

Weight Loss For Life

**Lose Weight And Keep It Off For Good
The Strategies That Really Work!**



Beginner's Fitness Programs

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Introduction To Weight Loss Revelations

We tried to lose weight for many years unsuccessfully. We can't even count how many diets we tried, and all of them failed for one reason or another.

That's not to say we didn't lose weight. There were a few programs that actually helped us to shed a few pounds, but because of how complicated and restricted the programs were, we always fell off the weight loss wagon, and gained all of my weight back – plus some.

I'm sure you've been there, trying your hardest to lose weight and willing to do just about anything to reach your goals only to struggle to either lose the weight or come all that way, only to struggle to keep it off.

The majority of diet plans make it hard on us, because unless we have the self-discipline to closely follow and monitor a specific routine, we will ultimately lose our way, out of frustration, confusion or simply being overwhelmed.

And if we had the discipline needed, we wouldn't be overweight in the first place!

Throughout the years, we have tried most of the popular weight loss programs on the market, including:

- The Atkins Diet – I got tired of meat very quickly.
- The low fat diet – I actually gained weight with this one!
- The low calorie diet – I was always hungry, and tired.
- The cabbage soup diet – I got bored quickly.
- The negative calorie diet – Very difficult to follow and maintain.
- The grapefruit diet – Impossible to stay on track!
- Weight Watchers – Frustrating counting points!
- Jenny Craig – Too costly, and complicated.
- Slim Fast – I was always hungry and tired.
- NutriSystem – While I lost some weight, it was expensive to maintain.

There were countless other programs that we suffered through, desperately hoping that one would work. Just one... One magic system.

But nothing gave me a long term system that we could stick to, and we was close to giving up, resolving to the idea that we would always be overweight and that there was little we could do about it.

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Sure, some of these programs would point us in the right direction, but we always ended up so confused with counting calories, or worrying about the “right” foods to eat that we would get so overwhelmed that the EASY thing to do was just give up. And we did. Many, many times.

But we were wrong in the way that we were approaching our weight loss goal and in many cases, we were making things harder than they really had to be.

We CAN make changes that WILL produce results, and we CAN follow a system that WILL be easy to stick to, and best of all, we can still lose weight despite our lifestyles, or how busy our daily lives are.

What would you say if I told you that you could start losing weight without restricting yourself to bland foods that you absolutely dislike, or without having to spend more than 20 minutes a day working out and being active?

It’s true! By simplifying our weight loss plan down to the basic elements of what really works in terms of losing and maintaining a healthy weight, we can eliminate any chance of sabotaging ourselves or ending up confused and frustrated.

After all, the main reason why we give up on diets or weight loss systems is because they are usually so incredibly time consuming that we can’t possibly find time in our daily lives to fit it all in.

Or worse, the diet plans or foods that we are allowed to eat are so limiting and restricted, that we eventually give up, go on a binge caving into the cravings.

We love food. We love the taste, the texture and the many different kinds available. We should be able to enjoy our meals without worrying that we will make a mistake, or that we will destroy our chances of keeping the weight off, once we achieve our goals.

In all honesty, we do NOT have to worry about all of that.

Just by making small changes to our daily lives, our routines and the way that we eat (as well as how much we eat), we can start losing weight without having to sweat the small stuff.

If we want a treat, we have it on our “Cheat Day”. If we are craving ice cream or chocolate, we reward ourselves once a week.

A healthy and reasonable weight loss plan involves moderation, not restriction, because we all know that if we’re restricted in any way, we ARE going to fail.

Weight Loss for Life

We need the freedom to make mistakes without feeling guilty, to learn as we go, and ultimately, to learn how to live healthier, happier lives by being conscious about the decisions we make and understanding how to make better ones.

The primary goals of this plan are to:

Increase your metabolism.

Help you lose weight without being hungry.

Teach you how to eat for the rest of your life.

We need to boost up your metabolism so you will lose weight faster, even while eating plenty of food.

We need to keep you happy and motivated so you can stay on track, even during “rough patches” (and there will be a few along the way) and most importantly, we need to understand how to keep the weight off so we don’t ever return to this place in our lives again.

So say goodbye to diet plans.. From today forward, we are making a long-term commitment to living a healthier life without restrictions or limits!

AA Approach to Healthy Diet

When you're working on improving your diet, it's easy to become overwhelmed by how to get started. Even if you're a seasoned dieter, you may wonder how you can get to the next step or how to make your diet a part of your lifestyle.

You need to determine where you are in order to know what you need to do next. Whether you're thinking about dieting for the first time in your life or you're trying to make your new changes something permanent, there are specific things you can do to take your diet to the next level.

I'm Not Ready for a Change

You may have some health problems or feel a like you'd like to be a smaller clothing size, but you're not really that interested in dieting yet. If that's the case, you're in the "pre-contemplation" stage of dieting. That simply means that you're not interested in making any kind of changes in your eating right now.

At this point you may be sick of having people in your life talking about dieting. You may be completely disinterested in changing anything about yourself or your routine. However, you may be having that nagging feeling that even though you're not interested in a change, it may be something good for you.

Getting to the Next Step

If you're not doing anything toward starting a new eating plan, there are some steps you can take to get you closer to that goal. Here are a few ideas:

Make a visit to your healthcare provider and talk about your overall health, including your diet. Ask for suggestions.

Check out a few books about nutrition from your local library. Skim through them to see if there are any tips that might work well with your lifestyle.

Take a personal inventory. What choices are you making that seem like they might not be good for your body. What are you doing right?

At this point one of the worst things you can do is jump right in. You need to get your mind used to the idea of making a change. You also don't want to dive into something for which you aren't prepared. Instead, a few days or even weeks to educate yourself and find out what you think will work best for you.

I'm Thinking About Making a Change...Later

If you've been spending time thinking about dieting, but you haven't made any real changes yet, you're in the "contemplation" stage of dieting. That means you're seriously thinking about it, you know you need to do it, but you haven't put a plan into action. In fact, you probably don't have a plan.

When you're in this stage, you're really interested in making a change, but you may not know how to do it.

Getting to the Next Step

Here are a few tips for going from thinking about your diet to making a definitive plan.

Gather as much information as you can about nutrition. If you're having any type of health problems related to diet, make it a special point to research what you can do.

Make an appointment with a nutritionist or another health professional to discuss your diet.

Talk with a friend who has a healthy diet and ask for suggestions.

Set a goal for yourself that is measurable. For example, "For the next two weeks I will eat 4 servings of vegetables each day."

Identify some of the barriers to starting a diet. Write them down and for each obstacle list a solution.

I'm Ready to Get Started

If you've been thinking about making a change to your diet for a long time, you may be ready to get going! This stage is known as "preparation" for your diet. You've already learned what you need to know to make changes. Now you're interested and you're ready to begin.

Getting to the Next Step

When you're preparing for dieting, these steps may help you take your plan to the next level.

Write down a detailed plan for what you'll do to make your diet changes.

Head to the grocery store to make sure you have all the supplies you'll need before you begin.

Determine how you'll reward yourself for making changes.

Double-check to make sure your goals are measurable and realistic. Don't try to overhaul everything all at once. Focus on a few small, but powerful changes.

Enlist the help of important people in your life for support.

I'm Changing My Diet and I'm Committed

You may have spent months leading up to this moment – the beginning of a change in your diet. Now you're taking all the plans you've made and turning them into reality. This is the "action" stage of dieting.

You're working hard at your plan, but you haven't been doing it for very long. At this point you may feel really good about your changes, but you're not ready to say you've made permanent changes. Things are still a little new.

Getting to the Next Step

You may wonder, how can there be a next step when I'm already doing it? But the truth is that in the beginning of your diet there's still another level. Ultimately you want to make changes that will be lifelong to give you health that will last for years to come.

Catalog your successes. Celebrate them!

Seek the advice of a health professional to help you iron out any problems you may be having. Sometimes a little tweaking of your plan is necessary.

Don't be too hard on yourself. Many people fail at making long-term changes because they give up after a bad day. Just keep going.

Pay attention to how you're feeling. Do you have more energy? Are your clothes a little looser? Are your health problems improving? Make sure you take time to recognize the benefits of the changes you're making.

Try new things. If you're getting bored with what you're eating, try to incorporate a new dinner meal each week.

Use your support system. You don't have to do this alone! Sometimes friends and family can make changing easier.

I've Made Changes...And I'm Sticking To Them!

When you've changed your diet successfully for more than 6 months, you're in the "maintenance" phase of your diet. You've already educated yourself, made a plan, prepared for changes, and what's best – you've made them!

After six months of dieting, you've created habits that are likely to last a lifetime. But you need to stand guard. While you have great habits now, there are still times that you'll feel discouraged. Here are some ideas for building on your success.

Feel free to make changes. Your plan may work for you, but it's always a good idea to take a look at your plan every few weeks and see how it's working for you. Are you still getting the benefits you desire? Are you happy with how things are going?

Visiting with a nutritionist or healthcare provider from time to time can be a way to see how your health is benefiting from your program and how you can make small, effective improvements. There's always room to grow.

Continue to learn more. You can always get some more information about healthful eating and even just adding some new recipes can help to keep you motivated.

Set goals for yourself. Even if you're at the ideal weight, you can continue to set goals for your behavior that help you to track and monitor your progress.

I Was Doing So Well...What Happened?

You've been plugging along for months making sure that you give your body everything it needs. But suddenly you find that your changes are out the window and you feel like you're back where you started.

There are many things that can trigger a relapse into your unhealthy eating. For example:

Divorce

Holidays

Pregnancy and a new baby

Death of friend or family member

Changes in job

Stress

Health problems

The above list is just a few of the things that may make it difficult to stay on your plan. For many people, getting off of a diet program can lead to the “what the hell” effect. In other words, “I’ve already messed up a little, so just forget the whole thing.”

But everyone is entitled to stray from time to time. The most important thing you can do is learn from what happened and get back on your program. Here are some tips for getting back on your diet:

Identify the event or life change that began getting you off-track.

Come up with some solutions for keeping the problem from happening again.

Go back to your original goals and renew them.

Talk with a nutritionist or healthcare provider about getting back on track. They can have invaluable suggestions to help you.

Don’t dwell on your mistakes. Realize that it’s normal to make them. The only real problem occurs when you don’t recognize them and don’t work to get back to a healthy plan.

Give yourself some credit for the changes you have made. Change is difficult! If you’ve done it once, you can do it again.

Making Changes That Last

Making changes to your diet is difficult. You should congratulate yourself for any little improvement. No matter what stage of your diet you’re in, there’s always a way to get to the next step.

Instead of trying to rush into something that will overwhelm you and set you up for failure, figure out where you are right now. Then make it a goal to get to the next phase. As you gradually make small changes in your day-to-day routine, you’ll find that your lifestyle becomes healthier.

Ultimately you want to be healthier, more fit, and happier. When you allow yourself the time and patience that major changes require, you’ll have more success. You’ll be making changes that last.

Weight Loss for Life

Today Is the First Step to Your Better Life

Why do you want to lose weight?

For many people it is as simple as wanting to look better or to look like they used to. Other people want to lose weight because their doctor told them to. Maybe you want to lose weight because you simply think you should.

Before you begin a weight loss program it's important to consider why you're starting it.

Do you want to look better?

Do you want to feel better?

Do you think you should lose weight?

Did someone tell you to lose weight?

Analyze your reasons. They're important because reasons can become obstacles. Over the course of the next twenty pages you're going to take a look at 12 steps to lose weight and keep it off for good. These are lifestyle changes. You're going to be developing habits.

The only thing that's standing in your way of success is you. If you want to lose weight for reasons that aren't really motivating then it's going to be a struggle. In fact, the very first thing we're going to discuss is mindset. Your approach to your weight loss is extremely important. If you're losing weight for someone else or because you think you should, then the process can be difficult.

So before we jump into the first step, let's take a look at all you have to gain personally when you lose weight.

Seven Amazing Benefits of Losing Weight

#1 You're going to look great. This is important too and it's okay to use this reason as a motivator. It's human nature to want to be proud of your body and your appearance. When you lose weight you will look better. You'll be able to wear those clothes you want to wear. And you'll wear them with pride.

#2 You're going to have more energy! Remember those days when you felt great all day long? You were able to accomplish everything on your to do list with ease. When you lose weight you will have more energy.

#3 You're going to feel better too. Overweight people tend to have poorer health. Simple things like breathing and joint aches and pains improve with just a little bit of weight loss. A diet that causes obesity also causes inflammation in the body. Inflammation is the cause for many illnesses and conditions. Lose the weight, lose the inflammation. You're taking a huge step toward feeling better from head to toe.

#4 You're improving your health. You don't need to be told that obesity and weight gain are significant contributors to some really serious diseases. We're talking about:

- High blood pressure
- High cholesterol
- Diabetes
- Stroke
- Gallbladder gall stones
- Cancer including breast cancer
- Ovarian and reproductive problems like fibroids
- Liver cirrhosis
- Enlarged heart
- Arthritis
- Heart disease

When you lose weight you lessen your chance of getting all of these conditions. If you already have an illness then weight loss helps you recover and manage the disease effectively. In short, you're going to live longer and have a better quality of life.

#5 You're improving the life of those around you. You have a responsibility to yourself and to others to stay healthy and live a long life. You have people who depend on you. People whose life you've changed. You matter. Taking good care of yourself helps you honor your relationship with those around you.

#6 You're going to sleep better. Ah, there's nothing better than a good night's sleep. Unfortunately, many overweight and obese people really suffer when it come to sleeping. Snoring, sleep apnea, and just general discomfort prevents good sleep. When you lose weight, you're going to sleep better. Imagine how you're going to feel when you're able to get a good night's sleep consistently.

#7 You're going to see life in a whole new way. Sometimes it's the little things that make a big difference. When you lose weight, for example, you're going to sweat less. You'll be more comfortable in warm environments. You'll also be able to move your body how you want to move it – you'll have better mobility. Aching feet, varicose veins, and even your digestion will improve.

You have so much to gain when you commit to losing weight and getting healthy!

Weight Loss for Life

It's very exciting and we want you to succeed. We want you to live the life you desire.

Listen To Your Body

One of the biggest problems that we face when struggling to lose weight is that we rarely listen to our bodies, and what it is ***trying to tell us***.

Over the years, through self-indulgence and not paying attention to what we are putting INTO our bodies and how it actually affects us, we lose our internal ability to judge what we really need to be eating. Thankfully, It's very easy to train yourself to listen to your body, it just takes a little bit of practice.

One of the best things about listening to your body is that you won't have to feel deprived or hungry. When you eat what your body is craving, you naturally eat less, or you eat more, but healthier foods that nourish your body and give you the energy and mental clarity that you need.

You see, when you're eating all of that junk food that is nutritionally lacking, your body needs to continue to signal to you that you're hungry so you will eat more and more. If it never gets enough of the nutrients it needs, it will keep you perpetually hungry!

Once you start listening to your body and giving it what it needs, you'll find yourself naturally losing weight. Your body won't hold on to that extra fat anymore, because it won't think it's starving.

And you won't feel deprived because you'll still be able to eat many of the foods you love!

Your body is a remarkable instrument. It is precisely calibrated to work at maximum efficiency naturally. If you take care of it properly, it will continue to run at peak efficiency. However, if you abuse it and neglect it, it will begin to wear down quickly.

Since most of us grow up eating a lot of junk foods like candy, cookies, cake, pizza, and potato chips, our bodies are never given enough of the different nutrients it needs. Those foods are empty calories that cause us to gain weight, but don't actually provide us with any vitamins or minerals.

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