrition. Loaded with vitamins, minerals and amino acids, it keeps its drinkers healthy, energetic and vibrant. A cultural phenomenon throughout South America, our



Yerba Mate Tea is grown in pristine rain forests. With great tasting flavors, it is the perfect accompaniment to Emagrece Sim.

**Açaí Energy** gives you just the extra energy kick you need. Full of Açaí and other powerful energy-producing ingredients, Açaí Energy is your all-natural energy enhancer. The Açaí berry, the main ingredient in Açaí Energy, grows in the Amazon



Rain Forest of Brazil and is the most nutritious, complete and naturally occurring food in the world. It contains nearly everything you need (vitamins, minerals, antioxidants, dietary fiber, electrolytes, protein, amino acids and essential fatty acids) to live a healthy and vibrant life. Açaí Energy is the ideal companion to Emagrece Sim.

### References:

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Emagrece Sim was created to help you achieve real weight loss in a healthy and effective manner. A simple yet comprehensive three-tier method developed in Brazil. Emagrece Sim can help provide safe and effective weight loss.



Emagrece Sim means "Yes to make thin" in Brazilian Portuguese, and the Emagrece Sim is designed to do just that with its uniquely Brazilian three-tier approach:

TIER 1  
Proper eating habits and diet

TIER 2  
Physical activity and exercise

TIER 3  
All-natural herbal supplementation

B R A Z I L I A N  
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