

The 3 Key Components Explained.

- The Hunger Games Laws.
- DTI (Default Training intensity) Laws.
- Box Breathing.

The 'Hunger Games' Laws

We are re-programming the daily fuelling of the calories you genuinely need.

Along with a change in food type, you will likely yield a weekly calorie deficit from your current consumption.

It is your post-meal hunger satiation (hunger depression) being most critical for your program success.

The Reboot#5 menu lists the meal portion size for the 'average' appetite – with a slant towards a typical male appetite.

However;

Gender, body shape & genetics, activity volume and type, the climate, one's mindset (relative to stress) can all change the ideal calorie needs.

With the Reboot#5 menu practising mostly repeated meals for each of the phases, I want you to employ the following;

The Hunger Games Laws;

- 1) Start with the listed meal portion size, mostly – with smaller females reduces the listed volume by 10-30%.
- 2) Tinker with the next meal portion based on your post-meal response; e.g.,

Increase the meal portion by 10-20% if you experienced;

- Hunger within 6-7hrs of your next meal (Breakfast to Lunch – Lunch to Dinner),
- Irritability or anger, or,
- The fixation for food.

**Start with increasing the protein portion firstly (where possible).*

Lower the portion by 5% if you felt good.



Also, consider these tips on prolonging or depressing your hunger;

- ✓ Hydrating pre-meal as listed (e.g. salty gassed water),
- ✓ Caffeine in moderation (with a little whole cream milk),
- ✓ Avoiding 'simple' & (primarily) processed carbohydrates at all cost,
- ✓ Prioritising a small but healthy 'fat' portion with every meal,
- ✓ Including the listed healthy dietary fibre,
- ✓ Employing post-meal mouth cleanliness (e.g. brushing your teeth), and
- ✓ Remaining busy.

In short: A meal comprising of a small portion of lean protein, good fat, healthy fibre, and salty water will typically depress most appetites for 6-8 hours.

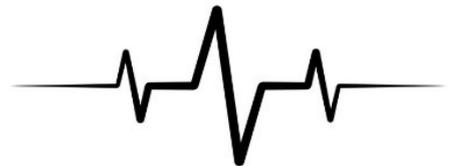
**Lowering the appetite on fewer calories drives dominant fat-burning.
Low sugar, moderate protein, selected good fat, and dietary fibre drives this.**

The DTI (Exercise) Laws

We are re-programming your metabolism towards favouring stored fat as your preferred fuel source as opposed to sugar.

The more you exercise holding your DTI (Default Training Intensity) throughout the reboot#5 program, the better.

The prime focus of DTI effort is improving your efficiency of favouring stored and mostly unnecessary body fat.



In short: Choose a rhythmic & continuous movement while increasing your intensity towards a conversational pace. Hold this somewhat comfortable effort until you finish.

Avoid what you consider a 'hard' intensity for the reboot#5 program – even if you feel capable.

DTI Benefits	>DTI Troubleshooting
<ul style="list-style-type: none">• Priming stored fat metabolism > weight loss.• Hunger depression > the hormone leptin.• Mindset balance > dopamine, serotonin.• Balances circadian rhythm > prime sleep.• Lowers acidity > boosts immune health.• Lower risk of injury.	<ul style="list-style-type: none">• It trains the sugar burning system.• Appetite boost 4 hours post > hormone, ghrelin.• Increases the stress hormone cortisol.• Increases temperature disrupting sleep patterns.• Increases risk of upper respiratory illness.• Harder re-balancing ideal hydration.

Calculations FYI

- a) 183 minus your Age = (This is your Heart Rate in Beats per Minute).
- b) If you've suffered significant illness within the last five years; minus 6 =
- c) You've been largely sedentary over the past two years; minus 3 =
- d) You have suffered more than one cold & flu over the past 12 months; minus 2 =
- e) You are challenged regularly with muscle or joint inflammatory conditions; minus 3 =
- f) You are challenged with lifestyle stress; minus 3 =
- g) You've mainly been healthy for two years; add 5 =
- h) You've exercised regularly for three years; add 3 = (This number, your HR, is your DTI ceiling).

Your DTI Zone: From 10 beats lower than your DTI up to your DTI. Eg. 122-132bpm.

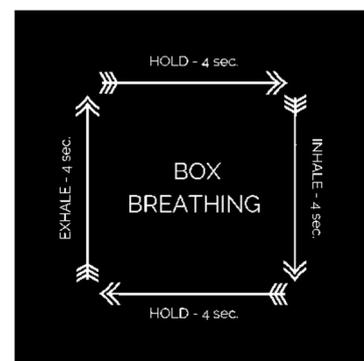
The Box Breathing Laws

We are driving up your parasympathetic (rest & digest) hormones which drive up your prime fat-burning metabolism.

The greater your emotional stress, the harder it is metabolising your stored fat.

The simple and efficient daily practice of box breathing will reduce your emotional stress and improve your collective health, one facet being; the burning of unnecessary fat.

In short: Breathe nasally, only. Breathe in for 5 seconds: Hold your breath for 5 seconds: Exhale for 5 seconds: Hold for 5 seconds (the tricky bit): repeat this 20-second set x 5.



Box Breathing App FYI

Search your App Store: Box Breathing Assistant (Free version).

Download, Settings: 5 seconds splits (I find FIVE seconds the most efficient split), Start.

The Power of Nasal Box Breathing

- ✓ Nasal inhalations drive oxygen more efficiently into the lower lobes of the lungs. The lower lobes of the lungs have more parasympathetic, calming and repairing nerve receptors. The upper lobes have more sympathetic (fight or flight) stress receptors that are activated during mouth breathing.

- ✓ The lower lobes of the lungs are also gravity fed and thus have more blood. Therefore, they can perfuse more waste (CO₂) out of the body. We blow excessively during exercise because we are not removing the CO₂ as efficiently as we could be. Nose breathing maximises this action.
- ✓ Breathing into the lower lobes exercises the diaphragm at the base of the lungs, making us more efficient deep breathers. Freeing the diaphragm to contract and relax fully massages the stomach situated just below the diaphragm, allowing for more efficient metabolic stomach function.
- ✓ Nasal inhalations force the entire rib cage to breathe, engaging all 12 ribs to act as levers that massage the heart and lungs. Rib cage activation acts as a pump to pull lymph fluid from the lower parts of the body up into the chest cavity and to the heart, supporting healthy and active lymphatic flow.
- ✓ Nose breathing exercise has been shown to increase the production of nitric oxide. Nitric oxide is an important cellular signalling molecule in the body that has a hand in many favourable physiological processes, including expanding blood vessels, increasing blood flow, and protecting the organs from damage.
- ✓ Nose breathing lowered heart rate and breath rate compared to mouth breathing exercise.
- ✓ Nose breathing exercise increased alpha brain wave activity compared to mouth breathing exercise. Alpha brain waves are produced during relaxation or meditative states. Mouth breathing exercise produces a significant amount of beta brain waves that are associated with a stress response.