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HELP!!!
THE WEIGHT KEEPS COMING!!!



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INTRODUCTION:

Help!!! The weight keeps coming!!! Is an e – book offering information on weight loss and the factors that help contribute to the world’s most hated enemy, WEIGHT GAIN!!!

This e – book is based around food consumption and the real lack of exercise that many of us are guilty of, but if managed correctly this need be the case as weight loss can in SOME cases happen fairly quick (By fairly quick I mean losing weight in a safe healthy manor that will not hurt one’s health & wellbeing).

You will find out how weight gain happens, what contributes to weight gain and by understanding these methods you can learn how you can manage weight loss in a safe and healthy way so you can enjoy life with a renewed sense of wellbeing.

You will get to know about some of the supplements out there that might be able to help and some type of diets that don’t work along with many tips on weight loss and exercise.

DISCLAIMER:

THIS E – BOOK IS FOR INFORMATIONAL USE ONLY AND SHOULD NOT BE USED AS MEDICAL ADVICE OR A SUBSTITUTE FOR MEDICAL HEALTH CARE AND YOU SHOULD ALWAYS SPEAK WITH A QUALIFIED MEDICAL PROFESSIONAL BEFORE MAKING ANY CHANGES TO YOUR DIET OR EXERCISE PLAN.

THIS E – BOOK IS NOT TELLING TO YOU CHANGE ANYTHING IN YOUR DIET, LIFESTYLE OR EXERCISE PLAN. ALWAYS CONSULT A DOCTOR AND SEE A QUALIFIED EXERCISE PERSON WHO CAN OFFER ONE TO ONE ADVICE ALONG WITH CORRECT TRAINING POSTURE. WE DO NOT KNOW YOUR CURRENT STATE OF HEALTH AND

CAN NOT TEST YOUR CURRENT STATE OF HEALTH AND AS SUCH STRONGLY SUGGEST YOU VISIT YOUR DOCTOR BEFORE MAKING ANY CHANGES WHATSOEVER. Kind regards

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HOW DO I GAIN WEIGHT?

Well I know it is common sense to how we put on weight right? You eat too much with a lack of exercise and WHAM!! You gain weight.

You see the body needs calories to live in order to repair and move around in day to day activities. But what the body does not need it will simply put away for safe keeping for future need (Our fat stores which can be anywhere on the body)

which is why we need to monitor our portion sizes and food choices at every meal.

A lack of exercise will slow the metabolism which aids fat loss and cause even more weight to pile on and eating the wrong kind of foods will not help your cause either. If you find that you are having meals at very odd times of the day or having no routine to meal times will lead you to eat more than you should which again leads to more weight gain and probably leads to you picking before meals too.

Are you in this category?

Do you exercise a lot and eat very few calories yet find when you stop training you put the weight on just as fast as it came off? Well that's because eating too few calories can cause the body to go into a survival mode & will store every calorie it can get its hands on to survive. You might even find you put on more weight than you started out with and here is a tip that is vital for weight loss, you should not go below 1200 calories a day as this is the minimal amount that the body needs (This can be more for other people).

HOW DO I LOSE WEIGHT?

The trouble is most of us just look at what the food looks like and don't look at its contents which is most important. Now I'm not saying that it won't be healthy, it's just you need to really choose the right foods very carefully when it comes to weight loss. Avocado is full of good fats but if eaten in excess will contribute to weight gain and then we are still left fed up with no results.

We need to be monitoring our intake of complex carbohydrates, fats and fatty proteins (proteins like pork and lamb are very fatty) as these can hurt our weight loss chances. DON'T cut out carbs all together as they are our brains only fuel

type and our body's chosen choices of fuel. Have a small amount of carbs (pasta and breads etc) with a good variety of vegetable carbs and lean protein like chicken or turkey, Fish is a great provider of the good fatty acids that help with brain function and cardiovascular health.

You may even benefit from spreading your meals out over 5 or even 6 meals with small portion sizes as this will help you spread the calories out over the day and have every meal every 2 – 3 hours will help speed up the fat burning metabolism.

Avoid when you can having too much sauces with your meals as this will add to the bad calories and try to have as many vegetables as you can with every meal with lean meats and a small amount of complex carbohydrates. The most important factor for weight loss is to have a balanced lifestyle incorporating all the right nutrients with a varied exercise plan.

GUIDELINE DAILY AMOUNT (GDA)

	WOMEN	MEN	TYPICAL KCAL % OF A DIET INTAKE
ENERGY KCAL	2000 KCALS	2500 KCALS	-
CARBOHYDRATES	230 GRAMS	300 GRAMS	45 – 65%
FIBRE	24 GRAMS	24 GRAMS	-
PROTEINS	45 GRAMS	55 GRAMS	10 – 15%
FATS	70 GRAMS	95 GRAMS	20 – 35%

(These guidelines were taken from Herbalife)

In some cases for weight loss it can benefit by reducing the carbohydrate intake to 250 grams and reducing fats to 70 grams which can aid weight loss. Calorie intake will vary from individual which is why it is recommended you have a whole body analysis on muscle mass and metabolic activity which will give an idea of calorie need.

How to lose weight the healthy way

There are so many benefits to living healthy; it is still a surprise that so many people are still finding it hard to do. One of the advantages of eating and living healthy is that it can help you to lose weight. This may seem like a difficult task, but it does not have to be. Instead of trying to find an easy way out, it is better to make a few lifestyle changes that will have you looking and feeling better. There are many quick fixes to weight loss, but the problem is that they never seem to last. The only way to lose weight and keep it off is to do it the healthy way. Here are some tips to get you started on your weight loss journey.

Eat healthy foods

The type of foods you put in your body plays a major role in how and why you gain weight. Sweets, fatty foods and those that are high in cholesterol are bad for your body and for your health. This doesn't mean you must eliminate your favorite foods completely. It simply means you learn to limit the amount that you eat and how frequent you eat these treats. You can replace certain foods with healthy options. If you crave something sweet, then have a fruit; bananas, apples, grapes, and pineapples are very tasty because they contain natural sugars. However, the advantage of eating an apple instead of a piece of cake is that the apple will not go to your waistline.

Reduce your caloric intake

The amount of food you eat each day will play a significant role in your weight loss progress, so it is important to limit your caloric intake. If you are overweight, it simply means that the type of food and the amount you are consuming is causing you to gain weight. This means you must make changes in both areas. Of course reducing your caloric intake does not mean starving yourself. It simply means consuming fewer calories per day than you usually do. Try for 300 calories less than usual, it's really not as hard as it might seem. These simple steps can make it easier for you to limit your daily calories:

- Replace sodas and other juices with water
- Limit your alcohol intake at dinner
- Serve fruits for dessert instead of sweet treats

- Opt for skim milk instead of whole milk
- Stop using sugar in your coffee or tea
- Do not eat after 7pm or, if you feel hungry, eat a fruit

Increase your activity level

If you want your weight to come off and stay off, then you need to incorporate some type of physical activity into your routine. It doesn't have to be the traditional exercise program because this might not be for everyone, but you can try to find fun activities to keep your body fit and healthy. Take hikes with a partner, try a belly dancing class, ride bikes with your neighbors, play at the park with your kids, find a yoga center, go swimming, or do the traditional workouts. It really does not matter what option you chose once you do something.

Eating healthy is great, but eating healthy plus exercise is a sure way to lose weight. Remember that every time you exercise, you burn fat and calories. Exercise is good for the mind as well as the body, so once you lose the extra pounds you will not only be looking good, but feeling amazing, too.

Everything you need to know about losing weight

Have you tried a number of crash diets that leave you feeling defeated because you did not lose a pound? Rest assured that you are not alone, but thankfully you can bounce back from failure. If your approach keeps you from losing weight, then that is where you should make the first change. An attempt to lose as much weight in a little time as possible does not lead to success. This is not a competition with anyone, but rather the effort to lose weight in a healthy way. There are a few things you need to learn while on your journey to a slimmer, healthier you.

Break your unhealthy habits

If you are overweight, then chances are you developed a few unhealthy habits that need to be broken. What better time to start than now? Some people might

eat a reasonable portion for their main meals, but they tend to snack a lot, which is even worse. The problem with snacking is that you are unaware how much you are really eating until it is too late. If you are guilty of this, it is time to stop this unhealthy habit. When you need to snack, opt for healthy portions of fruits or nuts instead of chips.

Don't skip breakfast

Anyone who skips breakfast makes a mistake that many dieters make and, ultimately, regret because skipping breakfast will not make you lose weight. Breakfast is the first meal of the day and sets the pace for the rest of your day. It is also a very important part of your weight loss progress. Research has shown that there is a direct link between breakfast and successful weight loss. When you eat a healthy breakfast, the body feels nourished and you are less likely to overindulge during the rest of the day. Make healthy breakfast choices such as whole grain toast, fruits, cereal, orange juice, or a glass of skim milk.

Eat lots of fiber

Fiber can help you to reach your weight loss goal so it should be included in your diet. Fruits such as strawberries and pineapples contain lots of fiber. You can also get fiber from eating vegetables, brown rice, whole wheat bread, and cereal.

Other foods that contain fiber include:

- Beans
- Lentils
- Legumes
- Seeds and nuts
- Corn
- Peas
- Brussel sprout
- Potato with skin

Fiber plays an integral role in helping persons lose weight because:

- It interferes with the absorption of fat
- It is often found in foods that contain large amounts of vitamins and minerals
- It takes up lots of space in the stomach which makes you feel fuller for a longer period
- It takes longer to chew than other foods which means we feel satisfied quicker

There are other things that you can do to ensure that your weight loss efforts are successful. Set a goal for yourself and a deadline for achieving this goal. Keep your timeline realistic; remember that this is a lifestyle change, not a quick fix scheme. Aim for 1-2 pounds per week, not ten pounds. Studies have shown that people who lose weight in a realistic timeline have a greater chance of keeping it off for good as opposed to those who lose large amounts in a short period. In order to keep track of your progress, you should keep a food journal and track the foods you eat throughout the day. At the end of each week if your goal is not achieved, your food journal can help you to pinpoint where you faced challenges.

Is Exercise Necessary to Lose Weight?

In today's society where we are dictated by how we look and how much we weigh, weight loss has always been a goal that we all strive for whether we admit it or not. We all have that ideal weight that we want to achieve. But how do we successfully reach this "ideal" weight?

In this fast-paced world of ours where we are always on the go, we have very little time to squeeze in some type of exercise. Between work and taking care of our family, who even has time to work out? Which begs the question is exercise really necessary to lose weight? Which is more important in losing weight – diet or exercise?

Some people have this mistaken notion that in order to lose weight successfully, we have to exercise for hours on end. Exercise is however only a very small part of the equation.

In fact, many studies have shown that weight loss programs focused on decreasing your caloric intake make you lose two to three times more weight than a program focused on increasing your physical activity. So what does this mean exactly?

It means that if your goal is just to lose weight, then diet plays a more significant role than exercise. Cutting down on your daily calories will make you lose more weight than just increasing your physical activity. Think about it. You will need to walk for 30 minutes just to burn off 150 calories from a donut. Imagine if you ate a Big Mac, large fries and a large glass of Coke, how many hours do you think it would take to burn off all those calories? If you just watched what you ate, then you would be more successful at losing the excess pounds.

However, this does not mean that you should forget about exercising altogether. If your goal is to be healthy and increase your quality of life, then you need to incorporate exercise into your daily routine. There are studies that show that adding exercise increases your life span. Exercise also reduces your risk of developing medical conditions such as diabetes, heart disease, high blood pressure, high cholesterol levels and some types of cancer particularly colon and breast cancer.

Furthermore, exercise can help improve your mood, reduce depression and anxiety, help you sleep better, improve mental clarity, stall the aging process and give you more energy.

Although dieting by restricting your caloric intake is enough for you to lose weight, working out is crucial for overall physical and mental fitness. A healthy diet and a regular exercise regimen will definitely give you a better quality of life that will allow you to live to the fullest.

HOW DOES EXERCISE AFFECT WEIGHT LOSS?

Exercise is man's best friend for weight loss as it speeds up the metabolism and in some cases of exercise has you burning fat for up to 24 hours after you have finished at the gym.

Here's how it works:

You burn calories even while you are sitting there reading this e-book and even when you click the mouse you burn calories. This is great because when you think like this you can begin to realize that working out at the gym will help you lose a load of weight which is great

What you should do is plan a five day a week training plan with 3 days being cardiovascular training say on Monday, Wednesday and Friday with a weight training program on the other two days. Combining these two will help you greatly as cardio training is great for weight loss and weight training helps you to build more lean muscle tone which needs to burn more calories to maintain the muscle tone. You can speak to your local gym and book an appointment for a training program.

Weight loss options

If you are overweight, the best thing that you can do is find a weight loss option that will work for you. It does not matter how successful someone else was with a particular diet program because it might not work for you. Everybody is different and people gain weight for different reasons. They also lose weight in different ways. There are many weight loss options available, some more drastic than others, so it is best to consult a doctor before choosing a particular option.

Lifestyle changes

The main reason many people are unsuccessful in their weight loss effort is because they don't commit to the cause. They might spend a month or two on a restrictive diet, and once the weight is off they resort to old habits. This is not a good long term plan. In order for you to lose weight and keep it off, you must make a few lifestyle changes. It does not really matter what type of weight loss option you chose, as long as you make changes to your daily life. Your environment is the place to start. Stock your home with healthy options such as lean meats, nuts and grains, vegetables, fruits and water.

You do not have to completely restrict yourself from eating foods such as ice cream or chocolate, but you do need to limit the amount you eat and how often you eat them. In any diet you focus on portion control on any diet, so although you might be eating baked chicken instead of fried, you still need to limit the amount. Drink a glass of water before each meal so that it will fill you up and you will eat less.

Weight loss programs

There are many weight loss programs available today and many celebrities all over the world have endorsed them. Some programs focus on portion control and limit the intake of certain foods containing sugars and starches. Other plans offer their members a meal plan as well as support in the form of weekly or monthly meetings. There are even weight loss plans that create your meals for you and deliver them to your home. This option is very popular among people who are too busy to prepare their own meals.

Exercise programs

Weight loss is more than just changing you're eating habits; an exercise regime must be an integral part of your plan. When you exercise, you burn calories and fat and less fat in the body means a slimmer waistline. There are many exercise programs that you can try such as yoga, Pilates, boxing, dancing, or swimming, plus you can switch up your options each week. For best results, do a mixture of

high intensity workouts to help you lose the weight, but also incorporate strength training or targeted exercises that will tone your body.

Secrets to a flat stomach

People will spend a great deal of money to get a great body through plastic surgery. According to the Report of the 2010 Plastic Surgery Statistics by the American Society of Plastic Surgeons, \$13.1 billion was spent on cosmetic procedures in the United States. Surgery is fast, but there are things that can go horribly wrong. So why take the chance when you have a healthier and safer option? If you want an amazing body, you have to work for it and that is just the reality of the situation. When most people think of the ideal body, they immediately think of a flat stomach. This is one of the hardest places to lose the weight. If the stomach is your main area of concern, then you need to find proper foods and targeted exercises that will help you with this problem.

Eliminate junk foods

If you want a flat stomach, then you have to eat foods that won't store fat in that area. This means saying goodbye to frequent chocolate snacks, potato chips and sodas and saying hello to healthy fruits and vegetables. Instead of ice cream, eat a fat free yogurt. Substitute a large pizza with a delicious chicken salad. Realistically, you are not expected to totally eliminate all your favorite foods from your diet, but you need to save them for special occasions or limit them overall. Fruits and vegetables are delicious and they won't go straight to your waistline. You can eat as much as you want and you won't gain belly fat.

Eat more fiber

Fiber has been known to help with losing weight in the stomach. Diets that are low in fiber generally cause extra weight in the midsection. You can get fiber from eating fruits and vegetables daily. You should opt for brown or whole wheat bread instead of white bread, and brown rice instead of white rice. Some cereals

also contain more fiber than others so be sure to read the labels and choose one that is also low in fat and sugar.

Eat less salt

If you are trying to live healthy now, you should already be consuming less salt. However, if you want a flat stomach, salt consumption can be problematic as too much salt causes bloating. The signs are more prominent on the stomach than anywhere else on the body. Salts can also cause high blood pressure which can lead to other health problems, so it is beneficial to reduce your salt intake for several reasons.

Drink lots of liquid

Liquids you should drink do not include sodas, alcohol or drinks that are filled with sugar; you need to either opt for natural fruit juices, green tea or water. Green tea has been used in weight loss plans for many years because it is known for burning fat and boosting metabolism. Water is certainly the healthiest drink you could opt for in your efforts to lose weight and achieve a flat stomach. It can help to flush out salt or sodium from the body and reduce the possibility of bloating.

Focus on abdominal exercises

If your main goal is to lose weight, then you will undoubtedly need to incorporate some type of exercise routine into your daily life. Along with cardiovascular exercise, there are a variety of exercises from which to choose that target the different muscles in the stomach. Some of the most effective abdominal exercises are:

- Obliques
- Reverse crunch
- Exercise ball crunch
- Torso twist/rotation
- Side bends

- Bicycle exercise
- Chair leg raise
- Vertical leg crunch
- Sit ups

Weight loss tips for busy professionals

In order to lose weight, one must make a few lifestyle changes as well as a total commitment. What happens if you're too just too busy? No matter how busy you might be, you can never be too busy to lose weight. You have to approach weight loss the way you approach your business; this means:

- Total commitment to the cause
- Failure is not an option
- Never give up until you reach your goal

If you put as much effort into your weight loss plan as you do your job, then there is no reason why you shouldn't be just as successful. If you are truly dedicated to losing the extra pounds, then you must understand that this requires a few lifestyle changes. There is nothing too drastic, just small changes that will benefit you in the future because you will look and feel better.

Find time to do some form of physical activity each day

The first task is to find time for physical activity. It is best to find something that you enjoy doing or even rotate between of different activities so that you don't get bored. However, if you choose a regular exercise routine, it is best to do it first thing in the morning and schedule a time each day for this. The great thing about doing your exercise in the morning is that it makes you feel good throughout the day. Once you get home from a long day of work, you won't have the excuse of being too exhausted to get it done.

Eliminate sweet treats from your daily diet

Once you have established an exercise plan, it is time to change your diet. The first thing you need to do is replace all the junk food in your home with healthy options including fresh fruits and vegetables. You also need to plan what you are going to eat at work each day. If there are no healthy options available at work, then you need to bring your own food to work so that you can still stick to your diet. Many people have issues with snacking. You can still snack at work or home if you want. Instead of eating something sweet or fatty, opt for a fruit plate or some delicious nuts such as almonds, peanuts, or sunflower seeds.

Drink at least eight glasses of water each day

Water is an essential component in living healthy. It helps to keep your body refreshed throughout the day, and the best part of all is that it has zero calories. This means you can drink as much as you want and you will not gain a pound. Try to drink at least 8 glasses of water per day. You can even have a glass before each meal so that you eat less at mealtime.

Limit your caloric intake

One final weight loss tip is to limit your caloric intake to at least 300 calories less than before starting your weight loss plan. This is not very hard to do. It simply means paying special attention to portion size. If you generally have seconds at dinner, then try to break out of that habit. If you usually have soda with your meals, replace it with water. If you eat after your dinner, then chose something healthy like a fruit plate. You will be surprised to know how these simple changes can make a big difference in your weight loss efforts.

The Most Common Reason We are Overweight

Are you one of the millions trying your hardest to lose that excess weight only to end up sorely disappointed? Are you tired of feeling like a failure? Do you want to once and for all conquer your weight loss struggles?

If you are like most individuals, losing weight has been an ongoing battle for most of your life. You are not alone in this battle. Many individuals like you struggle

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