

## EFFECTIVE, HEALTHY WEIGHT LOSS ... NATURALLY

### GENERAL DIETARY AND WEIGHT LOSS TIPS...

#1. Think a ***lifestyle change...not a diet***. It only takes 21 days to develop a habit. Even if you have developed a habit of over-eating or eating all the wrong foods, it will only take you 21 days to change it! Dieting is not “all or nothing”. It’s rather the continued healthy decisions that you consciously make on a daily basis that will really make the difference in the long run. Once you build up a little momentum and start living healthier, you’ll automatically start making healthier decisions. It’s often just an issue of getting started.

#2. ***Write down your goals...*** Write down all the good reasons you desire to loose weight and reflect upon them when you are tempted to eat when you shouldn’t. Consider setting incremental goals; where you reward yourself for achieving a specific % of your total weight loss objective.

#3. ***Kick start your metabolism...*** for the entire day by first exercising for 10 minutes on rising in the morning.

#4. ***Feed your body 6-8 times a day...*** Remember to eat in small portions favouring only lean protein, vegetables and salads. NO CARBS! (ie. breads, pasta, rice, wheat products & starches in general).

#5. ***Watch what you put on your foods...*** avoid the condiments!

#6. ***Avoid eating late at night...*** When you sleep your metabolic rate decreases dramatically and hence you then burn fewer calories. Foods eaten later into the evening (if not burned by the body) will turn to fat!

#7. ***Drink 2-3 litres of water daily...*** Water helps maintain proper hydration in the body, it can ensure regular bowel movements and it is the medium through which our body eliminates toxins; including *ketones* (a bi-product of fat metabolism). Water also tends to keep the stomach feeling full. Try to make water your ***only*** beverage.

***Please Note:*** Drinking 2 - 10 oz. glasses of **ice cold** water a day raises your metabolism by 33%, because your body has to work harder to warm up this ice cold water in order to digest it.

#8. ***Maintain 2-3 regular bowel movements/day...***

#9. ***Get lots of sleep...*** Proper amounts of sleep on a regular basis promotes lower stress levels in the body. As well, not getting enough sleep restricts the amount of *Serotonin* and *Dopamine* in the body. These two “feel good” chemicals help settle us. When deficient, the brain will command the body to produce more, hence your increased craving for sugar.

#10. As much as possible, ***maintain low stress levels***... A body in stress will hold onto fat!

#11. ***Exercise***... Cardiovascular activity (of any form) enhances your metabolic rate, thus increasing the rate at which you burn calories, even while at rest!

#12. ***Use your clothes***... Find a pair of jeans that don't fit and keep track of how close they are to fitting each time you try them on, until they finally fit! Glucagon (your fat burning hormone) also stimulates the production of lean muscle mass. So don't be surprised if there isn't a corresponding drop in weight on the scales as these jeans now fit so much better. A drop in weight will come in time. You are losing fat, but lean muscle mass has weight in itself. In the end, you'll lose the fat you need to lose and as well will enjoy a slimmer, leaner more attractive look!

#13. ***Be drastic***... Remember that nothing is more important than your health. So if starting a diet means going to the refrigerator and throwing away all of those fatty foods, do so! If it means saving money elsewhere to then have the money to join a gym, do it! If you don't have your health, what do you have???

#14. ***Have fun***... You're only as young as you are right now! Make the best of all your days ahead by doing what you can today! Life is what you make of it!