

by Jayson Hunter, RD, CSCS

Bathing Suit Season Crash Course

13 Simple
Strategies for
Looking Great
this Summer!



The Carb Rotation Diet

Bathing Suit Season Crash Course

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by Jayson Hunter, RD, CSCS

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Introduction

The following 13 strategies are a collection of some of my best Rapid Fat Loss newsletters. These simple tips and tactics have helped hundreds of people just like you get ready quickly for Bathing Suit Season.

You can read them all at once. Or you can read one per day for the next 13 days. It's entirely up to you.

How you decide to digest the material is not nearly as important as putting these strategies to actual use.

Start taking action on them IMMEDIATELY and you will see amazing results.

I hope you have a great summer. Send me some pictures from the beach ;-)



Yours in health,

Jayson Hunter, RD, CSCS
Author, *The Carb Rotation Diet*

Bathing Suit Season Strategy #1

Spring Break is pretty much here. Full-blown beach season will be here before you know it. You might have a June wedding to look great for.

Whatever reason you have for wanting to look better naked is fine with me. But what is absolutely critical to your success is a burning desire. A vivid image in your mind of how amazing you are going to look and feel in your new body. That is by far and away Bathing Suit Season Strategy #1.

Now you might be rolling your eyes at just how simplistic and hokey the above sounds. But it's not. As a registered dietitian with over ten years experience I can tell you that my MOST successful clients all had one thing in common—they wanted it BAD. Real bad. This time was different. This time they had a crystal clear image of what they were going to look like in that bathing suit. They could literally FEEL it.

Close your eyes right now and imagine.

Imagine yourself in your bathing suit looking at yourself in a mirror. But not as you are now. No, as you WANT to be.

Imagine looking at that reflection and admiring what you see.

Imagine the PRIDE you feel at the accomplishment.

Imagine how great it feels to be LEAN.

Imagine how your significant other looks at you. That sexy little smile they let out as they walk by you.

Imagine rubbing suntan lotion on your tight arms and legs.

Imagine how flat your stomach is.

Imagine how confident you are as you stroll down to the water to cool yourself off.

You START with a clear mental image of what you want and a BURNING DESIRE to achieve it.

The second step is to get a copy of my [Carb Rotation Diet](#) program and start shedding that fat FAST.

I know you can do it.

Yours in health,



Jayson Hunter, RD, CSCS

PS - It's working for people EXACTLY like you.

So far, and this is the truth, since I started your diet and exercise program I have dropped from a size 22 to a size 18 and I am hoping to get down to a size 14 for the wedding. I have already given my size 22 clothes to the women's shelter here in town because I never plan to wear them again ever thanks to you. I don't care about the pounds as much as I do the clothes fitting better. Before I started they were stretched till the seam threads were showing. Now they fit comfortably and I no longer worry if I am going to pop a seam during a meeting or bending or sitting. I am VERY happy about that.

Thanks so much for your encouragement, your interest in helping us, and your concern about how we are doing. I never expected that. I am very pleased I started all of this with you and I am talking others into joining as well.

God Bless you, Jayson, for your caring and concern.

— Barbara A. Kimball
Candia, New Hampshire

Bathing Suit Season Strategy #2

In Strategy 1, I wrote about having a BURNING DESIRE and a clear mental image of how you want your body to look this Bathing Suit Season. Here are some fat-fighting tips to get you started on the success fast-track.

❶ Limit portion sizes: One very simple tip is to use a smaller plate to put your food on. We have this psychological issue that we have to fill the plate when we eat. Studies have been conducted where they took two groups and gave them their favorite ice cream to eat. One group had a small bowl and the other group had a large bowl. Their objective was to eat until they were satisfied.

The group with the larger bowl not only dished themselves larger portions per bowl, but they also ate more ice cream than the small bowl group.

❷ Keep a food journal: Studies have shown that most people underestimate their calories by as much as 25% so if you are serious about losing weight make sure you record what you eat to know how much you are actually eating.

I actually just received an email from someone who thought they were eating the right amount of calories until they kept a food journal and realized they weren't even close to the calories they were supposed to be eating.

❸ Do NOT skip meals. Especially not breakfast. I'll be writing more about this in the coming pages, but for now, I CANNOT stress how important breakfast is to a fat-burning metabolism. It sets the tone for the rest of the day. If you want your body melting fat all day long make sure you eat breakfast. And if you don't have the time to make something nutritious, then I highly recommend a great tasting and convenient Meal Replacement Shake.

If YOU have a burning desire to look great this Bathing Suit Season then the [Carb Rotation Diet](#) is the answer to your prayers. Just imagine how motivated you'll be when you drop up to 15 lbs. in 30 measly days!

I know you can do it.

Yours in health,



Jayson Hunter, RD, CSCS



“Jayson, you’ve done it! The Carb Rotation Diet tells all. It’s too often that people make the mistake of extreme dieting to get temporary results and cause undue stress to their hearts and other vital organs. This nutrition plan is safe, results-driven, and easy-to-use. If you’re serious about getting rid of your gut and ripping up your abs, once and for all, you have to read this e-book. And that goes without mention of your incredible bonuses. This e-book should be a resource for every man and woman out there.”

— Dr. Kareem Samhouri
Yardley, PA

Bathing Suit Season Strategy #3

I'm not just a Registered Dietitian. I've also been a certified fitness professional for over ten years. And as you probably already know by now, exercise and proper nutrition go hand in hand. I realize you might not like it very much. But it's true. There are a lot of things that add up to looking better naked.

None bigger than the combination of the CORRECT form of exercise and eating habits.

As I've written before, if you don't want to know the truth then this newsletter is simply not for you. If you want to continue to be lied to and manipulated by food companies and "miracle solution" marketers, well, be my guest. I can only lead you to the water, I can't make you drink. Sorry, I had to write that because typically when I start talking about exercise people start to cringe.

Ok, now that's out of the way, let's look at the VERY bright side of exercise.

- 1- It creates that muscular/tight and tone look every woman is after
- 2- You'll sleep so much better
- 3- It can improve your sex life dramatically
- 4- It provides endless energy
- 5- Your self-esteem will soar

And the list goes on and on and on. Seriously.

Your attitude towards exercise is the only thing holding you back. If you look at the incredible benefits of fitness you start to change your outlook towards exercise. Why dread something that is so incredibly valuable to your body? Besides helping you look great naked it also, as I'm sure you're aware, delivers a ton of health benefits.

I know you can do it.

Yours in health,



Jayson Hunter, RD, CSCS

PS - Folks just like YOU are already kicking butt and getting ready to look awesome on Spring Break vacation or at the beach this summer. What about you?



"The Carb Rotation Diet has been designed to fit into any women's lifestyle. The Diet is very simple to follow and has taught me the steps I needed so that I never have to diet again! It changes the way your body looks as well as your lifestyle! The best part is that it is so simple to follow."

— Hollie Hicks

Bathing Suit Season Strategy #4

In Strategy 3, we started to talk about exercise and it's critical role in helping you look better naked. We briefly discussed how very important it is and why you should focus on the incredible benefits of fitness. Remember, what you focus on grows. So instead of dreading exercise you need to look forward to the amazing results it will produce!

Now I want to tell you about the type of exercise you should be performing. There is simply no better exercise modality for fat loss than strength training. NONE. If you want to blast fat fast, if you really want to create a supercharged metabolism that melts fat 'round the clock then you simply MUST be performing the correct type of strength training.

Now ladies, my guess is you've been told this many times before. And I assure you—as an expert who has literally worked with hundreds and hundreds of women exactly like YOU—you are NOT going to get big and bulky. 99.9% of all women DO NOT have the hormones necessary to create unattractive amounts of muscle. I am fully aware you want to look trim and toned. And the correct method of strength training is exactly the recipe to looking great in both your bathing suit AND your little black dress.

With the [Carb Rotation Diet](#) program comes an amazing fitness program created by a world-renowned women's fitness expert. It's a complete blueprint that works hand-in-hand with my nutrition program to help you drop up to 15 lbs. in just 30 days. It's a unique training regimen that most men and women have never seen before. It goes way beyond the bland routines I see most people performing at the gym.

In fact, most do some sort of cardio for 45 minutes to an hour and then pick a couple of light dumbbells for a couple of minutes afterwards. And they are stunned when they fail to see results by doing the same thing day in and day out. But it's not necessarily their fault because they've simply been given the wrong information. If this is you, well, you're going to be blown away when you see the transformation of your body when you use our easy-to-follow exercise programs!

I know you can do it.

Yours in health,



Jayson Hunter, RD, CSCS



“Jayson Hunter not only walks the walk, but talks the talk, and when he talks, you should listen if you want results. Following his suggestions, tips, and tools laid out so well in his books are a sure fire way to get results quickly and effectively. The only people who shouldn't get these books are those who can look at themselves in the mirror and say with 100% confidence, I am happy with what I see and happier with how I feel!”

— Chris Mohr, PhD, RD

PS - Yes, it's doctor approved.

Bathing Suit Season Strategy #5



Whether you're following the [Carb Rotation Diet](#) or some other rock-solid plan guaranteed to help you look better naked you need to be VERY aware of Bathing Suit Season Strategy #5.

PROTECT your mind.

As we've already talked about, there are plenty of unscrupulous food companies and marketers promoting miracle solutions, magic pills and potions just waiting to get a hold of you. Yes, they are, in fact, out to get you. Well, not you, but your hard-earned cashola. They know most people are easy prey. They know you'd much rather be sold a dream than the truth. They know if they reach when you're vulnerable they'll be able to pry a bunch of bills from your wallet.

There is always going to be some part of you that would love to find an easier way. Who wouldn't love to sit on a couch eating their favorite fried food day-after-day and wake up one morning with a gorgeous bikini body? And as I've told you before: I'm not going to be the one to lie to you. I'm not going to tell you the things you want to hear. I'm only going to tell you the truth.

And the truth as it pertains to Bathing Suit Season Strategy #5 is this: You need to be ever vigilant of the people and companies pushing quick-fix solutions. You need to stay FOCUSED on your plan. When you stay on target with the [Carb Rotation Diet](#) you are guaranteed to see incredible results delivered in a healthy way.

Don't let "them" trick you into thinking a box of cookies injected with Omega-3's is going to help you look great in a little black dress.

Don't let "them" fool you into believing a magic pill is going to make your love handles disappear for good.

Don't let "them" swindle you into buying another ab contraption that you think is going to produce a beach ready body in just 60 seconds a day.

Don't let "them" lie to you anymore. Arm yourself with the truth. Protect your mind. Create a plan and stick to it.

I know you can do it.

Yours in health,

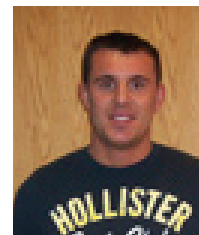
Jayson Hunter, RD, CSCS

PS - Again, Don't let "them" lie to you anymore. Arm yourself with the truth. Protect your mind. Create a plan and stick to it.

"Having worked in a nutrition oriented healthcare clinic for the past seven years, I found the Carb Rotation Diet to be well written, and a valuable resource for anyone striving to lose weight by embracing a healthy lifestyle. I found the resource guides to be especially helpful. No fad diets or unfounded claims. Just straight forward information that the reader can utilize from day one to lose weight and keep it off."

— Nealy Sturges

Bathing Suit Season Strategy #6



“When I first started I weighed 210 lbs and in 8 weeks I got down to 195. My bodyfat also went from 20% down to 12%. I eat healthier, I feel healthier and I want to thank Jayson for creating this great book. I definitely feel better about myself.”

—Justin Flynt
Age: 25
St. Louis, MO

As I've been stressing this week, Bathing Suit Season will be here before you know it. You're going to look at your calendar some Tuesday in May and you're going to freak out because it's almost time to dust off the old swimwear. You're going to wonder what happened. You're going to wonder where the time went. You're going to beat yourself up because this was the year things were supposed to be different. You know what I'm talking about. And unless you get your butt in gear the same thing is going to happen this summer that happened last year.

So let's get going! Look, I know you can look awesome in your bathing suit. And I know if you follow all these Bathing Suit Season strategies you're going to succeed.

Today I want to talk to you about jumpstarting your success. I know from experience that you want to see INSTANT results. And I don't blame you. I think seeing the pounds melt off your body quickly is a great way to pump you up and get you excited about looking better naked.

But there's a danger to it. And that leads to Bathing Suit Strategy #6.

Keep your eye on the LONG-TERM prize. I do NOT want you to think the [Carb Rotation Diet](#) is just some sort of Quick Fix. I do NOT want you to continue your Yo-Yo cycle of shedding pounds and then putting them back on again.

You see, the [Carb Rotation Diet](#) is scientifically designed to trigger your body to shed up to 15 lbs in only 30 days. But the progress will be sure and steady from there. You will NOT continue to see extraordinary results like this. Fat WILL continue to melt off your body at an accelerated pace. You're going to look better and better each week. But do NOT let some unscrupulous marketer promise you miracles. So be sure to expect LONG-TERM success. Expect to make some permanent changes in your life so that year in and year out you are ready for Bathing Suit Season.

Isn't that what you really want? Don't you want to know the truth about having a body that ALWAYS looks great naked? But again, when you drop a quick 15 I promise you you're going to take that success and keep running with it. Keep your eye on the prize and think LONG-TERM.

I know you can do it.

Yours in health,

Jayson Hunter, RD, CSCS

Bathing Suit Season Strategy #7

So how did you do this weekend?

Were you able to behave yourself?

Or did you stuff yourself instead?

Hey, it's Monday, so I know you're busy. That's why I'll keep today's message very brief.

Guilt isn't good for you. It's not going to help you get ready for Bathing Suit Season. Guilt is a form of stress. And stress is NOT good for your physique.

And the hormones that are correlated with stress actually increase your appetite for sugary snacks and fatty foods.

So if you've got the "guiltys" make sure you forgive yourself and move on.

Here is your remedy:

Get some exercise. Take a walk after lunch. Clear your head.

NOW is the time to start living the Triple-E Formula:

Eat right, exercise, educate yourself.

I know you can do it!

Yours in health,



Jayson Hunter, RD, CSCS

PS - Get rid of the guilt. Get started on the path to getting healthy and looking great naked.



"The Carb Rotation Diet taught me how to eat better. Starting the day with a good breakfast, making better choices in food selections and I have lost 4 inches from my waist, 25 pounds and I also lost 7% bodyfat. I have a ways to go, but I am going to continue to lose it."

— Paul Helmkamp

Age: 31

St. Louis, MO

Bathing Suit Season Strategy #8



I received this email from one of my [Carb Rotation Diet](#) customers yesterday. It fits in perfectly with Bathing Suit Season Strategy #9 so I thought I would share it with you.

Q “Hi Jayson,
The first 2 weeks of my dieting and training went very well. I lost 3 KGs (6.6lbs) and reduced my body size by a total of 27cm (10.6”)!! I have a long, long way to go but its a good start.

I have a question for you. Why is it good to do cardio training before breakfast and not after in the evening?” — Mark Dyer

A **JH:** Mark, first off, congratulations on your success! I know it’s going to inspire my readers to do the same. To answer your question, there isn’t that big of a difference in regards to when you do your cardio. Everyone thought if you did cardio on an empty stomach after not eating all night that you would burn more fat calories.

But...

The latest research I have been reading shows it isn’t the AMOUNT of cardio, but the TYPE of cardio that you do. High intensity interval cardio research is finding is far superior for FAT BURNING than static cardio.

So sprinting for 30 seconds and jogging for 1 minute and then repeating this for 20-30 minutes is more effective than just running at a steady pace for 30 minutes.

Bathing Suit Season Strategy #8 is to STOP your leisurely cardio session and START turning up the intensity. I hear all the time from women just like YOU about the amazing body transformation they have seen when they started turbo charging their workouts. Fat melts off their body at a rapid pace as soon as they give up those long-duration cardio sessions and start incorporating high intensity intervals.

I know you can do it!

Yours in health,

Jayson Hunter, RD, CSCS

PS - Mark dropped 6.6 lbs and 10.6 total inches in just two weeks! My program works for men and women. The [Carb Rotation Diet](#) is 100% guaranteed so you have nothing to lose—expect those extra pounds and inches!

“The Carb Rotation Diet has been designed to fit into any woman’s lifestyle. The Diet is very simple to follow and has taught me the steps I needed so that I never have to diet again! The Carb Rotation Diet changes the way your body looks as well as your lifestyle! The best part is that it is so simple to follow.”

—Hollie Hicks

Bathing Suit Season Strategy #8



“I followed the Carb Rotation Diet for 2 months and the first month I lost 12 pounds and the second month I lost an additional 8 pounds. I had to go out and buy all new pants. I also lost 6 inches in my gut and 11% bodyfat. This diet was huge and following the meal plans helped speed up my metabolism. I just saw outstanding results and couldn’t be happier.”

— Jake Guzy
Age: 36

Be careful of the 100 calorie snack packs!!!!

That’s right you need to be careful with this new food fad.

I am talking about all these 100 calorie snack packs that are on the shelves now.

Sure they are great because they are only 100 calories. Let me pick this thought apart a little for you. I am using the 100 calorie OREO candy bites as an example. There are 12 small candy pieces per bag. They are small enough that you could eat them all in 2 small handfuls.

Will that satisfy you?

Then the very first ingredient is “white confectionary coating (sugar, palm kernel and/or palm oil). This means that the largest ingredient in this product is sugar and oils.

Will that satisfy you?

I can tell you that it will spike your insulin levels, which tells your body to store these calories as fat as well as trick your body into thinking it is still hungry because of the insulin spike.

Finally it forces your mind to have a lot of self control and discipline because after two small handfuls you have to stop so that you stay at the 100 calories. The alternative which is usually what happens is that you are going to have another pack or two.

See how your calories just doubled or even tripled.

Remember the Fat Free Snackwell days?

Everyone thought they were the greatest food in the world because they were fat free. Yet they wondered why they kept getting fatter. It was because Snackwells were loaded with sugar.

Instead stick to healthy 100 calorie snacks that are going to provide fullness instead of emptiness and having you crave more.

I know you can do it!

Yours in health,

Jayson Hunter, RD, CSCS

PS: The [Carb Rotation Diet](#) program comes with an approved 100 calorie snack list bonus. Find out what you should be eating that will not only limit you to the 100 calories, but more importantly, satisfy you so that you aren’t craving more.

Bathing Suit Season Strategy #10

So it gets to be late in the afternoon and all of a sudden it hits.

You've got a craving.

You're desperate for something loaded with fat and sugar and calories.

Sure the stuff tastes good, but you don't understand why you find the urge almost irresistible.

Off to the vending machine you go to get a candy bar. Maybe even a couple of them.

Not good. Not good at all.

That's why Bathing Suit Season Strategy #10 is BE PREPARED.

You know the times of day you get cravings. So make sure you have some healthy stuff around to eat.

- 1 Nuts are good for you again. Almonds contain healthy omega fats and are a great snack to fill you up. They provide a good source of protein as well. A handful should satisfy you.
- 2 Yogurt is another great snack to have on hand. It is low calorie and also provides a good source of protein.
- 3 If you enjoy nutritional bars a great choice is Prograde Cravers. They are Certified Organic, but they taste like a candy bar. They've got good quality fiber to control your insulin levels so your body keeps burning fat after you eat them.

I know you can do it!

Yours in health,



Jayson Hunter, RD, CSCS

Bathing Suit Season Strategy #11

One day during her personal training session a client asked me, “Why aren’t I getting better results? I’m working out hard, but I don’t seem to be losing any weight.”

“How many glasses of wine did you have at that cocktail party Saturday night?”, I responded.

She moaned back, “Oh, no, but I can’t give up my wine!”

I have no idea if YOU enjoy a couple of cocktails, beer or wine. And I’m certainly not judging you.

But I can tell you that if you want your body to “sacrifice” those extra pounds you’re going to need to sacrifice some things, too.

As always, I’m not here to tell you what you want to hear. I’m here to tell you the truth. And consuming too much alcohol is not only a great way to PACK on the pounds, but it also prevents you from dropping them, too.

It’s simple, if you want to look great in a bathing suit you’re going to have to severely limit your alcohol intake.

But remember, when you’re lean and sexy you not only look great, you FEEL great.

I know you can do it!

Yours in health,



Jayson Hunter, RD, CSCS

PS - Bathing Suit Season is getting closer and closer and closer...

Bathing Suit Season Strategy #12

It's Sunday so I'm going to make today's strategy super quick.

Stay Conscious.

Have you ever found yourself mindlessly eating an entire bag of potato chips just because they were sitting in front of you?

Have you ever nibbled on a few things while preparing a meal?

Have you ever eaten everything on your plate even though you weren't hungry anymore?

All of these calories count. And they all add up.

Stay conscious of what you are putting into your mouth at all times. Simple, but VERY powerful!

I know you can do it!

Yours in health,



Jayson Hunter, RD, CSCS

Bathing Suit Season Strategy #13

I was doing a little grocery shopping the other day when I got the idea for Bathing Suit Season Strategy #13.

When I was in the checkout lane I noticed all candy bars and sugary snacks to my right. It always gets me to chuckle.

They know exactly where to put the “impulse” items. It might not be a large transaction, but when you get enough people day after day to add a 75 cent candy bar to their total, well, that’s big bucks.

And when you consider all these little “impulse” buys you may have made over the course of the years...

I’m not talking about the money.

I’m talking about the calories from fat and sugar you have consumed just from adding a little 75 cent purchase to your grocery bill.

But now you’re aware of it. Don’t let “them” prey on your impulses.

That’s why you need a plan.

My [Carb Rotation Diet](#) gives you that plan. AND it helps you drop up to 15 lbs in just 30 days.

Why not spend the money you used to spend on candy bars and chips on something that will help you look better naked for a lifetime?

I know you can do it!

Yours in health,



Jayson Hunter, RD, CSCS

Hi,

My name is Jayson Hunter. I'm the author of the [Carb Rotation Diet](#).

As a registered dietitian and personal fitness trainer with over ten years of experience I've seen just about every gimmick, fad diet and miracle pill women have tried to lose dress sizes and inches fast. And while these "solutions" have worked for the short-term, they've resulted in long-term disaster by wreaking havoc on the metabolism of these unsuspecting people. In fact, not only do they gain the weight back they lost, but they gain a whole lot more!

Something very interesting to note is that many of the hundreds of clients that I've helped had originally damaged their metabolism through starvation-type diets they were using to lose weight for a special occasion. Some wanted to look great for their class reunion. Others wanted to fit into a bikini during their vacation. Of course, there were those who had been eating like birds in preparation for their wedding day. Or their son or daughter's wedding day.

I found it so amazing what men and women do to lose weight for these special occasions that I decided to create the [Carb Rotation Diet](#). It's designed to do two things:

1. Help you lose weight quickly and safely so you look your best for any special event or occasion without ruining your metabolism
2. It then reveals how you KEEP the weight off by incorporating all the lifestyle modification techniques I have fine-tuned over the past ten years. They are specifically designed to help men and women—just like you—make the permanent changes necessary to look great for a lifetime!

The desire to makeover your body needs to be very strong to see results. And when are you going to have a greater desire than when you want to look great for a special day? Or for that vacation you've been wanting to take forever? There's no better time to discover the secrets to not only losing weight fast, but keeping weight off forever!

This isn't some fad diet filled with nonsense. Everything I reveal to you is based on hard science and research. As a registered dietitian I know what works and what doesn't. I'm not some run-of-the-mill "guru" who pretends to have all the answers. I'm not some well meaning person on an internet forum who wants to help you out. No, I'm a highly educated professional with real-world experience. I have all the right answers because I do the research and I spent all the years in school. ■

[Click here to discover how the Carb Rotation Diet can help YOU safely lose up to 15 pounds in just 30 days!](#)



Jayson Hunter, RD, CSCS