



**Mind Force**

**Dynamic Mental Entrainment**

**Module #2**

**“Body Control”**

# Dynamic Health & Fitness

- Do You Desire to Be In Great Physical Shape
- It's a Decision Away
- How Much Time Do You Spend Measuring Your Body?
- Are You Confident With Your Body?

# The Myths

- You Have to Live a Puritan Lifestyle
- It Depends on How Old You Are
- You're Too Far Gone
- Can't Do it Yourself
- Have to Eat Foods You Don't Like & Do Exercises You Don't Want to Do

# Your Body Type

- Ectomorph (Thin)
- Mesomorph (Muscular)
- Endomorph (Heavy)

# Only 4 Ways to Lose Weight

1. Control Caloric Intake

2. Cut Fat

3. Cut Carbs

4. Increase Activity

# The Simplicity of Body Control

- Use Subliminal Audios (See Subliminal Solution System)
- Ask The Question Why?
- What Kind of Look Do You Desire?
- What Kind of Food Do You Like?
- What Kind of Exercise Do You Prefer?
- Relax The Body (Meditation)