



## [A Sensible Plan For Natural Weight Loss](#)

Every year millions of people make a promise to lose weight, yet most of those people struggle to keep those promises. The result is the weight stays on and more damage is done to their health for another year.

There are so many weight loss and dieting options available it is almost impossible to understand the differences between the plans. If that wasn't enough, how do you know which plans are truly effective. If so many people fail at weight loss what works? In theory all of the options can work but you will have to make huge changes in every aspect of your life to be successful.

Whatever weight loss approach you decide to take there will be work to be done and obstacles to be overcome. The answer is really the same for everyone; you need to change the amount of food you eat and change the foods you eat. When you couple those two changes with an increase in exercise you will lose weight. Exercise is important so that you have a daily calorie deficiency. A daily calorie deficiency, what in the world is that? You will need to be patient because I will explain that later.

In this article I have put together as much information as possible given that this is an article and not a novel. So here we go:

I've tried to include as much information as I can about weight loss, so you won't leave this book with too many left questions to ask.

**IMPORTANT: This article is intended to provide information and ideas pertaining to weight loss. It is NOT a substitute for professional advice from a dietician, nutritionist or your family practitioner. You should consult your physician before undertaking any sort of diet or extended physical exertion.**

**I have made every effort to ensure the information in this book is accurate and up to date.**

[To Download A Free Interview From The 'I Wish I Had Known This Last Year Weight Loss and Dieting Interview Series Click Here](#)

## **Let's Get Started!**

In the morning when you get dressed are you frustrated with the image you see in the mirror? What's happened to your body, your tummy is getting flabby, your waist is getting wider and your hips are getting heavier. If that wasn't enough you look at your face and see a few wrinkles starting and a little extra jiggle under your chin.

What can you do to stop this from getting worse and what is happening to your body when you gain weight. These are the questions that I will answer in this article. I will show you how to lose weight and keep it off.

It is a national 'sport' to 'people watch' at the beach. But when you do this you find yourself comparing your body to every slim, tanned and toned body you see. It is a cruel fact of nature that there are some people who never have to watch what they eat, who don't have to exercise much, and who just are blessed with a metabolism that burns fast. These people never think about how much they are eating, when they are eating, or how many calories they are consuming.

We place so much importance on our weight, why is our weight so important? The simple truth is two reasons - how we look and how we feel.

## **Physical Appearance**

If people are honest they will tell you that they don't want to be fat. In our society our appearance is a determining factor as to how we will be accepted by others, which opportunities we will be offered and, most importantly, our self-esteem. Self-esteem is a powerful force in our lives and it plays out in every aspect of our day. If you believe that your body is not desirable then you can become depressed, sad, and even develop depression. This depression or sadness can lead to the development of binge or emotional eating. If that happens you enter a vicious cycle of being depressed, eating to feel a sense of emotional contentment then getting more depressed because of what you ate.

Doctors have been documenting the emotional toll of being obese. It has been established that a person's sense of self-worth and emotional stability can be destroyed when becoming obese. The emotional consequences of being obese over a long period of time can be crushing and may require intense therapy from a primary care physician and therapist.

**Take a second to answer these questions, be honest so that the answers will help you.**

- Have you ever looked in the mirror and thought you looked ugly?
- Are you comfortable with the body you see in the mirror?
- Are you worried about your partner's opinion of your body?
- Do you find yourself thinking about what other people think about you when they look at you?

If you answered 'yes' to any of those questions then it is very possible that your weight is affecting how you perceive yourself and how you believe others may perceive you. Life is very difficult when your physical appearance can exert such a powerful influence. So, you have two choices:

- 1) Change
- 2) Live with it

If you picked #2 then you must also be prepared to live with the emotional consequences of being overweight.

It is my hope that you chose the first option, that you want to change and in another section of the article I will lay the ground work for you to do just that.

## **Health Concerns**

Most likely you are aware of the numerous problems to your health if you are obese. If you are 20 lbs. overweight you can really begin to experience the ill effects of being overweight.

The problems from being overweight can present themselves in many ways. That nagging lower back pain is it from last night's pick-up basketball game or is your

back sore because your body is struggling to function with that additional 20 lbs. Twenty pounds might not sound like much but grab four 5 lb. bags of potatoes and carry them around for a few hours. I think at the end of that experiment you will have a much greater appreciation for what your body has to deal with when you gain weight.

When your weight reaches a certain level, when you pass being overweight and become obese, you put enormous strain on all the parts of your body such as your heart, your joints, your feet, your lungs.

Once you are overweight, you set yourself up for life threatening health problems and diseases. You are now a candidate for the FATAL FOUR.....stroke, heart attack, high blood pressure, and diabetes. I'm sure you don't want any of those in your life, so commit right now that you will make the changes you need to make to live a healthier and longer life.

### ***Medical Fact:***

*In one study a group of people, 5881 to be exact, were monitored over a 14-year period. The doctors were looking for a link between people being overweight and heart failure. What the doctors discovered was if a person is just 'overweight', not obese that person will have a 34% greater chance of experiencing heart failure.*

*The report was even more startling for an obese person. For those people who were categorized as obese the risk of heart failure jumped to 104% versus someone whose weight was in the 'normal' range.*

Did that get your attention? I hope so.

## **Overweight Versus Obese**

I have been using the terms 'overweight' and 'obese' but I have not defined either term. To clarify exactly the difference between the two here are the definitions I will use:

Obese: doctors consider you obese if you are 20 to 30 percent over your 'ideal' body weight

Overweight: doctors consider you overweight if your body mass index (BMI) is 25 or over. (Just to give you a point of reference that would mean you were 5 to 15 percent over your ideal body weight. OUCH!!)

If you would like to find out what your 'ideal' weight is here is a link that you will find helpful:

<http://www.halls.md/ideal-weight/body.htm>

Never lose sight of the fact that you are at a much higher risk of experiencing the FATAL FOUR if you are just overweight. That fact alone should convince you want to make the changes in your life to avoid that type of misery.

It is now time to take control of your life, to make the changes that allow you to live a longer and healthier life.

## **Why We Gain Weight**

There are endless reasons why people gain weight. The reasons can range from simply overeating and not getting enough exercise to burn off the calories from the food to as complicated as being passed from one generation to the next genetically.

To have a true understanding of how a person will lose weight, you first have to understand why you gain weight. Next I am going to describe some of the reasons why people gain weight.

## **Calories We Consume: Don't Eat More Than You Can Burn**

The simplest reason why we gain weight is that we consume more food, giving us more calories, than we can use in one day. Anytime you eat anything your body converts the food into sugars. This is something our bodies have learned to do over the millions of years the human species has existed. Your body knows that it must store excess 'energy' so if food is scarce the body can keep functioning. If, for some reason, food is no longer available the body draws upon the resources of sugar to provide fuel for our bodies. This meant that if a human had to continue to hunt and forage for food their body would be able to perform everything they asked of it.

The advantage our predecessors had over us is that they had to work very hard to find food so that excess fat was burned off very rapidly. That meant that they didn't experience the same problems with obesity that we do

Today, for most of us, food is readily available, so we can over eat and indulge ourselves. This means that now we must find ways to burn off the extra calories to allow us to maintain our weight. When we understand how the body stores and burns fat we then have the tools to understand how not to gain weight. Our society and our standard of living has made it too easy to eat too much, too often.

## **4 Reasons For Weight Gain:**

### **(1) Low Metabolism**

Whether you have a slow, normal or fast metabolism can be attributed partly to genetics. However we can increase our metabolism by taking some simple steps.

When you can't remember why you exercise just think about this, muscles burn fat and they continue to burn fat after you have finished your exercise. That's right our muscles are like having a fat burning furnace inside our bodies. When you sit all night in front of the TV or computer your muscles are not burning any fat which also means that your body isn't burning any calories. The result is that the calories our muscles should be burning, but aren't because we are sitting around, are now turned into fat by our bodies. This is exactly what we don't want.

If you exercise the following occurs:

- You build and/or tone your muscles.
- The muscles in your body need fuel so they burn the stored fat.
- As you exercise you raise your heart rate which is beneficial to your entire body.
- You finish your exercise but your muscles continue to require fuel so they continue to burn the stored fat. When you are active your entire body benefits, heart, lungs, muscles, joints, and mind, and all this will increase your metabolism which makes it easier for you to lose weight.

## To Increase Your Metabolism:

- **Start out with an exercise routine that lasts 20 minutes** and repeat the routine 3 times a week. This will begin to raise your metabolism and get you on the right path to lose weight.
- **Portion control.** We have developed a distorted concept of the amount of food that we should consume at each meal. To make it easy always think smaller. Begin to plan for 5-6 small meals a day. The plan would include a healthy breakfast, then a small healthy snack, lunch, another small snack and then a healthy dinner. The healthy snacks will keep your metabolism at a good rate and will also prevent you from having a craving to go get something sweet and unhealthy.
- **EAT!!!!** Never starve yourself because you will force your body to go into 'starvation mode'. We spoke briefly about this but it bears repeating, if your body senses that it is not receiving adequate nourishment it will begin to store fat. This is a recipe for disaster if you are trying to lose weight. Your body will win and the pounds will not come off.
- **Walk.** At every opportunity find a reason to walk. It can be as simple as parking your car far away from the building you work in so your walk is long or you can walk up the stairs instead of taking the elevator. Be creative and find opportunities to walk. If you can schedule the time a 30 minute walk at least three times a week will work wonders for your health and metabolism.
- **Never and I mean NEVER skip breakfast.** Your body has been resting and repairing for the last 8 hours and now it needs fuel to get you going for the day. Take the time to plan a healthy breakfast and don't settle for the easy route of grabbing a donut or other pastry.
- **Understand your eating habits.** How and what you eat will determine, to a large extent, your ability to lose weight. Do you sit down for a huge dinner loaded with carbs, fats and sweets? At meal time do you have a smaller portion of lean meats, veggies and carbs? Do you take your time enjoying



your meal or do you eat as fast as you can? Examine your patterns of eating and see which patterns you can alter the easiest and then begin making the necessary changes.

## **(2) How You Eat**

- What does a typical meal look like? Is your plate filled with fatty foods that are high in calories? These foods are difficult for your body to utilize and you put yourself at a greater risk of the FATAL FOUR if this type of food is on your plate. Examples would be deep fried foods, fast food French fries, rich creamy sauces.
- Are you a fast eater? The rate at which you eat your dinner is important. If you eat too fast your brain does not get the signal that you are full until you have over eaten. The easiest method to slow yourself down at a meal is to put your fork down between bites. Take the time to taste your food and enjoy what you are eating before you pick up your fork for more.
- When you take your time to chew your food that allows the saliva in your mouth longer to break down the food. Give your body every chance it has to break down the food and extract all the nutrients it can.
- Portion size: Eat smaller but more often. We discussed this earlier; you can increase your metabolism by giving it a constant source of fuel to break down. It is also easier on your stomach and digestive system to have smaller amounts of food to break down. Be nice to your body and it will pay you huge dividends.

## **(3) Genetics**

What your family has given you to work with: It is true that genetics play a role in a person's ability to gain or lose weight but genetics are not the entire story. By taking the right approach you can make sure your body is nourished and healthy and not gain weight despite what your parents and grandparents look like. Your genetics play a role in determining your metabolism and your tendency to gain weight but do not let this stop you from taking the steps you need to live as healthy a life as possible. Remember, this is your life so you are responsible for taking care of yourself.

## Exercise

Yes it is true, we all need to exercise. Nothing is as beneficial as getting your heart going and toning your muscles. The benefits of exercise touch all parts of your body and life so make sure to schedule time for a workout. I know that life is hectic but all you need to do is 20 minutes three times a week to begin to help your body. Remember, you don't need to run a marathon or climb Mt. Everest, all you need to do is elevate your heart rate and keep it elevated for 20 minutes. Start out easy and work up to more strenuous activities. Never over exert and never begin any exercise program without checking with your doctor.

### Let's just summarize the benefits of exercise:

- **You will feel great:** That alone should be enough to get all of us out and exercising. Isn't that a good start? Exercise changes you inside and out, nothing else has such a dramatic systemic effect.
- **Muscles:** Exercise builds and tones your muscles. As a result your metabolism is increased which makes it easier to lose weight. The more muscles you have working for you the more fat you will burn.
- **Stress:** Exercise is great for lowering the stress levels in your life and in your body. According to many studies not only will exercising for 20 minutes three times week be beneficial for your metabolism but it will also lower your stress levels.
- **Calories burned:** Exercise demolishes calories. Later in this article I will discuss the process of successful long term weight loss and at that point you will have a better understanding of the importance of burning calories. The simple concept is when you burn more calories than you eat you lose weight.

Always remember that exercise is any physical activity, you can walk, ride a bike, swim, or anything that gets you moving. Don't get hung up on not being able to do a lot at the start. The most important thing is to start and stick with it.

Not exercising is a guarantee to gaining weight. If you continue to eat as usual and continue the 'couch potato' mentality then you are setting yourself up for a difficult life of illness and disease.

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