

It's Really Not Rocket Science

11 Free Tips to finally banish that weight

Weight loss really isn't rocket science. And I want to break the spell right here, right now!

I am sticking two fingers up to the diet industry with weight loss tips that really work. Based on simple tips, it should work for anyone who wants to bust their guts in as painless a way as possible.

Have you ever been at a Weight Watchers meeting and noticed several people there who are slim and trim? What about all ads with their before and after pictures? They make losing weight look so effortless, but remember, in reality, these people have been dieting for years.

Without effort and action, you will not succeed. You can't wish your weight away. You have to work at it and be prepared for those times when you slip, so you can pick yourself up, dust yourself off, and move on...

I am not going to lie to you. It's not revolutionary. But it is common sense and it works!

Are you sitting comfortably? I presume you are but if you're not please do so now☺!

Nothing is more frustrating than to see that you are gaining weight. The honest truth is for most people losing weight is not easy. However, armed with certain tips, you can beat the fat. These tips are top secrets that you need if you are to win in the war on fat. In this game, it pays to be prepared, and that comes down to planning and *smart* working. It's not usually glamorous. It's not always exciting. It's not always fun. It is, however, always necessary. To be prepared, you have to create a game plan to get back on track right away without beating yourself up and devastating your self-esteem. A good game plan is taking it a bite at a time. Have you a game plan? Maybe it's taking it a day at a time, going back to your diet tomorrow. Maybe it's getting angry and stopping, then becoming more determined than ever to succeed.

However, before I provide you with my secret tips, I must let you know that for my tips to work, you must fully understand the importance of motivating yourself to follow my tips. What better way to motivate yourself than to fully appreciate the risks of being overweight, plus other important issues that cannot be ignored, as they can make all the difference between success and failure!

People don't truly understand the risks of being overweight. Why do most want to lose weight? Most would say to look better. Looking better certainly is a benefit of losing weight, but this shouldn't be the sole reason to lose weight. There is a 1000 pound gorilla in the room and it's often ignored. Being overweight, for a long period of time lands thousands of people in hospital each year. Thousands of studies have shown and proven without any doubt that losing body fat will improve and lengthen your life. My report will give you a picture of the dangers of being overweight. Knowing the dangers of being overweight is tremendous motivators to not only lose fat, but to keep it off.

People don't commit to permanent lifestyle changes. So many people think of a "diet" as something temporary. When they are on a "diet" they restrict themselves so much that they are miserable. Sooner or later failure is inevitable because of the unreasonable demands of most "diets." Some of these diets force you to only eat certain foods (e.g., no carbohydrates, special soups etc...) you, like myself, have probably tried them before. The key to losing weight long term is to make gradual lifestyle changes you can stick to forever.

Most individuals are not provided the truthful facts of losing weight and becoming healthier. With the conflicting information in the media, and all of the different lose weight quick fad diets; it's understandable why so many people really don't know the truth about losing fat and keeping it off long term. We will go over the no-nonsense truth.

Most people don't understand they are constantly either gaining fat, or losing fat. There is no in-between. Some people justify bingeing or giving up because they hit a small road-block. This isn't an all or nothing game. For example, when I was overweight, if I ate an unhealthy lunch, I'd go ahead and eat an unhealthy dinner since I already "messed up" the day. Or I'd say, I'll start eating healthy on Monday since I've already eaten poorly this weekend. Every person at times eats too much. The successful people will not let a road bump completely derail their entire lifestyle change. If you are not implementing positive lifestyle changes and losing weight, you are gaining weight. Again, there is no "in-between."

Most people don't realize what they consume each day. So many overweight people eat thousands of extra calories and fat without realizing it. It's tough to know if you are gaining weight or losing weight each day unless you are keeping an eye on what you're consuming. Part of your strategy involves keeping track of your food consumption.

When it comes to exercise, the vast majority of these people are not exercising anywhere near enough (if at all)! You can only decrease your caloric intake so much. Your other alternative is to increase your caloric expenditure. You can write this in stone... very few people are successful at losing weight AND keeping it off without exercising almost every day!!

If you're having trouble losing weight, 20 minutes of exercise three times a week isn't going to

cut it! Most people are not really serious about losing weight and are not willing to do what it takes to get where they want to be. If you're not willing to make exercise a serious priority in your life, your chances of succeeding at losing weight and keeping it off are very small! People who are serious about weight loss sometimes end up exercising 1 to 2 hours per day. Many split it up and do some in the morning and some in the late afternoon or evening. If you're having difficulty losing weight, I would recommend that you average at least 30 minutes every day ideally more.

Many people that are exercising are not weight training. Weight training is critical to maintaining your muscle mass and tone. If you're not weight training while trying to lose weight, you will lose muscle mass and tone and your basal metabolic rate will decrease causing you to burn fewer calories 24 hour-a-day!

Most people significantly under-estimate the number of calories they are consuming on a daily basis. If you're not sure, write down everything you eat for a few weeks. Most people want instant results. When it doesn't happen they either give up or go on some crazy diet. You have to be resolved to the fact that it will be slow.

Many people consume far too much sugar or simple refined carbohydrates such as white rice, white (non whole wheat) flour products, white (non whole wheat) pastas, soft drinks, sweetened drinks, and the hundreds of products that contain added sugar that's deceptively listed on ingredient lists with names like sucrose, high fructose corn syrup, etc.

Many people don't want to give up their alcohol. Alcohol is a no go area when it comes to losing weight. It stimulates your appetite, slows your metabolism, and it's loaded with calories! Always replace alcohol with fruits and vegetables.

Weight loss can be very difficult if you do not know some simple facts! Simply put, if you don't want it bad enough to do what it takes, it's not going to happen. If you really want to lose weight, quit playing around with it. Get serious about it and make it an absolute, non-negotiable priority in your life... and it will happen! :) Here come my tips!

Tips:

- 1) Keep a food-and-mood diary, recording every food that passes your lips and your mood at the time. Write in a note book that's small enough to fit in your pocket or handbag, and make it as vital to your everyday life as your wallet or house keys.

- 2) Understand which are your trigger foods – these are the ones you feel compelled to eat whenever you see them, you find it hard to stop eating once you've started, you eat even when you're not hungry, and you eat instead of a meal. Then develop a coping strategy for them. For instance, try buying single chocolate bars instead of multipacks. Before you start to eat them, stop and think about how you're going to feel afterwards. Rate your hunger on a scale of 1 – 10. If it's less than 7, resolve that you won't eat.
- 3) Lapses are only human, but they don't come out of the blue – they are usually triggered by something, so find out what. Habits, good or bad, are formed by repetition. Eating habits are no exception. If you are in the habit of snacking when you watch TV, you were reinforcing that habit until finally it became a part of you. Other habits are formed in the same way. Some of these habits are: eating while reading, eating the minute you come in the house, eating when the kids come in from school, eating when you come in from a date, or eating while cooking dinner.
- 4) Avoid using the frying pan. Microwave, steam, poach, bake, boil or grill instead.
- 5) Small changes make a big difference. Change your portion of fried rice to a bowl of boiled rice- that saves 200 calories. Change your daily full-fat pint milk to semi-skimmed – that saves 175 calories.
- 6) If stress is one of your triggers, go out doors for a short while and breathe fresh air. It will change your perspective. Stress also leads to overeating. We also find that certain moods and circumstances cause us to eat even if we are not hungry. For example: anger, boredom, fatigue, happiness, loneliness, the kids are finally in bed, our spouse is out for the evening or out of town, nervousness, anxiety, our spouse brings home candy or ice cream, etc... all may trigger an eating response. The list is endless. Habits are hard to break. We must not only break old habits, but we must make our goal to form new ones in the same manner through repetition. Make some daily commitments. Work to meet these commitments each day whether you feel like it or not. Your daily commitments will help you form good habits. Remember: "It is easier to *act* your way into a new way of feeling than it is to *feel* your way into a new way of acting."

Resisting temptation is difficult. However, if you succeed in resisting the first time, it becomes easier to resist the next time. Before long, you will have formed the good habit of resisting temptation every time it confronts you. If you yield to that temptation, you will find it easier to yield the next time.

Because of the human weaknesses mentioned, we must use what has become known among weight control groups as behaviour modification. It simply means changing your behaviour. These techniques work only if you consistently repeat them, so that they become a part of you. Meditation, relaxation CDs, music and aromatherapy can be helpful. If you need to learn to cope with the stresses of life

better, there are many excellent books on the subject. Get the support and help of a good therapist or coach if you need to.

7) New habits are essential in starting the weight loss journey. Find below a detailed example of what a new regime may look like:

- Eat three meals a day. Have two or three planned snacks daily.
- Prolong your meals by: eating slowly putting down your eating utensil between each bite do not pick up your eating utensil until you have swallowed the bite hesitating between bites, even if you're eating finger foods.
- Choose a specific place in your home or office to eat all of your meals. This will become your "designated eating place" and should not be changed. Try not to eat at your desk at work. This would make you prone to eat all day long and not just at meal time.
- Do not do anything except eat when you sit down for a meal. Do not read, watch TV, talk on the phone, work, etc. Make yourself aware of the food you are eating. Focus on the conversation and enjoy your meal.
- Do not keep food in any room in your house except the kitchen. Do not keep food such as cookies out on the counters. Do not store items in "see-through" containers.
- Do not buy junk food. Neither your mate nor your children needs it.
- If possible, serve individual plates from the stove and do not serve family style on the table. If this is not possible, put the serving dishes on the opposite end of the table.
- Serve yourself on a smaller plate.
- Develop a habit of leaving at least one bite of each item on your plate. If you can master this, it becomes easier to stop eating when you feel full. You will be used to leaving food on your plate.

All of the above are eating techniques that aid in behaviour modification. Other behaviour modification techniques not related to eating are to substitute activity for eating, which means exactly what it says-- substitute another activity for between meal snacking. If you are in the habit of going straight to the kitchen and eating every time you walk in the house, try to change this habit by going to another room of the house when you come home. Delay going into the kitchen until the desire to eat is gone.

8) Research shows conclusively that protein satisfies faster and consequently you eat less food afterwards. It is hard for your body to convert it into fat. Protein also tells your body to release a hormone that stops hunger. So if you want to eat less, eat

protein. Eat a portion the size of the palm of your hand (without the fingers and thumb), three to four times a day.

- 9) Increase your muscle mass and you automatically increase your metabolic rate 24 hours a day. Muscle needs energy to work: it takes between 6 and 35 calories to fuel each pound of muscle each day. Walking, especially uphill, increases the size of the major muscles of your legs and bottom. You can also use weights or your body's resistance to build muscle in your arms, tummy and other areas so that you sculpt your body and increase your metabolism.
- 10) If you are well-prepared, you are likely to make better food choices than when you are unprepared. For example, a pre-prepared tasty salad and wholemeal bread is going to be better than having to buy something from a shop where you may have less choice and more availability of high fat and high sugar foods. Learning to read food labels can also be helpful. One teaspoon is equivalent to 5 gram. Therefore, a juice drink containing 25 grams of sugar contains 5 teaspoons of sugar. A can of soft drink may contain 11 teaspoons of sugar! Be aware that with labelling, anything called low fat may only be low by fat weight but could still be considered very high fat by calorie percentage.
- 11) No matter what you decide to do with this report and its contents, please take this last tip away with you. This tip involves the power of the mind and how your mental strength can help you to cope with any weight loss plan. I know it can sound easier said than done, but you have to stay positive and believe in yourself, that others have done it and more importantly they all had to start somewhere. Always, remember the Chinese Proverb saying – The longest journey starts with a single step.

Conclusion

The diet industry would like you to think that weight loss is simple and merely involves you joining one of their programmes. However, it is a complex subject and although an extreme diet might work for a short period the likely hood is that it could harm you. Even if this is not the case, 99% of dieters put the weight back on and more. In this report you have learned that weight loss involves physiological, psychological and emotional issues. The best way to lose fat and keep it off is to address these issues within a structured programme. Always remember the only thing you cannot change is your genetic make-up. Everything else is subject to your control: you can stop smoking, you can increase your level of physical activity, and you can lose weight. All successful weight programmes are characterised by several features:

They do not judge the overweight or obese.

They understand the complexities involved in the process of weight gain and loss

They encourage reasonable and realistic targets for weight loss, in the knowledge that even small losses have large health benefits
They promote a change in lifestyle commensurate with the desired weight loss.
They place equal emphasis on diet and exercise.
They preach patience
They encourage a network of friendship and support with like minded individuals.
They provide frequent follow-up and assessment with an interested doctor or other health professional.

This report is not the end, over the next few days and weeks I will send you more tip and facts on losing weight. I promise not to bombard you with tips every day but rather weekly or fortnightly, as I genuinely believe you need time to digest any information I send you.

Feel free to share this report with anyone out there that has weight issues and needs free advice on how to start losing weight. www.painlessweightlosssecrets.com

Good luck and Best wishes.

Disclaimer: The contents of this report are for guidance purposes only; if in any doubt please seek professional medical advice before acting out on any of the contents of the report. The report author will not be held responsible for any adverse outcome resulting from any one acting on the contents of this report.

