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Metabolic Reset vs. Metabolic Resolution

A reset focuses on daily inputs and systems. A resolution focuses on outcomes and willpower.

Most people fail in January not because they lack motivation, but because they chase outcomes (weight, labs, clothes size) without fixing the metabolic inputs that drive them. Metabolic health improves when hormones, sleep, nutrition, stress, and movement are aligned — not when someone “tries harder.”

A reset asks:

What am I repeatedly doing every day that my metabolism is responding to?

01 FOR EXAMPLE
Two people both say, “I want to lose 30 pounds this year.”

Person A
Cuts calories aggressively, skips meals, and overtrains.

Person B
Focuses on protein at meals, consistent sleep, walking daily, and stress management.

At 6 weeks:

Person A
Person A is exhausted, hungry, and stalled.

Person B
has better energy, improved glucose stability, and steady fat loss — without obsession.

Same goal. Different system.

02 Try This Today
Instead of writing a resolution, write 3 metabolic inputs you will control this week:

- Sleep time**
- Protein at meals**
- Daily movement**

That’s your reset.

Check us out online:
<http://healthyuacademy.com>

Select a plan:
<https://tinyurl.com/healthyu-amaze>

