
A Surefire Plan For How To Be a Good Loser....of Fat!

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INTRODUCTION

Being a good loser requires a plan! Following these strategies does make the journey easier. Using all these guidelines together gives your fat loss efforts a real boost. Use them and you'll actually find it hard NOT to lose FAT.

You'll notice these strategies can be grouped in either a mindset category or a behavior category, and it's also about the foods you eat and the calories you expend. That's part of what makes them powerful when you use them together. It's all about what you eat and what you do!

1. YOU'VE GOT TO BELIEVE AND COMMIT

When you turn on that "belief" switch good things start to happen. In this case, what you expect, you'll get. Researchers have shown that when people are asked before they start nutrition and exercise programs whether or not they expect to succeed or fail, their results match their expectations. In one study done at the University of Maryland, those who trusted their ability to lose weight lost 30% more weight than those without hope.

Believing in yourself is important because it strengthens your commitment to a task. Losing weight takes both physical and mental energy. It can sometimes be a frustrating experience that requires you to get back on track so you'll keep making progress. If you believe in yourself you'll be more likely to stay the course committing to the lifestyle changes that will lead you to lose weight and keep it off for the rest of your life.

2. THE RECORD KEEPER IS THE RECORD BREAKER.

Studies show that when people write down everything they eat, particularly in the early stages of lifestyle changes, they lose more weight. Keeping food diaries works in a few different ways.

It makes it harder to rationalize going overboard. Until you write it down, you think you didn't really eat "that much." Seeing it written down brings into focus your eating patterns. Keeping a food diary keeps your fat loss efforts **in front of you**. You'll be better able to see what food choices you're making and see clearly what needs to change. You'll also be able to see eating patterns you never knew you had. Writing it down increases your motivation and commitment. Knowing you're keeping track of something keeps you accountable and you'll be less likely to get off track when you see your efforts leading to results.

3. BREAKFAST OF CHAMPIONS

People tend to build on their positive acts, so when you eat a healthy breakfast you're less inclined to mess up your fat loss efforts during the day. There are also studies that show that people who eat breakfast consume less calories throughout the day. And research is still being done as to why we tend to feel more satisfied by food eaten earlier in the day.

Delaying breakfast is fine. If you're not hungry soon after you wake up, consume your breakfast later on—JUST EAT BREAKFAST.

4. USING DESIGNATED EATING AREAS & NO TV, PLEASE

Times have certainly changed. Eating while in cars, on public transportation, or while walking may be the norm, but that's not necessarily a good thing. Our whole way of eating has changed. Many researchers and health and fitness professionals believe that this move away from eating meals around a table undistracted by TV or other technology has greatly contributed to the rise in obesity.

When you eat on the run, you eat too fast. That doesn't give you the time to check in with yourself and see if you feel satisfied. That satiety process takes 20 minutes---then your brain and stomach have enough time to communicate that you're full and satisfied. You'll often end up eating way more calories than you're hungry for. Eating at a table gives you the best awareness as to WHAT you're eating and how full you feel. And if you're at a table vs. eating on the go, you'll also chew your food better. This too contributes to how satisfied you'll feel.

Eating in a relaxed manner and without a lot of distraction is important when you're looking to lose weight. When eating meals becomes haphazard, eating tends to get less healthy in both content and calories consumed. The more you can create a ritual of taking your meals at a table undistracted and relaxed, the better your attention will be to the calories, enjoyment factor and choices your making. Eating on the go may be a hard habit to break but it's an important one to revise.

5. STICK TO A TIME: KITCHEN CLOSED~WILL RE~OPEN TOMORROW

In a study it's been shown that obese people eat more calories at night, particularly from 8 p.m. to midnight.

If you're an evening eater, regardless of the reasons you eat, you'll want to make some changes in this regard. If you don't eat after dinner you'll eat hundreds of calories less each day because nighttime eating is most often sweets or salty foods. It doesn't matter when the "kitchen closed" time is because everyone's schedule is different. The point is that dinner has a beginning, middle and end and that it doesn't continue until bedtime.

6. WHEN YOU'RE EATING FOOD PREPARED BY SOMEONE ELSE—EATER BEWARE!

Preparing your own meals is the best way to both improve your diet and stay aware of calories. With take-out food, restaurant food, or prepared supermarket foods, it's much harder to tell what's what.

Food that's not prepared by you will tend to be higher in calories so pay attention to portion sizes. The more often you eat out, the higher your calorie consumption will be and the higher your body fat level will be as well.

It's important to choose wisely. In restaurants you can ask for half your meal

to be wrapped to take home before it's even served to you. If you're hungry or tired, be especially aware of that and focus on making healthy eating out choices. Of course you can also order your restaurant meals any way you want them so don't be timid about doing this. You can order broiled instead of fried, extra vegetables instead of rice or salad dressing on the side. It's your meal!

7. EAT RATHER THAN DRINK YOUR CALORIES

Eating calories will contribute to your feeling full better than drinking them. Researchers suspect that liquid calories don't trigger satiety mechanisms the way that solid food does. Soft drinks, fruit based drinks, and all the popular blended coffee drinks are the leading sources of added sugar in diets. Quench your thirst with water and eat non-liquid foods for meals to make each calorie count as you cut back calories in your weight loss efforts. It's important.

8. KEEP THOSE WHOLE GRAINS COMING.

Whole grains, unlike refined grains, contain FIBER, which can help fill you up. When you switch from refined to whole grain products I guarantee you'll start feeling like the grain portion sizes are too large! For this reason, eating whole grains will help if you're looking to lose weight. Consider one serving as a slice of bread or a half cup of brown rice or whole wheat pasta. Oatmeal is also a whole grain. In your weight loss efforts aim for an average of 4-6 servings a day. Remember portion size

and go for those whole grain products. As you start to read labels and eliminate refined grains, you'll be eliminating regular pasta, most cakes and cookies, pretzels, and crackers. These are some of the grain products that can really pack on those pounds.

9. BE SMART ABOUT SNACKING

Start to think differently about snacks. They are meant to stave off hunger in between meals and give you an opportunity to consume nutrients. Smart snacking choices are fruit and food items like vegetables or yogurt. If you buy these items with snacking in mind, you'll use them for that purpose. You can control your snack choices so that your snacks aren't candy bars, sugar-laden beverages, or chips. The trick is to plan ahead and have healthier choices available.

10. MOVE YOUR BODY

You can certainly lose weight without exercising. It's much easier though, and certainly better for you, if you incorporate exercise into your plan. The National Institutes of Health states that in your weight loss efforts, 75% of the calorie deficit comes from eating less food and 25% comes from burning more calories through increasing physical activity. It's also been shown that people who lose weight and do not exercise gain weight back. What's the best exercise choice for you? I always answer this question by saying, "The one that you'll actually DO!" There are so

many choices. Explore as many as you can and see what works best for you. Just be sure to get plenty of physical activity and you'll supercharge your weight loss efforts.

REVIEW THESE TEN STRATEGIES.

You may not want to implement all of them at once. There is, however, a synergistic effect when you decide to implement as many of them as possible. It does come down to eating less and moving more, so **DO** get started. Start small, but start. Success with one of these strategies will encourage you to use them all so that you'll make the most of your fat loss efforts!!

To become an even better loser of fat, enjoy the Monday Morning Motivational newsletters that you'll be receiving FREE each and every week. Also, make sure to regularly visit my blog at www.activemenopauselifestyle.com/blog for even more ideas.