

FIT: Visualize Your Way to Weight Loss Through Multi-Sensory Imagery

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If you've ever wanted to lose weight, there's a new way to help make sure you reach your goals. You can visualize your way to weight loss. If you're not familiar with visualization, this is a technique that you can use to create a vision of what you want.

Your imagination already does this when you create pictures in your mind. Visualization simply means that you're going to focus that visualization and use it as a tool to achieve your weight loss.

Better than all the weight loss helpful tools on the market, your brain is the best one you could ever have. That's what the FIT method uses to help individuals find success with consistent and steady weight loss.

What Is This New Way to Lose Weight?

FIT stands for Functional Imagery Training. It's highly motivational and takes a multi-sensory approach to weight loss through the achievement of goals brought to life through visualization techniques.

Using it shows people how their lives would improve if their goal was met. It does not focus on any negatives but rather change as it teaches participants to look at their current actions that don't lead to how they want to live their lives.

FIT is a method that shows you how you can learn to see yourself where you want to be. By visualizing yourself having reached your weight loss and fitness goals, it creates a mental pathway for you to follow.

When you use this method, it lets you picture the kind of life experiences that you can have once you do lose the weight that you want to shed.

Some people use the visualization technique to picture themselves hiking up a mountain.

Others picture themselves playing sports or running a marathon. Some people picture themselves arriving at the weight that they want to be at and they visualize themselves as being more confident.

They see themselves as reaching the goals they want in other areas of their lives with the weight loss such as in their careers or relationships. By using the FIT teachings, you can expect to lose weight even if you've struggled to reach your weight loss goals in the past.

Studies have shown that people who engage in FIT learning end up losing the most weight over participants of other weight loss methods. By using FIT, you'll not only be able to lose weight, but you'll see your body begin to change shape more so than using other weight loss means.

One of the reasons for this is because FIT utilizes the power of your mind. It improves your success rate because it taps into your desires. People often picture their desires, but just don't know how to harness those desires into something that can make what they imagine a reality and that's where FIT can help.

When you visualize what you want to do, it causes a shift in how your brain sees your activities. You're able to look at your habits in light of how it impacts what you've visualized.

Instead of just dieting, FIT causes you to hold onto the visualization of what you're going to look like and how your life is going to change when you meet your goals. And FIT doesn't just strengthen you to the point where you're okay until you reach your first obstacle such as a weight loss plateau.

It also helps you to get past obstacles. It gives you the freedom of choice to choose what your life is going to look like and that in turn can keep you more inspired to keep going.

Why FIT Works for Everyone

What you visualize as your goal, what you expect to happen when you put in the effort, is what you desire. It's what makes you want to give it everything you've got until the desire comes to pass.

It teaches you to set goals that feed into the end goal and then has participants visualize what they're going to gain from the changes that they're making with these smaller goals.

There is no age limit on who can use FIT and there are no health restrictions. Some weight loss or exercise programs don't work for everyone because of health limitations.

FIT removes those limitations by allowing you to use the power of visualization to steer the course of your life.

If you can picture it, you can have it. Unlike some more traditional weight loss methods, FIT works because it doesn't simply focus on how a person is going to feel once they lose the weight.

It starts out by having the person visualize what they did before that worked for them, then the method has them visualize what they'd like their appearance to be. You might imagine how you'd look wearing a certain outfit.

Or you might imagine yourself having a beach body or having six pack abs. Some visualization techniques end there. But FIT then goes on to include the entire body of a person and how they'll experience the weight loss.

As part of the teachings, FIT shows a person how to imagine what emotions are involved when they visualize their new selves. The technique has the person imagine how they're going to feel.

Many people visualize feeling happy. Or confident. Some claim joy as their visualization emotion. Others visualize enthusiasm or feelings of love for their new body. Another reason that FIT can work for everyone is because anyone can visualize how their weight loss is going to taste.

You'll be able to experience the senses by visualizing what the food is going to be like. You'll be able to focus on the positive effects of eating healthy. You'll imagine what it tastes like on your tongue and you'll be able to savor the sensations you have as you eat.

When you visualize, you'll be able to breathe in the aroma of the food. You'll be able to inhale the scent of the spices and you'll feel the warmth or coolness of the food. The reason that these techniques are important is because when you can picture your future self as you're going to be through the use of your five senses, it helps you to stay on course until what you visualized becomes your new life.

The FIT method works because it lets you see the art of possibility and that has the power to transform anything about your life - including weight loss. Your mind experiences life through visuals.

It doesn't weigh whether or not a visual is true. It only accepts it. So when you practice visualization weight loss using FIT, your mind then accepts it as if it's a done deal. That gives your mind the power to motivate you to take action.

How to Get Started Using FIT

The great news about using FIT is that you don't have to spend a lot of money to get started. There are no fancy clubs to join. No expensive gym membership to buy. You won't have to eat some weird looking or strange food.

You just need yourself and the FIT instruction to guide you. The FIT instruction begins by asking the participant to visualize the benefits you're going to have with the changes that you want to make.

During this part of the instruction, participants are encouraged to experience this visualization using the multi-sensory technique. Next, the instruction moves on to having the participant visualize a potential roadblock, maybe an area that stumped them and prevented them from reaching their goal in the past.

During this portion of the FIT method, the participant will be instructed to visualize that roadblock again, but this time see it as a success rather than the results being the same as they once were.

This helps the person to visualize success rather than hold on to the feelings of failure from that event. After that, the FIT method has the person look back at a time in their life when they succeeded in the area that they're setting a goal in.

So for example, if you want to lose weight now and you kept it off for a time in the past, then during this step, you would look back at that stretch of time where you did lose weight.

This step is re-visualizing and replacing a failure with a success. When that's done, the FIT participant creates a plan using visualization for his current goal that deals with how he's going to handle putting it into practice.

For example, if his goal is to lose weight, but in the past, when he got off work, he'd head straight for fast food, the participant would instead visualize himself eating a healthy meal at home.

He would imagine how the food would taste, how it would smell and what it would look like. He would also imagine how much better he'll feel for having made that choice over the fast food.

Making FIT Part of Your Lifestyle

You can find a FIT instructor and have sessions, you can use recordings, but you can also use some of the FIT methods yourself. You can use them in your day to day life to make changes in your habits that will lead to successful weight loss or any other goal that you choose for yourself.

At home, you can use FIT to imagine what your future weight loss is going to look like. Take some time to think about how it's going to benefit you. Look at what you're going to gain from taking off those pounds.

Picture all of the negative things that you'll be able to shake from your life once you've lost the weight, such as being held back from what you want to do. Imagine seeing the new you.

See what your hair is going to look like. What the shape of your body will be. See what you're going to dress like and how you're going to feel emotionally. Visualize what scents you'll encounter in your image.

FIT works best when you practice the habit of visualizing your future every day. You need to make it a habit to see what you want. You can do this any time during the day and it only takes a few minutes.

The method is coupled with a particular reminder to participants to engage in visualization. Studies have shown that people who live their lives according to alarms can experience what's known as alarm fatigue.

When you hear a lot of alarms throughout your day, you can reach a point where your mind then begins to ignore the familiar sound. This is one reason that the FIT method teaches participants to use a physical habit as a reminder to engage in visualization instead.

Rather than setting an alarm on your phone to remind you to picture your future goals, you would use an action instead. Then every time you did that action, it would remind you to practice visualization.

Some of the most common habits that work well as reminders are things like pouring yourself a glass of water or brushing your teeth. You can pick whatever habit you do throughout the day and set that as your reminder.

During this reminder time, you would visualize your end goal. Then you would look at what you're doing currently to make that end goal a reality. You would focus again on your goals and how reaching those goals make you feel.

As you're practicing these daily reminders, make sure that you're using all the senses. What you see, what you taste, feel, hear and smell. One thing you'll quickly discover about FIT when you're making it part of your lifestyle is that it doesn't allow participants to dwell on the negative.

Even the times that you failed aren't viewed in a negative way. Instead the teaching focuses on sharpening your mental skills to prevent returning to any habit that got in the way of your success.

FIT Teaches Failure Prevention

One of the downsides to many popular weight loss programs or diets is that they gloss over what to do if the participant falls off the wagon. The instructions might say something like get back up and try again.

While that's okay advice, what it lacks in instruction is how to keep from failing in the first place. Those teachings are based on after effects rather than being proactive and heading off a failure before it begins.

So then some people never learn how to overcome what keeps tripping them up time and time again. FIT is different in that it uses a method that teaches participants mental strength.

It does this by boosting their belief in their ability to conquer problems and achieve the goals that they want to accomplish. One of the ways that it does this is by having people prepare for any roadblock that could come along.

The preparation is done by having the participant picture what could be a problem for them. For someone who's looking to lose weight, that problem might be giving in to a craving.

The FIT method teaches the person to prepare beforehand for that craving. But it also teaches how to successfully handle whatever problem is coming by being mentally ready.

Then it goes another step and teaches participants to have a strategy ready to go for when the problem arises. The way that it does all this is through visualizing that on the way to their goal, the problem crops up.

FIT shows them that by using visualization, the person can see themselves overcoming that problem and exactly how it is that they're going to get through the situation. This boosts the participant's self-confidence and helps keep them focused on the outcome of their goal rather than on the problem - which is why many popular diets fail to help people reach long term success.

During FIT instruction, the participant learns how to visualize their future as well as how to visualize the action steps that they need to take. As a person uses FIT, he or she will also discover that visualization can make them discover strategies to reach their goals that they may not have pictured before.

Learning how to use FIT allows the participant to discover how he can effectively overcome whatever is standing in his way and it prepares him for the success that he wants.

Many people believe that losing weight is 20% mechanics and 80% mindset. If so called willpower has been your Achilles' heel for too many years, then the FIT method might just be the one plan that finally works for you.



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