

Dr. Blair Whitmarsh's

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Windows 95, 98, ME and Macintosh system 9.x: The SlimMind software is programmed to launch automatically after inserting the CD. **Windows XP:** Insert the SlimMind CD into your CD drive. Go to the "Start" menu. Select "My Computer". Select your CD drive. Locate and double click the file called "SlimMind". **Macintosh OSX:** To run SlimMind in OSX you will need the Flash Player installed. If you already have the player installed insert the CD into your CD drive. Once the CD appears on your desktop double click to view the contents. Locate the file called "start.swf" and double click it to start. If you do not have the Flash Player installed you can install it using the "Install Flash Player 6" located on the SlimMind CD. You can run SlimMind in "Classic" mode by double clicking the file named "SlimMind". Once "Classic" launches SlimMind will launch and run, however, for optimum performance is recommended that you install the Flash Player and run SlimMind in OSX, not "Classic."

“The mental skills training concepts and guidelines in SlimMind will maximize performance in your endeavor to achieve your ideal weight.”

Bill Luke, Ph.D., CSCS, Pres. Performance Master Consultants

About Dr. Blair Whitmarsh

Blair Whitmarsh holds a PhD in Sport Psychology from the University of Alberta and is a member of the Canadian Mental Training Registry. He is also a Certified Strength and Conditioning Specialist and a member of the National Strength and Conditioning Association. He has been able to combine his experiences as an athlete, coach and researcher while giving lectures and conducting workshops/coaching clinics in the areas of mental preparation for sport and peak performance.

Since entering the field of sport psychology 11 years ago, Blair has consulted with numerous provincial, national, and international athletes from the sports of hockey, baseball, volleyball, swimming, gymnastics, track and field, ringette, and dance. Currently, he is serving as the sport psychology consultant for the Canadian National Ringette team, the Trinity Western University Sports Program (volleyball, basketball, and soccer), and provides mental training for a number of elite and professional hockey players.



Whitmarsh is consulted by many bodybuilders and strength trainers looking to enhance their training and performance. He is a regular contributor to the popular magazine, Muscle and Fitness, and his articles appear in many other related publications. He is also a frequent presenter at conferences, often speaking about the psychological aspects of strength training and bodybuilding.

He has just completed a new book, Mind & Muscle, a ground-breaking book in the mind-body literature, combining the latest research and essential experiences related to the mental and physical sides of serious strength training and bodybuilding. This book combines the best information and insights available for people whose physiques are a primary focus.

Whitmarsh is chairman of the Department of Human Kinetics at Trinity Western University in British Columbia. A resident of Langley, British Columbia, Whitmarsh enjoys bodybuilding, running, cycling, swimming, playing tennis, reading, and spending time with his wife Lorraine and family.

SlimMind Sessions

- **Portion Control** Overeating is a habit you must change to achieve the slim, fit you. Learn to be completely satisfied with smaller portions of food.
- **Stop the Junk Food** Stop filling yourself full of foods with high fat and sugar content. Say “No!” to junk food and start making wise food choices.
- **Stop Eating for Emotional Reasons** Food can serve as an emotional crutch. Train to eat when it is physically and mentally necessary, not when you feel emotionally vulnerable.
- **No Late Night Eating** Eating late at night is opposed to your goals of being slim and fit. Be free from the temptation of late night eating by taking this training.
- **Drinking Plenty of Water** More than half of your body is water. By staying fully hydrated, you will reach your goals of being Slim and Fit more quickly.
- **Stick with Aerobic Exercise** Aerobic exercise is a staple of effective weight control. Once you start doing aerobic exercise, your body will change automatically.
- **Slim and Build with Strength Training** The more that you shape and train your muscles, the more calories you will burn throughout the day. Shape up!
- **Eat Only What You Need** You must learn to control food, rather than have food control you. Eat only what is necessary, no matter how much food is available to you!
- **Positive Self-Image and Active Lifestyle** Be a strong, capable person that moves forward from one positive achievement to another.. and do it while burning more calories than you eat!
- **Reduce the Sweets and Sugars** If you had learned to turned your back on sweets earlier in your life, your weight would probably be less of a concern today. Learn now...easily!

