

## Phase 4: Maintenance Phase

### Metabolic Balance - The individual Phases

#### **Congratulations - you did it!**

Congratulations on your success! You have balanced your metabolism, reached your target weight and improved your health and well-being. Allow yourself to be proud of all that you have achieved and hopefully this willpower and determination will also spill over into other areas of your life.

The idea of Phase 4 is to maintain your success for the long-term. So please, do not fall back into your old habits after adjusting so successfully to the principles of Metabolic Balance!

As already mentioned above; Metabolic Balance is not a diet, Metabolic Balance is a lifestyle. Therefore, the 8 Rules will continue to apply in everyday life. In addition:

- Continue to exercise every day. This can even be achieved on workdays; take the stairs instead of using the elevator; walk or ride a bicycle instead of taking the car or the bus; get off the bus one stop before or after your actual destination and walk the remaining distance; park at the far end of the parking lot rather than close to the doors and try to regularly go swimming or walking — alone or with friends.
- Make sure to engage in physical activity at least two to three times per week. The regular activity ensures your weight maintenance and optimizes your health!
- Take a 15-minute break after one hour when attending long meals. Begin the next course with a bite of protein again.

Continue to choose your food mindfully whilst following your newly learned way of eating and enjoy each and every meal. Be prepared for some surprises though; Metabolic Balance meals can offer some real taste sensations! With a heightened sense of smell and taste and a better understanding of what your body really needs, eating should become a really enjoyable experience.

Now that the 8 Rules have become second nature to you, you should find it easy to maintain your new weight and your well-being. You can now enjoy every type of celebration or invitation, because your new lifestyle allows you to fit in without being an outsider. On the contrary, you have become the nutrition expert. People may have started asking you questions about the obvious changes that you have made. But these changes didn't just happen over-night, you reached your goal by being disciplined and consistent. Please enjoy the compliments, offer tips where you can, but most importantly stay true to yourself and your newly acquired knowledge.

Be conscious about eating only moderate amounts of carbohydrate, primarily with a low Glycaemic Load (GL). Wherever possible continue to eat food from your personal list.

#### **Please, always remember:**

The better you adhere to the 8 Rules, the easier you will maintain your target weight. We wish you every success!