

# FROM FAT TO FIT

HOW TO JUMP -  
START YOUR  
METABOLISM AND  
GET AMAZING  
WEIGHT LOSS  
RESULTS!



ANGELIA GRIFFITH



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# From Fat to Fit

*How to Jump - Start Your Metabolism  
And Get Amazing Weight Loss Results!*

By  
Angelia Griffith



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# *Fat To Fit Basics*

Weight loss is a basic issue in today's general public with obesity on the increase and individuals at long last acknowledging what being overweight is doing to their bodies, their well being and in the end their ways of life.

Weight loss is useful for some conditions. It is of genuine advantage in diabetes, hypertension, shortness of breath, joint issues and raised cholesterol.

Weight loss is conceivable with exercise and sound dinners alone, yet including great quality protein and building incline bulk will help you lose all the more rapidly, helping you to keep the weight off and stay solid.

Weight loss is essentially ensured on the off chance that one adheres to the controls of the eating regimen.

Weight loss essentials: eat a larger number of calories than you utilize and you'll put on weight; utilize more than you eat and you'll lose it. Weight loss is presently an objective which can be come to truly effectively in the event that we adhere to a preparation administration, abstain from food arrange. Be that as it may, for a few, surgery might be the main trust.

Surgical procedures have advanced in the course of recent decades, and most are compelling, as in they do normally prompt significant weight reduction.

In any case, all specialists do concur that the most ideal approach to keep up weight loss is to take after a healthy way of life. Whichever approach you lean toward, the way to long haul achievement is a moderate consistent weight loss. It is demonstrated that it is essential prepare yourself up mentally for your weight loss journey and the way of life changes you are going to experience.



For people who are morbidly obese, surgery to sidestep parts of the stomach and small digestive system may now and again be the main successful method for creating maintained and noteworthy weight loss.

The essential factor in accomplishing and keeping up weight loss is a long lasting responsibility to general exercise and sensible dietary patterns. You will find that all levels of your life are enhanced with weight loss which brings you so much individual fulfillment.

In the event that dietary patterns are not totally and for all time changed, the Weight loss gave by an eating regimen is not going to keep going long. On the off chance that you experience the ill effects of, or think you may experience the ill effects of, a therapeutic condition you ought to counsel your specialist before beginning a Weight loss and/or exercise administration.

Drinking water is a standout among the most fast weight loss tips that dietitians propose to individuals and prompts 100+ calories additional blazed a day. Each twenty soda pops you skip from your typical admission likens to around one pound of weight reduction.

**Fasting:** While fasting has real influence in a few eating methodologies, it is by and large not prescribed for safe weight loss.

## **Diet**

Dietitians are nutritionists who work straightforwardly with customers or patients in regards to their healthful needs. Abstaining from food lessens your caloric admission however practicing helps you blaze more calories. Eat less carbs Weight misfortune is fundamental if corpulence is available. Consuming less calories is simpler than you ever envisioned. On a veggie lover eat less carbs, weight loss shouldn't be an issue.

A very much adjusted diminished calorie abstain from food containing moderate fat is suggested. The consideration of various types of organic products into weight loss eating methodologies is a sound method for managing starvation, and additionally giving the body those supplements and vitamins it needs to work legitimately.

**Exercise While You Diet:** Weight loss is about lessening your caloric admission while you increment the calories you smolder. Above all else choose how much weight you need to lose, and set yourself a sensible target, preferably with the assistance of your dietitian or specialist.

A diet that works for a few people does not work for others. A solid breakfast is one of the key components of a sound eating routine and noteworthy weight reduction. Most trend eating regimens, if took after nearly, will bring about Weight loss as an aftereffect of caloric confinement.

In addition, health food nuts who neglect to embrace better exercise and dietary patterns will recover the shed pounds and potentially more. As it starts, a lot of water will be shed, driving the calorie counter to imagine that huge weight decrease is occurring.

Counsel your specialist, for any well-being issue and before utilizing any supplements, rolling out dietary improvements, or before rolling out any improvements in endorsed meds.



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A great part of the early Weight loss on a low calorie eat less speaks to loss of muscle tissue instead of loss of fat.

Upwards of 85% of calorie counters who don't exercise all the time recover their shed pounds inside two years. Over and over losing and recapturing weight (yo-yo counting calories) urges the body to store fat and may expand a patient's danger of creating coronary illness.

Eating three adjusted, direct parcel dinners a day-with the fundamental supper at early afternoon is a more powerful approach to anticipate corpulence than fasting or crash diets, which persuade the body that there is a progressing starvation. Advanced medication has discovered approaches to augment our life expectancy through dietary limitation.

For your wellbeing, dependably counsel your specialist before making any noteworthy dietary, nourishing or way of life changes. The American Heart Association (AHA) for the most part suggests an eating regimen with under 30% fat.

Individual's way of life, sustenance inclinations, readiness capacities, nibble propensities, longings, and so on, ought to all be considered when building up a dietary arrangement. It is vital that the sustenance instructor tailor the eating routine to the person instead of receiving a "one-measure fits-all" approach. After weight reduction, bring down fat eating methodologies might be the best. For a great many people, being overweight is an aftereffect of a deficient measure of work out, a lacking way of life routine and an inadequately adjusted eating routine.

Most high-fiber nourishment are additionally high in water and low in calories, making them must-have eat less carbs sustenances. Dissolvable fiber can bring down cholesterol; insoluble contains inedible strands that add mass to our weight control plans.

A few specialists trust health food nuts have better control on the off chance that they eat

a few smaller than expected suppers for the duration of the day. Exercise and an adjusted eating regimen are the key considers fat misfortune and weight decrease.

Drinking water is a standout among the fastest Weight loss tips that dieticians propose to individuals and prompts 100+ calories additional blazed a day.

A definitive tip to inevitable achievement: standard exercise and an adjusted eating regimen. Add one cheat day to your eating routine to free yourself of yearnings.

Eat a sound eating regimen loaded with bunches of vegetables, organic products, and entire grain items.

Fasting: While fasting has significant influence in a few eating regimens, it is for the most part not prescribed for safe weight reduction.

## **Surgery**

In any case, for some in this circumstance, Weight loss surgery is the main trust. One of the soonest structures was gastric sidestep surgery. There are numerous types of surgery nowadays and all have upsides and downsides.

There are still generous dangers, notwithstanding, as with any significant surgery. For the individuals who trust surgery is the best alternative, counseling with an accomplished doctor is crucial.

For people who are beefy beyond belief, surgery to sidestep parts of the stomach and small digestive tract may on occasion be the main compelling method for delivering maintained and critical weight reduction.

Such weight surgery, in any case, can be dangerous, and it is performed just on patients for whom different techniques have fizzled and whose stoutness genuinely undermines wellbeing. In the event that



break hernia side effects are perpetual and don't react to eating regimen and pharmaceutical, surgery may get to be vital.

Today, most specialists choose to perform laparoscopic surgery, since it is negligibly obtrusive and recuperation time is lessened.

## **Blaze**

On the off chance that you envision yourself shedding pounds and consuming calories amid typical every day action, you will get in shape and muscle to fat quotients. It cellularly affects the body, bringing on fat cells to discharge their put away fat to be copied as vitality. The nourishment you eat amid the day ought to be scorched off through movement.

**Exercise While You Diet:** Weight misfortune is about lessening your caloric admission while you increment the calories you smolder. Eating less lessens your caloric admission however practicing helps you blaze more calories.

We as a whole realize that to accomplish a sound Weight loss we have to blaze a larger number of calories than what we take in. Exercise expands the metabolic rate by making muscle, which blazes a greater number of calories than fat.

At the point when general exercise is consolidated with predictable, stimulating dinners, calories keep on burning at a quickened rate for a few hours. Calories smoldered relying upon your action level.

Not just fats give a feeling of completion, eating a sufficient sound fat called omega-3 unsaturated fats may bring about your digestion system to smolder fat all the more productively. On the off chance that your weight stays steady, you are most likely taking in similar measure of calories you smolder every day.

In case you're gradually putting on weight after some time, it is likely that your caloric admission is more prominent than the

quantity of calories you smolder through your day by day exercises.

The quantity of calories we blaze every day is reliant upon our basal metabolic rate (BMR), the quantity of calories we smolder every hour essentially by being alive and keeping up body capacities and our level of physical movement.

Our weight likewise assumes a part in deciding what number of calories we blaze very still - more calories are required to keep up your body in its present express, the more prominent your body weight. Somebody whose employment includes overwhelming physical work will actually blaze a greater number of calories in a day than somebody who sits at a work area the vast majority of the day (an inactive occupation).

For individuals who don't have occupations that require extraordinary physical action, exercise or expanded physical movement can build the quantity of calories blazed.

To lose one pound, you should blaze roughly 3500 calories well beyond what you as of now smolder doing every day exercises. Utilize a calorie adding machine to make sense of what number of calories you smolder while sitting, standing, working out, lifting weights, and so on. In case you're eating less calories than you're blazing, you'll shed pounds.

As it is outstanding when the body does not get enough calories it begins to smolder the fat that was saved in the fat tissue.

Exercise will help you blaze overabundance calories and fat, and will likewise tone and fabricate muscle.



# *Top 15*

## *Weight Loss Myths*

There are many common weight loss myths that people live by when it comes to their health. It is difficult at times to separate the weight loss myths and fact from what is true. Many sound true while others are just laughable. I once read somewhere that if you drink water at night that you are going to gain weight or that if you scratch your head too often you are going to lose your hair....

### **Weight Loss Myth # 1**

The more weight that I have to lose the more intense my exercise routine should be

**Weight Loss Truth:** Although having an intense workout routine is great, there are a few things you should consider: the first

being that everyone is at a different level when it comes to their fitness and how much intensity they can actually handle. If you have been physically inactive for a number of years, an intense work out for you might be, walking half a mile a day.

After you walk that half mile you notice that you are sweating bullets and that you are tired. However, for someone who has been physically active for many years, walking half a mile can be done without a sweat. Everyone has a different definition of what "intense" is.

If intense for you is working out for an hour a day, but due to life's busy schedule you only have time for 20 minutes a day, then those 20 minutes will go an extremely long way. It might not necessarily be classified as "intense", according to your definition, but those little cardio moments will have positive health altering effects.

## **Fat Loss Myth # 2**

Stress and weight gain do not go hand in hand

Weight Loss Fact: This is one of those "laughable" myths. To learn more how stress is adding lbs. to your life please download my free E-Book, "Psychology of Releasing Weight"

## **Weight Loss Myth # 3**

I can lose weight while eating whatever I want

Weight Loss Truth: Sir Isaac Newton once said " What goes up must come down." There are natural principles that govern our lives. If you throw a ball up in the air, it is going to come back down. You can sit on your couch and imagine and visualize that the ball will staying afloat in the air, but natural principles teach us that it will come down. Same goes when it comes to our weight.

This is one of the most common weight loss myths out there. It is illogical to think that your health and weight are going to be in balance if your nutrition consists mainly of twinkies, chips, and donuts. Sure you can burn it off by exercising, but most people whose diet consists of mainly junk food are probably not disciplined enough to stick to a workout routine. I do know a few people who, from the outside, look like they are in good shape, because they are not "fat, but who have high cholesterol.

Just because I feel sorry for crushing the hearts of so many twinkie lovers out there, I would say this. You can eat junk food, cookies, chips, ice cream, pizza, burgers.... All of those "soul satisfying foods", but it should be in moderation. Anything in excess is never good.

### **Fat Loss Myth # 4**

Skipping meals is a good way to lose weight



**Weight Loss Fact:** There are numerous studies that show that people who skip breakfast and eat fewer times during the day tend to be a lot heavier than who have a healthy nutritional breakfast and then eat 4-6 small meals during the day.

The reason to this might be the fact that they get hungrier later on in the day, and might have a tendency to over eat during other meals of the day.

## **Weight Loss Myth # 5**

**I will not lose weight while eating at night**

**Weight Loss Truth:** You can over indulge in food during the day and not eat a single thing at night and you WILL gain weight. As is the fact that you can starve yourself during the day and eat all night long and you still will gain weight. The key here is balance. If your body is telling you that it is hungry then perhaps you should listen to it. The truth is, that over eating, while not exercising, will cause you to gain weight; no matter what

time of the day that you eat. Whenever I am hungry at night, as is my habit with other meals during the day, I try to select something that is natural in nature. Something like fruits, vegetables, or I might even make myself a fruit smoothie.

During those moments that I am craving ice cream or something sweet, I allow myself to get some, and DO NOT feel guilty about it. Many people who are overweight live their life in guilt and shame. I allow myself to get some, however, WITH MODERATION.

## **Fat Loss Myth # 6**

I'm not acceptable until I lose weight

Weight Loss Fact: The person who doesn't feel acceptable because they are fat is because they are not acceptable to themselves first. The way that you think others view you is based on your view of yourself. I honestly believe that one must become emotionally fit before becoming physically fit. I have gone through these self-limiting emotions before.

Once I realized that I was ALREADY ENOUGH in the eyes of God and that I had no need to prove myself to anyone or to receive external validation for my self-worth, that made all the difference for me. Once you accept yourself as who you are RIGHT NOW and realize that you are already enough in the eyes of God, you will not feel like you are not acceptable because of your weight.

### **Weight Loss Myth # 7**

I need to cut calories to lose weight faster

Weight Loss Truth: Cutting your calories down might be a great thing, if you are drastically overeating and stuffing your face. However, if you are eating proportionally then cutting calories might have an aversive affect. If you are cutting calories and are starving your body, then that will lower your metabolism, or in other words slow it down, which may result in you actually not losing any weight at all, even if you are "cutting calories"

## **Fat Loss Myth # 8**

Skipping meals will help me lose weight

**Weight Loss Fact:** Skipping meals may actually cause you to gain weight! You will become too hungry and will eventually have to eat. This will knock your metabolism off track and will eventually slow it down. Think of a car running low on gas (food), if you do not fill it up, it will eventually stop working. Same goes for our body, we need to keep it fueled constantly.

## **Weight Loss Myth # 9**

I think I have genetic weight gain, it runs in my family!

**Weight Loss Truth:** Can someone say E-X-C-U-S-E-S? I will not deny that there might be tendencies for heavy parents to raise heavy children who will remain heavy their whole lives, but I don't believe that there is actually a "fat" gene or DNA out there. What we do inherit from our family, primarily those who

directly raised us, are our views and beliefs. Your views about food, money, religion, politics, education, etc. are based upon how you were raised. If you were raised in a home where the primary meals cooked were fried foods, then you might have a tendency to continue cooking and eating fried foods throughout your life.

If that is the case then you might be a little heavy around the waist. The easy thing to do is to blame it on those who were in charge of your upbringing, however, you ALWAYS have a choice to change.

### **Fat Loss Myth # 10**

Eating healthy is too hard

Weight Loss Fact: Eating healthy is the simplest thing in the world.....once you have trained yourself to do it. How many times have you placed a goal to lose weight or to "eat better"? The first few days you are doing great, eating all kinds of foods which you normally wouldn't eat. Then something funny

started to happen, you went back to your old habits and behaviors. This has happened to you in other areas outside of your health. It could be with making money, looking for a new job, or in your relationships. Creating a new habit takes time because our brain's do not like change.



## **Weight Loss Myth # 11**

You have to give up your favorite foods to lose weight

Weight Loss Truth: What would a world without chocolate and without pepperoni pizza be like??? I think it would be a torturous world to live in!! lol, now on a real note I completely disagree with this myth. You are definitely able to eat your favorite foods.

Depriving yourself of this kind of pleasure is not fun, and quite frankly you probably WILL eat it anyways. As has been mentioned before, the real key is moderation. If you are a steak lover, then perhaps it might not be the best things to eat it every single day, but perhaps once or twice a week. Those who know me personally know that I LOOOOOOOOOVE chicken wings with pizza.

In a perfect world where I wouldn't gain any weight and my arteries were clog-less, I would love to eat it several times per week, well more like every day. However, I know that those aren't the healthiest of food choices so I have it about 2-3 times per month. I am not giving up my favorite foods, I am just

eating it in moderation so that it doesn't catch up to me in the form of excess weight.

## **Fat Loss Myth # 12**

Overeating is caused by hunger

Weight Loss Fact: Nice try there. If only we could blame "hunger" for it. In fact, this person we call hunger has nothing to do with you **OVEREATING**. It might have something to do your body telling you that it is time to "fuel up" and that it needs food, but that is not an indication that one should overeat.

What causes many people to overeat are different reasons. One of the main ones is feeling of stress, depression, loneliness, anxiety, fear, and other down grading emotions of that nature. Many times food can be a means of satisfying your needs. You might be actually getting your needs met through your foods.

For example, if you live a lonely life, and aren't very happy, then food could perhaps be



a means of you feeling happy and comforted. There are other articles that I have written on this subject but suffice it to say that overeating is NOT cause by being hungry.

### **Weight Loss Myth # 13**

Only drastic diets work

Weight Loss Truth: There goes that word again...DIET....those "drastic diets" are only good for quick weight loss and rapid weight gain once you get of it. These drastic diets range from the "cookie diet", lol.... All that way to "the water only diet"..... I am sure you can lose weight while on these DIETs, however the weight will be gained right back and usually with some added weight as a bonus

### **Fat Loss Myth # 14**

I am too fat and too far down the road to begin

Weight Loss Fact: A long journey begins one step at a time. It is natural to expect

instantaneous results and to even fear the road ahead of you; especially if you are extremely overweight. The secret here is to make SMALL incremental changes. Don't expect perfection because that will lead you to disappointment. You are never too far down the road to where you cannot see the sun's light.....

## **Weight Loss Myth # 15**

I can't do it, I have tried many times and have failed

Weight Loss Truth: The great Henry Ford once said "Whether you think you can, or you think you can't- you're right.".....It is 90% mindset, and 10% actually getting off your butt and doing something about it. You fall down, you get back up.... you fall down again, you get back up again. If you have tried to lose weight in the past then it is time to keep trying. Discouragement is to losing weight as

is a piece of fried chicken to a vegetarian.....they DO NOT go hand in hand.



This 1 "Weird"  
**SMOOTHIE**  
Ingredient Can  
**BURN**  
**3 POUNDS**  
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# *Choosing the Best Weight Loss and Exercise Program*

When trying to lose weight, choosing the right weight loss program can be confusing and even frustrating for most people. Of course, everyone is different and every weight loss program is unique. Choosing the right one for you is a personal choice that only comes from careful research of the many programs and diets available in the marketplace.

Some people, fortunately, are able lose weight on their own. But this is more the exception than the rule. Others are more successful when they experience the structure, accountability and support of a diet or exercise program that is supervised by a

fitness professional such as a Certified Personal Trainer.

There are so many weight loss programs out there today, it can be difficult and confusing to choose the right one. If you are online like most people are these days, the list of diets and programs is endless, and the pros and cons of each are buried in hype and sales copy. So how do you choose?

First of all, finding a realistic plan that you can follow for a long period of time is crucial. A common problem in weight loss is that it is often short-term or temporary. People lose weight but cannot keep it off and continue the bouncing game of fluctuating weight gain and loss, which can slow down metabolism, decrease muscle and tone, and make it even harder to maintain or lose weight over a longer period of time.

Second, it must be a plan that incorporates both diet AND exercise. Merely changing the way you eat is not enough. And a weight loss

program that includes exercise does require a commitment and will take time out of your schedule to devote to your weight loss program. It's hard to stay on a routine when you are busy at work and caring for the kids. It doesn't leave much time for you. But finding the time to incorporate cardiovascular exercise and resistance training is important, if you want to maintain a healthy weight loss, and preserve the muscle tone and aesthetic look of your body.

Third, it is important to make sure that you have a good support system and work with someone with a great deal of expertise in fitness and nutrition. Working with a personal trainer (and not just any trainer, but a Certified Personal Trainer with credentials, experience and references) can make all the difference in whether or not you will be successful with weight loss.

When choosing the program or the trainer, make sure the staff consists of qualified fitness professionals and health professionals

such as registered dietitians, medical doctors, and exercise physiologists or personal trainers, or at least have access to those should you need them.

Whatever the program you decide it should be a slow and steady weight loss program. Don't fall for programs offering easy, fast weight loss, because although we are seeking weight loss, the TRUE goal is not weight loss, but FAT LOSS. And a lot of programs will deliver weight loss, but at the expense of losing valuable muscle instead of fat. So seek out fat loss programs - not just weight loss programs.

Another factor to consider when choosing a program is to make sure that expectations are clear - right from the beginning. When inquiring about any commercial weight loss program, be sure you are provided with a detailed statement of fees and costs of additional items such as dietary supplements or foods. How often will you meet with a

personal trainer? Will you be doing personal training 2 days a week? 3 days a week?

And how long will your personal training sessions be? 30 minute and 60 minute sessions are the norm in the personal training industry - but be sure to ask. Don't assume that a "session" is the same everywhere. A lot of inexpensive personal training programs that are more affordable consist of 30 minute sessions, which can be an adequate amount of time to get a quality workout, if you have a well qualified and experienced personal trainer.

And if that's what you want - great. But if you really want an entire hour long personal training session with a trainer to cover nutrition, diet and stretching, for example, be sure that what you are being sold is a full hour; not just a half hour session.

If you plan to lose more than 15 pounds to 20 pounds, have any health problems, such as diabetes, your doctor should evaluate you



before you start a weight loss program. Your doctor may even suggest some specific weight loss programs that would be good for you.

Being overweight is too often viewed as a temporary problem that can be treated for a few months with a diet. But as most overweight people know, weight control must be considered a lifelong effort. To be safe and effective, any weight loss program must address the long-term approach of diet AND exercise, or else the program is largely a waste of money and effort.

To lose weight and maintain the weight loss it's really a mindset for most. It's a new way of thinking. Do you eat to live or do you live to eat? Think about it.

By choosing smart and working with a qualified personal trainer or other medical or health professional to guide you in your weight loss journey, you can lose weight safely, effectively, and keep it off for life.

# *Holiday Weight Loss*

The Holiday Season is one in which we all indulge ourselves in over-abundance. Especially when it comes to food. Food has become a central part of our get togethers and parties around the holidays, so it is important that we remember to make smart food choices. And this is something that is almost always easier said than done when you see some of the decadent food choices made available, made with love, by your friends and family.

In most cases, the majority of the party-going people, won't be concerned with watching their weight, so they are less inclined to bring healthier versions of their best recipes. Then it becomes our own burden to stick with our diets or to watch what we eat as the food choices are always so tempting!

The following 15 holiday eating tips are here to help you when going to holiday parties to

better watch your weight by giving you some great ideas.

1. Stop Eating When You Feel Full. This is something most people won't, or don't, do. Especially those that are in the 'clean plate' club and don't like to leave extra or left over food on their plates. Honestly, there is absolutely no shame in leaving that extra portion of food on your plate. When your tummy feels full, just push yourself away from the table and say "No More For Me Thanks!".

2. Take A Few Extra or Longer Walks. Walking is a terrific form of exercise, and can be a great cardiovascular work out in colder temperatures. Especially when there is a nice layer of snow on the ground. Next time you go to let your dog out to do their bathroom 'business', why not slip on your coat and shoes, grab their leash and take them for a walk around the block, or down a few blocks. Fido will love you for it and you will be

making yourself a healthier 'you' by doing it as well.

3. Don't Count Calories Incessantly. This is unnecessary and will drive your loved ones crazy, and yourself too. Let's face it, there's enough stressors around the Holidays to worry about. Gaining an extra few pounds should be the least of your troubles! The best thing you can do if you are already dieting is to watch not what you eat, but how much of it you are eating instead of trying to keep track of your caloric intake. Unless of course you are on a strict diet and need to avoid things that contain higher carbohydrates, sugars, etc. In this case, you would obviously want to avoid eating things like potatoes, breads, cookies, candies, cakes, etc.

4. Use Reduced Fat, Sugar Substitutes, or Fat Free Ingredients in Your Recipes. Lots of people complain that fat-free or reduced fat ingredients change the flavor of their favorite recipes, and not in a good way. But, in all reality, there is barely a hint of difference in

flavor. In fact, if one did not have the knowledge that normal ingredients such as sour cream had been replaced with a fat-free or reduced fat substitute, you would never hear a peep about the taste. When replacing sugar such as pure cane sugar with a substitute such as Splenda, Equal, or the like, you may notice a taste difference. So, in this case, if you have picky family members, simply make two versions of the same dessert or snacks and let your family opt for their own choice.

*Proof you can transform your body  
(fast!)*

5. Eat One Big Meal Instead Of Continuous Snacking Or Smaller Meals. Opinions will vary on this one, but whether you're eating a bigger meal once, or several smaller meals throughout the day, the amount of food you are taking in is just about the same at any

rate. The difference in eating a big meal once is that you will be completely full, or have the full 'feeling' so you won't be hungry as much. And DO NOT think you can have your 3 square meals a day and then add a couple of more to the mix.

That will most definitely pack on the unwanted pounds. Remember to always eat in moderation and keep in mind the full feeling. When you are getting full, STOP EATING!

6. Know Your Eating Boundaries And Don't Cross Them. This tip is especially important if you are already dieting or trying to lose weight. You know better than Aunt Betty what you can eat.

Even though her home-made pound cake might taste wonderful, you may want to not opt for seconds if you are on a strict diet. Many people like to splurg around the holiday season, but it's all a matter of will power really. If you just can't help yourself

and must have some of Uncle Fred's ambrosia salad, then take a smaller than normal portion of it.

7. Go For The Healthy Food Choices. Almost every family unit has at least one 'health nut' within its midst. If there are healthy food choices available, then eat more of the plain fruits and vegetables instead of the pies cakes and cookies in the holiday 'spread'.

Remember too that extra dips can help pack on the pounds. Don't be afraid to ask what the dips are made from so you can make a more informed judgment on whether or not you can enjoy them. Also, you can always bring healthier food dips for fruits and veggies with you such as yogurt or reduced calorie veggie dips that are sold at most major grocery stores before the big get-together.

8. Eat In Moderation With Smaller Portions. As discussed earlier, take smaller portions of all those calorie packed goodies. This way, you can still partake of all the wonderful eats

without packing on all the extra pounds that go along with all those goodies. And remember too to balance out the bad foods, or those that are packed with sugars and carbohydrates, with good foods such as plain fruits and vegetables.

9. Drink In Moderation. No, this is not an advertisement for drinking and driving, even though you should always have a designated driver if you plan on drinking more than the legal limit of course, or anything at all due to cold, icy, roads.

Rather, many holiday drinks are packed with extra sugars, so watch how much of the good old egg nog you drink. This goes for either alcoholic and non-alcoholic beverages. Water is always a great choice, or non-sweetened tea or coffee. There too, is also diet soda pop if you are a soda drinker.

10. Substitute Whole Grains In Lieu of Higher Carbohydrate Filled Grains. Try to steer clear of white breads, sugary cakes, potatoes,



cookies, or anything else that you believe to have a high carbohydrate count. These can put a lot of weight on you quickly and is why many diets try to steer clear of these carb laden monoliths. Go for the whole wheat, multi-grain, sugar substitute holiday food choices. Sure, it's not the same as loading up on all the 'bad-for-you' foods, but you'll be glad you did when January rolls around.

11. No Eating After 7p.m. This can be extremely difficult to do. Especially when most holiday get togethers happen after 7 o'clock! If this is the case, then you should eat before you go to the holiday bash. Most foods are not properly burned off if eaten after 7 o'clock p.m. So, it's best if you eat long before this time rolls around. However, you can eat something healthy such as fruits or vegetables minus the fatty dips if you really need to snack on something.

12. Drink More Liquids Than Eating. Drinking more liquids will fool your body into believing it is full. Therefore, you can drink

lots of water, unsweetened tea or coffee, diet sodas, low calorie fruit smoothies or soft drinks(non-carbonated), etc. without feeling the guilt of over eating. Stay away from higher sweetened drinks as this will defeat the purpose of watching your weight.

13. Eat Something Before You Go Grocery Shopping. Actually, you should eat something before you do any out of the house, or in house for that matter, activity that will burn calories.

But, the main reason for going grocery shopping on a full stomach is that you will be less inclined to purchase all those fattening junk foods because you are not hungry so you aren't tempted by those types of food choices. You will be able to stay on track and only purchase those things you need from the grocery store instead of packing your cart with weight packing foods!

14. Plan An Out-Door Activity. Depending on the region you live in, whether the weather is

warmer or colder, plan on doing something outdoors. This can be something you do by yourself, with family, or friends that doesn't involve any eating.

Things like cutting down your own Christmas Tree, shopping for gifts, either last minute or not, walking through the park(you may want to do this with someone or a group of someones for safety reasons), going sledding, skiing, skating, playing some backyard football, collecting pine cones and creating some simple bird feeders with bird seed and peanut butter, and any other activities you can think up.

Try to do one thing each week to replace a day of exercise or work out that you would normally do to keep things interesting and everyone in the holiday spirit!

15. No Healthy Food Choices? Bring Some! Cutting up vegetables or fruits to create a holiday health tray can be a nice 'change of pace' for your friends or family. Why not try

brining some healthy holiday cheer at your next get together. Chances are, someone else in your extended friends or family network are trying to watch their wastes too and would appreciate having a healthier-than-normal food choice.

Even if that isn't the case, you are still saving yourself tons of work out time later once all those extra caloric fatty foods are attaching themselves to your waistline. Of course there are always more things you can do to watch your weight year round. Try incorporating some of those things during the holidays as well since we all tend to eat a bit more and make less than savory choices to keep ourselves healthy, fit, and trim.

Take the ideas in the tips above and fit them in to your lifestyle by changing them up a bit. Remember being healthy is a lifestyle in and of itself and should be practiced year round. It's especially important not to slack off around the holiday season when most of the unhealthy food choices are abundant.

I do hope the ideas listed above have helped you realize that you can watch your weight and still have a wonderful time at holiday gatherings without making a 'Santa's Helper' out of yourself :-).



# *The Big Picture of Permanent Weight Loss*

For most people reading this chapter, finding an effective diet that works most of the time must seem as complicated as nuclear physics. It's not, but there are a bewildering number of choices for diets out there. High fat or no fat? High carbohydrate or no carbohydrate? Low protein or high protein?

To make matters worse, there are a million variations and combinations to the above diet scenarios to add to the confusion. It seems endless and causes many people to throw up their hands in frustration and give up. In this chapter I will attempt to change all that.

There are some general guidelines, rules of thumb, and ways of viewing a diet program

that will allow you to decide, once and for all, if it's the right diet for you. You may not always like what I have to say, and you should be under no illusions this is another quick fix, "lose 100 lbs. in 20 days," guide of some sort.

However, if you are sick and tired of being confused, tired of taking the weight off only to put it back on, and tired of wondering how to take the first steps to deciding the right diet for you that will result in permanent weight loss, then this is the article that could change your life...

Does your diet pass "The Test"?

What is the number one reason diets fail long term; above all else? The number one reason is...drum roll...a lack of long term compliance. The numbers don't lie; the vast majority of people who lose weight will regain it - and often exceed what they lost. You knew that already didn't you?

Yet, what are you doing to avoid it? Here's another reality check: virtually any diet you

pick which follows the basic concept of "burning" more calories than you consume - the well accepted "calories in calories out" mantra - will cause you to lose weight. To some degree, they all work: Atkins-style, no carb diets, low fat high carb diets, all manner of fad diets - it simply does not matter in the short term.

If your goal is to lose some weight quickly, then pick one and follow it. I guarantee you will lose some weight. Studies generally find any of the commercial weight loss diets will get approximately the same amount of weight off after 6 months to a year. For example, a recent study found the Atkins' Diet, Slim-Fast plan, Weight Watchers Pure Points program, and Rosemary Conley's Eat Yourself Slim diet, were all equally effective.

Other studies comparing other popular diets have come to essentially the same conclusions. For example, a study that compared the Atkins diet, the Ornish diet, Weight Watchers, and The Zone Diet, found



them to be essentially the same in their ability to take weight off after one year.

Recall what I said about the number one reason diets fail, which is a lack of compliance. The lead researcher of this recent study stated:

"Our trial found that adherence level rather than diet type was the primary predictor of weight loss"

Translated, it's not which diet they chose per se, but their ability to actually stick to a diet that predicted their weight loss success. I can just see the hands going up now, "but Will, some diets must be better than others, right?" Are some diets better than others? Absolutely.

Some diets are healthier than others, some diets are better at preserving lean body mass, some diets are better at suppressing appetite - there are many differences between diets. However, while most of the popular diets will work for taking weight off, what is

abundantly clear is that adhering to the diet is the most important aspect for keeping the weight off long term.

## **What is a diet?**

A diet is a short term strategy to lose weight. Long term weight loss is the result of an alteration in lifestyle. We are concerned with life long weight management, not quick fix weight loss here. I don't like the term diet, as it represents a short term attempt to lose weight vs. a change in lifestyle. Want to lose a bunch of weight quickly? Heck, I will give you the information on how to do that here and now for no charge.

For the next 90 to 120 days eat 12 scrambled egg whites, one whole grapefruit, and a gallon of water twice a a day. You will lose plenty of weight. Will it be healthy? Nope. Will the weight stay off once you are done with this diet and are then forced to go back to your "normal" way of eating? Not a chance. Will the weight you lose come from fat or will it be

muscle, water, bone, and (hopefully!) some fat? The point being, there are many diets out there that are perfectly capable of getting weight off you, but when considering any eating plan designed to lose weight, you must ask yourself:

"Is this a way of eating I can follow long term?"

Which brings me to my test: I call it the "Can I eat that way for the rest of my life?" Test. I know, it does not exactly roll off your tongue, but it gets the point across.

The lesson here is: any nutritional plan you pick to lose weight must be part of a lifestyle change you will be able to follow - in one form or another - forever. That is, if it's not a way of eating you can comply with indefinitely, even after you get to your target weight, then it's worthless.

Thus, many fad diets you see out there are immediately eliminated, and you don't have to worry about them. The question is not

whether the diet is effective in the short term, but if the diet can be followed indefinitely as a lifelong way of eating. Going from "their" way of eating back to "your" way of eating after you reach your target weight is a recipe for disaster and the cause of the well established yo-yo dieting syndrome.

Bottom line: there are no short cuts, there is no free lunch, and only a commitment to a lifestyle change is going to keep the fat off long term. I realize that's not what most people want to hear, but it's the truth, like it or not.

The statistics don't lie: getting the weight off is not the hardest part, keeping the weight off is! If you take a close look at the many well known fad/commercial diets out there, and you are honest with yourself, and apply my test above, you will find most of them no longer appeal to you as they once did. It also brings me to an example that adds additional clarity: If you have diet A that will cause the most weight loss in the shortest amount of

time but is unbalanced and essentially impossible to follow long term vs. diet B, which will take the weight off at a slower pace, but is easier to follow, balanced, healthy, and something you can comply with year after year, which is superior? If diet A gets 30 lbs off you in 30 days, but by next year you have gained back all 30 lbs, but diet B gets 20 lbs off you in the next 3 months with another 20 lbs 3 months after that and the weight stays off by the end of that year, which is the better diet?

If you don't know the answer to those questions, you have totally missed the point of this chapter and the lesson it's trying to teach you, and are set up for failure. Go back and read this section again...By default, diet B is superior.

Teach a man to Fish...

A well known Chinese Proverb is - Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.

This expression fits perfectly with the next essential step in how to decide what eating plan you should follow to lose weight permanently. Will the diet plan you are considering teach you how to eat long term, or does it spoon-feed you information? Will the diet rely on special bars, shakes, supplements or pre-made foods they supply?

Let's do another diet A vs. diet B comparison. Diet A is going to supply you with their foods, as well as their special drink or bars to eat, and tell you exactly when to eat them. You will lose - say - 30 lbs in two months.



**3 LBS IN 3 DAYS?**  
You *won't believe* what  
she looks like now!  
» [See Her Now!](#)

Diet B is going to attempt to help you learn which foods you should eat, how many calories you need to eat, why you need to eat them, and generally attempt to help teach you how to eat as part of a total lifestyle change that will allow you to make informed decisions about your nutrition.

Diet B causes a slow steady weight loss of 8 - 10 lbs per month for the next 6 months and the weight stays off because you now know how to eat properly.

Recall the Chinese proverb. Both diets will assist you to lose weight. Only one diet, however, will teach you how to be self-reliant after your experience is over. Diet A is easier, to be sure, and causes faster weight loss than diet B, and diet B takes longer and requires some thinking and learning on your part.

However, when diet A is over, you are right back where you started and have been given no skills to fish. Diet companies don't make their profits by teaching you to fish, they

make their money by handing you a fish so you must rely on them indefinitely or come back to them after you gain all the weight back.

Thus, diet B is superior for allowing you to succeed where other diets failed, with knowledge gained that you can apply long term. Diet programs that attempt to spoon feed you a diet without any attempt to teach you how to eat without their help and/or rely on their shakes, bars, cookies, or pre-made foods, is another diet you can eliminate from your list of choices.

Diet plans that offer weight loss by drinking their product for several meals followed by a "sensible dinner;" diets that allow you to eat their special cookies for most meals along with their pre-planned menu; or diets that attempt to have you eating their bars, drink, or pre-made meals, are of the diet A variety covered above.



They're easy to follow but destined for failure, long term. They all fail the "Can I eat that way for the rest of my life?" test, unless you really think you can eat cookies and shakes for the rest of your life...Bottom line here is, if the nutritional approach you use to lose weight, be it from a book, a class, a clinic, or an e-book, does not teach you how to eat, it's a loser for long term weight loss and it should be avoided.

### The missing link for long term weight loss

We now make our way to another test to help you choose a nutrition program for long term weight loss, and it does not actually involve nutrition. The missing link for long term weight loss is exercise. Exercise is the essential component of long term weight loss.

Many diet programs do not contain an exercise component, which means they are losers for long term weight loss from the very start. Any program that has its focus on weight loss but does not include a

comprehensive exercise plan is like buying a car without tires, or a plane without wings.

People who have successfully kept the weight off overwhelmingly have incorporated exercise into their lives, and the studies that look at people who have successfully lost weight and kept it off invariably find these people were consistent with their diet and exercise plans.

I am not going to list all the benefits of regular exercise here, but regular exercise has positive effects on your metabolism, allows you to eat more calories yet still be in a calorie deficit, and can help preserve lean body mass (LBM) which is essential to your health and metabolism.

The many health benefits of regular exercise are well known, so I won't bother adding them here. The bottom line here is,

(a) if you have any intentions of getting the most from your goal of losing weight and

(b) plan to keep it off long term, regular exercise must be an integral part of the weight loss strategy.

So, you can eliminate any program, be it book, e-book, clinic, etc. that does not offer you direction and help with this essential part of long term weight loss.

Side Bar: A quick note on exercise:

Any exercise is better than no exercise. However, like diet plans, not all exercise is created equal, and many people often choose the wrong form of exercise to maximize their efforts to lose weight.

For example, they will do aerobics exclusively and ignore resistance training. Resistance training is an essential component of fat loss, as it builds muscle essential to your metabolism, increases 24 hour energy expenditure, and has health benefits beyond aerobics.

The reader will also note I said fat loss above not weight loss. Though I use the term 'weight loss' throughout this article, I do so only because it is a familiar term most people understand. However, the true focus and goal of a properly set up nutrition and exercise plan should be on fat loss, not weight loss.

A focus on losing weight, which may include a loss essential muscle, water, and even bone, as well as fat, is the wrong approach. Losing the fat and keeping the all important lean body mass (LBM), is the goal, and the method for achieving that can be found in my ebook(s) on the topic, and is beyond the scope of this article. Bottom line: the type of exercise, intensity of that exercise, length of time doing that exercise, etc., are essential variables here when attempting to lose FAT while retaining (LBM).

## **Psychology 101 of long term weight loss**

Many diet programs out there don't address the psychological aspect of why people fail to

be successful with long term weight loss. However, quite a few studies exist that have looked at just that. In many respects, the psychological aspect is the most important for long term weight loss, and probably the most underappreciated component.

Studies that compare the psychological characteristics of people who have successfully kept the weight off to people who have regained the weight, see clear differences between these two groups. For example, one study that looked at 28 obese women who had lost weight but regained the weight that they had lost, compared to 28 formerly obese women who had lost weight and maintained their weight for at least one year and 20 women with a stable weight in the healthy range, found the women who regained the weight:

- o Had a tendency to evaluate self-worth in terms of weight and shape

- o Had a lack of vigilance with regard to weight control
- o had a dichotomous (black-and-white) thinking style
- o Had the tendency to use eating to regulate mood.

The researchers concluded:

"The results suggest that psychological factors may provide some explanation as to why many people with obesity regain weight following successful weight loss."

This particular study was done on women, so it reflects some of the specific psychological issues women have - but make no mistake here - men also have their own psychological issues that can sabotage their long term weight loss efforts.

Additional studies on men and women find psychological characteristics such as "having unrealistic weight goals, poor coping or problem-solving skills and low self-efficacy"

often predict failure with long term weight loss.

On the other hand, psychological traits common to people who experienced successful long term weight loss include "...an internal motivation to lose weight, social support, better coping strategies and ability to handle life stress, self-efficacy, autonomy, assuming responsibility in life, and overall more psychological strength and stability."

The main point of this section is to illustrate that psychology plays a major role in determining if people are successful with long term weight loss. If it's not addressed as part of the overall plan, it can be the factor that makes or breaks your success. This, however, is not an area most nutrition programs can adequately tackle and should not be expected to.

However, the better programs do generally attempt to help with motivation, goal setting, and support. If you see yourself in the above

lists from the groups that failed to maintain their weight long term, then know you will need to address those issues via counseling, support groups, etc. Don't expect any weight loss program to cover this topic adequately but do look for programs that attempt to offer support, goal setting, and resources that will keep you on track.

"There's a sucker born every minute"

So why don't you see this type of honest information about the realities of long term weight loss more often? Let's be honest here, telling the truth is not the best way to sell bars, shakes, books, supplements, and programs. Hell, if by some miracle everyone who read this article actually followed it, and sent it on to millions of other people who actually followed it, makers of said products could be in financial trouble quickly.

However, they also know - as the man said - "there's a sucker born every minute," so I doubt they will be kept up at night worrying



about the effects that I, or this chapter, will have on their business.

So let's recap what has been learned here: the big picture realities of permanent weight loss and how you can look at a weight loss program and decide for yourself if it's for you based on what has been covered above:

- o Permanent weight loss is not about finding a quick fix diet, but making a commitment to life style changes that include nutrition and exercise

- o Any weight loss program you choose must pass the "Can I eat that way for the rest of my life?" test,

- o The weight loss program you choose should ultimately teach you how to eat and be self reliant so you can make informed long term choices about your nutrition.

- o The weight loss program you choose should not leave you reliant on commercial bars,

shakes, supplements, or pre-made foods, for your long term success.

- o The weight loss program you choose must have an effective exercise component.

- o The weight loss program you choose should attempt to help with motivation, goal setting, and support, but can't be a replacement for psychological counseling if needed.



# *Final Words*

I want to take this final section to add some additional points and clarity. For starters, the above advice is not for everyone. It's not intended for those who really have their nutrition dialed in, such as competitive bodybuilders and other athletes who benefit from fairly dramatic changes in their nutrition, such as 'off season' and 'pre-contest' and so on.

The chapter is also not intended for those with medical issues who may be on a specific diet to treat or manage a specific medical condition. The chapter is intended for the average person who wants to get off the Yo-Yo diet merry-go-round once and for all. As that's probably 99% of the population, it will cover millions of people.

People should also not be scared off by my "you have to eat this way forever" advice. This does not mean you will be dieting for the rest

of your life and have nothing but starvation to look forward to. What it does mean, however, is you will have to learn to eat properly even after you reach your target weight and that way of eating should not be a huge departure from how you ate to lose the weight in the first place.

Once you get to your target weight - and or your target body fat levels - you will go onto a maintenance phase which generally has more calories and choices of food, even the occasional treat, like a slice of pizza or whatever.

Maintenance diets are a logical extension of the diet you used to lose the weight, but they are not based on the diet you followed that put the weight on in the first place!

Regardless of which program you choose, use the above 'big picture' approach which will keep you on track for long term weight loss. See you in the gym!

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