



TRAINING GUIDE



Trim the Fat & Raise
your Standard of Living with
these Fruitful Weight Loss
Tips and Techniques!!!

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Introduction

We have our own reasons to lose weight like for the upcoming wedding, High school reunion, Swimsuit season, want to get a hot date/partner or to please your partner etc.

Whatever your reason is, the bottom line is every individual wants to attain and flaunt their perfect slim body to the world. The body that left people awe-struck when they see you.

People know that exercise, healthy eating habits, proper sleep, no stress are good for their health, but they have no idea how to incorporate these into their lives while managing the stress and workload of this crazy world.

If you are among those 9 out of 10 people who want to lose weight but don't know where to start or quit the process altogether after practicing it for a while. Then, this book is perfect for you to win this challenge of your life.

This book encapsulates the essential "tips and secrets" you require to know and stay motivated to reach your goal in time efficient and effective way.

Let me tell you that it is not an overnight process, the weight you are planning to lose have taken years to accumulate on your body. So, it sounds fair when you take at least few weeks to get back in shape. Weight loss means complete "Lifestyle change".

Making a commitment to a healthy lifestyle not only let you get back into your high school skinny jeans but also enable you to make a good example for your children or anyone seeking healthy future.

This is the complete guide that provides you with easy, simple and executable methods to enhance your exercise program as well as your nutritional habits in order to achieve your personal goals. It not only delivers effective measures for weight loss but also give an essential guideline to stay fit throughout your life.

We have included everything from complete training to tips for staying motivated throughout your journey of weight loss. Now, you have to be calm, implement methods that have been listed and keep stepping forward towards healthy life – To Your Weight Loss Success....

Chapter – 1

The Basics of Weight Loss.

Before starting with your weight loss program, it looks fair to let you know that it is a complicated but not impossible process. Sometimes it takes a lot of patience and motivation. You need to set your mind that you are in this program for the long run.

1.1 What is the “Balance” in weight loss?

Your weight loss plan is a balance of healthy diet, calorie intake, and proper exercise.

The fundamental balance we are talking about is the balance between calorie intake and calorie burn. Your weight loss is a process of burning down more calories than what you take in.

You may already know that we take calories in form of food. The food we eat is a proportionate composition of Carbohydrates, Fats, Proteins, Vitamins, and Minerals.

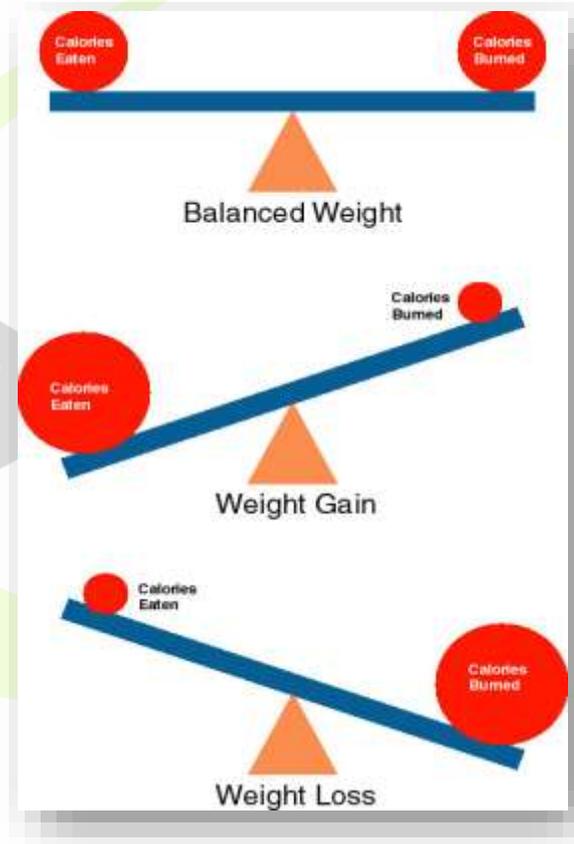
Calorie burns can be described in the form of increasing metabolic rate. Metabolic rate is the rate at which the body burns up the calories.

Let's say a person is consuming approximately 1000 calories a day and burning exactly 1000 calories then, his weight remains same.

If a person is consuming more calories than he could burn, then he will become overweight.

And if a person's calorie intake is less than the calories burned, then the person is moving in a right direction for weight loss.

So, for weight loss, we have to decrease our calorie intake and increase our metabolic rate.



1.2 Is long-term weight-maintenance important?

The long-term maintenance of a body weight is much more important and difficult than the first success of weight loss.

Many people acquire success in weight loss then went back to unhealthy eating habits and cut-out exercising altogether.

In such situation, the person will return back to their previous weight or even more weight. Nutrition and Health experts believe this is more hazardous than being overweight.

These continuous fluctuations between gaining and losing weight will result in heart problems or even worse stroke.

Long-term weight maintenance requires commitments. At some points, you will feel uncomfortable and it will seem quite easy to give up.

You have to understand that you just don't want to lose few pounds and look slim, you want to achieve a healthy lifestyle and gorgeous looks is a part of it.

1.3 How long will you have to wait to see results?

When we start with any weight loss program, we find ourselves a little impatient to see results. We are feeling like only one day of low-calorie diet or extensive workout in the gym will lead us to our goal.

Here patience is the key.



The time it takes for you to see results can vary from person to person. There are so many factors affecting this process like your diet chart, calorie intake, exercising habits etc.

However, in general, many people start seeing a difference within one or two weeks.

It is recommended by nutritional experts, that a person should start looking for weight loss results after

the few weeks of dieting and exercise. At the same time, it is important for you to be kind and patient with yourself.

1.4 What is the significance of High Metabolic Rate in weight loss?

Metabolic Rate is the rate at which our body burns calories and expend energy. It is determined by many factors which together determine your body weight.

The higher your metabolism the more calories you'll burn.



In other word increase in metabolic rate is the way to lose weight without cutting calories.

As discussed burning more calories than you can consume is the defined key for weight loss. Higher usage rate can help use up energy your body has stored as fat.

One more thing to take into consideration, when you reach your desired weight, if by any chance you reduce your dieting and at the same time cut out some exercise, you will need to decrease your caloric consumption. If not, you will start to regain weight, maybe more quickly.

1.5 Are supplements the solution to weight loss?

For anyone sticking to healthy diet plan and exercise could be really tormenting. More often you will wish that instead of following rules somebody will hand you a "Magic Pill" for losing weight.

I hate to break it to you but there is no such pill out there.

Although there are some vitamins and nutrients available in form of pills, that can help you in your weight loss program. But they are effective in a very limited way.



One more thing to consider before using pills is that they come with a certain risk-factor or side effects. Before starting any pills it is better to consult your doctor.

You have to decide that the benefits these pills are providing “outweigh” the risk and side effects for you or not!

1.6 Losing Weight quickly can be harmful?

We all want to lose weight as quickly as possible.

While it is tempting to lose weight fast, experts usually recommend the opposite.

Diets that promote quick weight loss are often too low in terms of calories and nutrients. This may cause many health problems like:

- You may lose muscles
- Nutritional Deficiency
- Slow Metabolism
- Gallstones
- And many side effects.

One more problem with fast weight loss is, it is difficult to maintain for the long term.

So the bottom line is if you want to lose weight and keep it off for long-term, you should aim for “slow and steady” pace that will lead to losing 1-2 pounds per week.

1.7 How to get started with weight loss plan?

One of the biggest problems in weight loss program is people mostly wonder where to start? Here we present some tips that will help you to get onboard.

Tip #1: Analyze your lifestyle closely.

Before starting you need to analyze your lifestyle (food and exercise habits). Analyzing include identification of the cause of fat accumulation.

One way to do this is by keeping a food diary in which you record what you eat on daily basis.

Tip #2: Set a realistic goal.



Determine how much weight you want to lose. After that, take baby steps towards it by establishing short-term goals.

Keep in mind that you need to set-up realistic goals. If you are thinking that you can lose 20 pounds within a week then it is impossible. You should expect gradual changes but not immediate results.

Tip #3: Calculate your Calorie intake.

As discussed earlier you need to burn more calories than you eat in order to lose weight. Your calorie intake depends on your current weight and the amount of exercising you are doing.

Normally, calculating calories can be so boring. So, you can use online calorie calculator that will calculate calorie intake for you.

Tip #4: Monitor your progress regularly.

You should “Self-monitor” your progress for your weight loss. Keep regular tabs and make necessary changes.

If you’re having trouble in accomplishing a goal, see how you can change your behavior or routine in order to achieve it.

All these tips are significantly helpful for you to get started with your weight loss program.

1.8 What's With the Weight Gain?



If you started taking in more calories than usual or cutting back on exercise, you wouldn't be surprised if the numbers on the scale crept higher. But what if you're doing everything the same as you always do, and your weight still goes up? It's time to delve a little deeper into what else might be going on.

#1:- Lack of Sleep

There are two issues at work with sleep and weight gain. First, if you're up late, the odds are greater that you're doing some late-night snacking, which means more calories. The other reason involves what's going on in your body when you're sleep-deprived. Changes in hormone levels increase hunger and appetite and also make you feel not as full after eating.

#2:- Stress

When life's demands get too intense, our bodies go into survival mode. Cortisol, the "stress hormone," is secreted, which causes an increase in appetite. And of course, we may reach for high-calorie comfort foods in times of stress as well. This combination is a perfect breeding ground for weight gain.

#3:- Antidepressants

An unfortunate side effect of some antidepressants is weight gain. Talk to your doctor about making changes to your treatment plan if you think your antidepressant is causing weight gain. But never stop or change your medication on your own. Realize that some people experience weight gain after beginning drug treatment simply because they're feeling better, which leads to a better appetite. Also, depression itself can cause changes in weight.

#4:- Steroids

Anti-inflammatory steroid medications like prednisone are notorious for causing weight gain. Fluid retention and increased appetite are the main reasons. Some people may also see a temporary change in where their body holds fat while taking steroids -- to places like the face, the belly, or the back of the neck. If you've taken steroids for more than a week, don't stop them abruptly. That can lead to serious problems. Check with your doctor first.

#5:- Drugs That May Cause Weight Gain

Several other prescription drugs are linked to weight gain. The list includes antipsychotic drugs (used to treat disorders like schizophrenia and bipolar disorder), along with medications to treat migraines, seizures, high blood pressure, and diabetes. Work with your doctor to find a medication that treats your symptoms and lessens side effects.

#6:- Don't Jump to Blame the Pill

Contrary to popular belief, combination birth control pills (estrogen and progestin) aren't proven to cause lasting weight gain. It is thought that some women taking the combination pill may experience some weight gain related to fluid retention, but this is usually short-term. If you're still concerned about possible weight gain, talk to your doctor.

#7:- Hypothyroidism

If your thyroid (the butterfly-shaped gland in the front of your neck) is not making enough thyroid hormone, you're probably feeling tired, weak, and cold, and gaining weight. Without enough thyroid hormone, your metabolism slows, making weight gain more likely. Even a thyroid functioning at the lower end of the normal range might cause weight gain. Treating hypothyroidism with medication may reverse some of the weight gains.

#8:- Don't Blame Menopause

Most women do gain some weight around the time of menopause, but hormones probably aren't the only cause. Aging slows your metabolism, so you burn fewer calories. And changes in lifestyle (such as exercising less) play a role. But where you gain weight may be related to menopause, with fat accumulating around your waist more than your hips and thighs.

#9:- Cushing's syndrome

Weight gain is a common symptom of Cushing's syndrome, a condition in which you are exposed to too much of the stress hormone cortisol, which in turn causes weight gain and other abnormalities. You can get Cushing's syndrome if you take steroids for asthma, arthritis, or lupus. It can also happen when your adrenal glands make too much cortisol, or it could be related to a tumor. The weight gain may be most prominent around the face, neck, upper back, or waist.

#10:- Polycystic Ovary Syndrome (PCOS)

PCOS is a common hormonal problem in women of childbearing age. Most women with PCOS grow many small cysts in their ovaries. The condition leads to hormone imbalances that affect a woman's menstrual cycle and can lead to extra body hair and acne. Women with this condition are resistant to insulin (the hormone that controls blood sugar), so it may cause weight gain. The weight tends to collect around the belly, putting these women at greater risk for heart disease.

#11:- Quitting Smoking

Quitting smoking is one of the best things you can do for your health. When you quit, you may gain some weight, but perhaps less than you think. On average, people who stop smoking gain less than 10 pounds. You should stop feeling hungrier after several weeks, which will make it easier to help lose any weight you gained.

1.9 What is actually required to lose weight?

If you actually want to lose weight, here's what's required. In point form!

- **A healthy and positive attitude to training and nutrition.**

Amongst other things, this means no starvation diets!

- **Appropriate nutrition.**

Again, this means “not too much, not too little”. Undereating is perhaps just as bad as overeating.

- **Appropriate exercise program.**

This is an important point because a lot of people are scared off by the thought of unpleasant, excessive training programs. Or, they'll choose a form of exercise that is not suitable to the physique they are trying to achieve.

- **Patience and consistency, matched with realism.**

If you're significantly overweight, chances are that this was a gradual process that snuck up on you over an extended period of time. While we'd hope to make steady progress and lose weight faster than we gained it, it's about keeping it off long term as well. So crash diets are not the answer!

You have to be realistic as well, and accept that “you got to live” and you're not going to be able to stick to your plan with 100% accuracy, 100% of the time.

- **You got to believe if you want to achieve.**

Belief systems are a big part of this.

Conclusion:



That's the basic explanation but the difference between success and failure will always be in doing "what is actually required" rather than an inappropriate approach that is either more extreme than is necessary, or completely inadequate.



Chapter – 2

Why do we need to lose weight?

So you want to lose 10 pounds, or 20, or 30, or whatever. The amount of weight you want to lose really isn't the important thing here (although it probably seems like the most important thing in the world sometimes—especially in those two minutes after you step off the scale in the morning). We need to focus on The REAL reasons, not the surface level reasons we rattle off to ourselves every day.

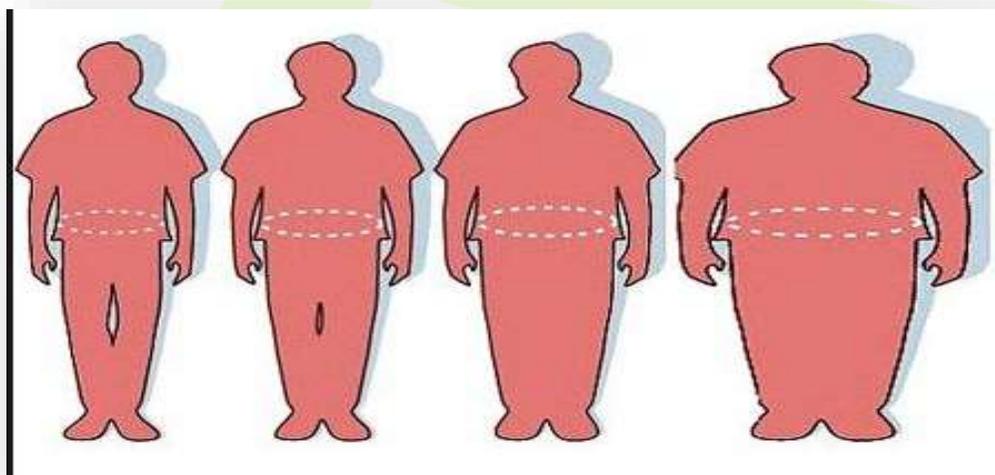
You see, we all have reasons for wanting to trim off a few pounds or fit into a smaller pair of jeans. Sometimes we just don't realize what they are. And we don't realize that how these reasons can actually steal the joy of living away from us—even if they seem like “positive” reasons at first glance.

We want to believe that losing some weight will change our lives. We tell ourselves that when we finally lose X amount of pounds, it will make XYZ happen. So instead of focusing on making XYZ happen, we put all our time, energy and passion into the X number on the scale—sometimes to the detriment of XYZ and other important areas of our lives.

Before indulging further, let's discuss the most critical and widely used terms – ‘Obesity’ and ‘BMI’ (Body Mass Index).

2.1 What is the Obesity and Body Mass Index?

Obesity is an abnormal accumulation of body fat, usually 20 percent or more over an individual's ideal body weight.



In Third World Countries greatest nutritional problem is hunger.

However, in highly developed countries, the biggest problem is an excess intake of food rich in fat.

Adipose tissue is excessively accumulated in the body is formed as a result of eating too many high-calorie foods and sedentary lifestyle and lack of physical activity.

You stand before the mirror and say I'm overweight. But the same look about it proves you do not know yet whether you're overweight or obese. And being overweight is yet step to obesity.

So, as the outset I would like you to have counted themselves or really need to lose weight and how much you should lose weight.

Body Mass Index –

To calculate the correct weight in accordance with WHO recommendations, we use the Body Mass Index (BMI).

Body mass index (BMI) is a measure of body fat based on your weight in relation to your height and applies to most adult men and women aged 20 and over. For children aged 2 and over, BMI percentile is the best assessment of body fat.

BMI does not measure body fat directly. However, research indicates that BMI correlates to direct measures of body fat such as underwater weighing and dual-energy X-ray absorptiometry (DXA), and is considered an inexpensive and easy-to-perform alternative for these.

2.2 What is the significance of BMI?

BMI is used as a screening tool to indicate whether a person is underweight, overweight, obese or a healthy weight for their height.

If a person's BMI is out of the healthy BMI range, their health risks may increase significantly.

BMI values are age-independent and the same for both sexes. However, BMI may not correspond to the same degree of fatness in different populations due to different body proportions.

Belgium Statistician Adolphe Quetelet developed the BMI formula approximately 150 years ago.

The calculation of BMI is based on the following formulas:

Metric BMI Formula

Weight (kg) / Height (m)²

With the metric system, the formula for BMI is weight in kilograms divided by height in meters squared (kg/m²). Since height is commonly measured in centimeters, divide height in centimeters by 100 to obtain height in meters.

Imperial BMI Formula

(Weight (lbs.) * 703) / Height (inches)²

When using pounds and inches, the formula needs to be altered slightly. Multiply your weight in pounds by 703. Divide that by your height in inches, squared.

The standard weight status categories associated with BMI ranges for adults are shown in the following table:

BMI	Weight status
Below 18.5	Underweight
18.5-24.9	Healthy
25.0-29.9	Overweight
30.0 and above	Obese



2.3 Has obesity become an Epidemic?

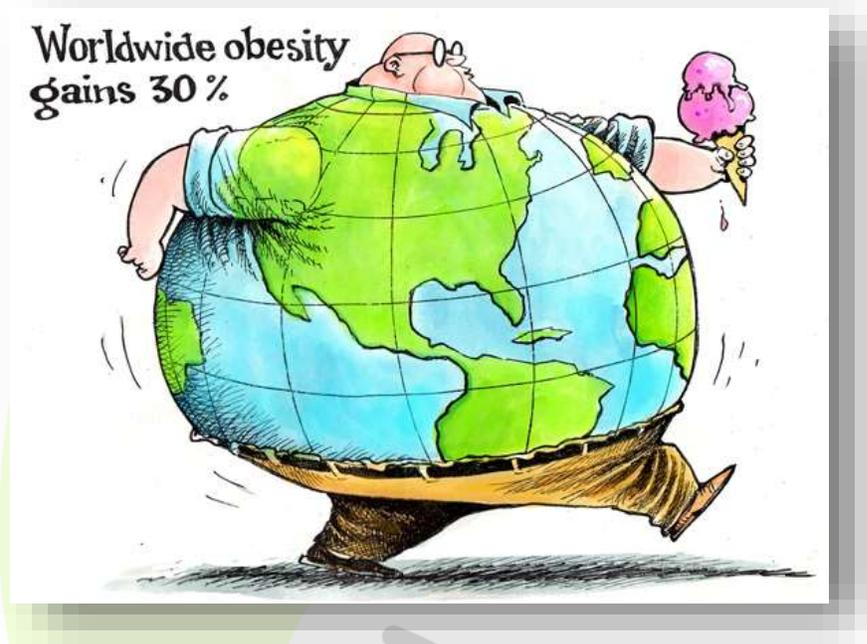
According to the World Health Organization:

- Worldwide obesity has more than doubled since 1980 and in 2014.
- There are about 2.1 billion (nearly 30%) obese people in the World including adult, children, and adolescents.
- More than 1.9 billion adults, 18 years and older, were overweight.
- In 2010, obesity and overweight were estimated to have caused 3.4 million deaths, most of which were from cardiovascular causes.
- Obesity-related illness, including chronic disease, disability, and death, is estimated to carry an annual cost of \$190.2 billion.
- Most of the world's population lives in countries where overweight and obesity kills more people than underweight.

These numbers describe a tragic public health situation.

Being overweight increases a person's risk of serious illness. A very large (and growing) percentage of citizens are at increased risk for developing serious chronic diseases, and face the prospect of early disability or death as the result of being overweight.

Meanwhile, the entire society struggles under the burden of the resulting increase in health care costs.



2.4 What can obesity lead to?

Obesity can lead to other illnesses from chronic to acute, some very severe and deadly, such as

- Diabetes
- High Blood Pressure
- Coronary Artery Disease
- Coronary Vascular Disease
- Heart attack and stroke
- Cancer
- Gallbladder disease and gallstones
- Osteoarthritis
- Gout
- Breathing problems, such as sleep apnea (when a person stops breathing for short episodes during sleep) and asthma

All of these diseases are very preventable if one can educate themselves and learn to be more careful with what they eat and how much physical activity they do.

4 of the top 10 leading causes of death are all related to obesity and are direct causes of obesity.

2.5 What are the physiological consequences of being overweight?



The most common diseases associated with high BMI are:

- **Increased blood cholesterol**

As a result of consuming large amounts of saturated fatty acids the concentration of cholesterol in the blood increases.

Obese people, mainly with abdominal obesity are often elevated levels of bad cholesterol (LDL) and decreased good cholesterol (HDL).

- **Hypertension blood**

The occurrence of hypertension and complications associated with it is 3- fold higher in obese than people with normal weight.

To ensure blood flow increased body weight, the heart must work harder to perform, and the cardiovascular system must overcome more resistance tissues. Even a small reduction in weight can significantly prejudice the lowering blood pressure.

- **Coronary artery disease**

Obesity is the third most important risk factor for coronary heart disease after age and elevated cholesterol. Research shows that in 40% of cases this disease is associated with overweight.

The cause of coronary artery disease is atherosclerosis cardiac and vascular hypertrophy of the heart muscle.

Being overweight increases the risk of serious death from coronary heart disease.

- **Atherosclerosis**

Excessive amounts of fats consumed by obese people are put off not only in the form of fat, but there is also a source of cholesterol, which is then deposited in the walls of blood vessels.

- **Stroke**

Obese individuals often get a clot in the blood vessels causing a stroke.

- **Cholelithiasis**

In overweight people, bile secreted by the liver is more concentrated as the result of eating more fat, and it favors the formation of stones.

- **Diabetes**

In patients with abdominal obesity, diabetes is the most common disease.

Type II Diabetes is a condition dependent largely on the diet. The research shows that 80-90% of obese people suffer from type II diabetes.

Insulin promotes weight gain in the body, which enhances the metabolism of glucose.

- **Osteoarthritis**

Excessive body weight causes excessive load and damages mechanical joints. Damage to knee joints is most concerned; also severely affect hip and vertebrae. Obesity can lead to worsening pain and swelling. Too high body weight increases the load on the lower spine and the extremities lower.

- **Back pain**

Obese people often suffer from a permanent or recurring back pain. Through too much weight gain abdominal muscles are forced to sustain severe upper body parts. The result is an increased emphasis on the lower parts of the spine and its pain.

- **Shortness of breath, breathlessness, respiratory disorders**

Obesity causes breathing problems due to the mechanically restricted mobility of the chest. It leads to reduced oxygen saturation. Threatening complication is sleep apnea.

Obesity often causes shortness of breath during physical efforts. This is due to the influence of body weight to work the diaphragm and a large load of the heart.

- **Tumors**

Obesity increases the likelihood of cancer in both women and in men. Women have an increased risk of breast cancer and endometrial uterus due to the fact that these cancers are caused by excess estrogen.

Estrogen produced in adipose tissue and if more estrogen is released into the body it will ultimately lead to a tumor. The threat is particularly high in postmenopausal women.

- **Death**

Obesity not only impairs health and reduced quality of life, but it also shortens life. Numerous studies show a correlation between body weight and the risk of death due to obesity-related diseases.

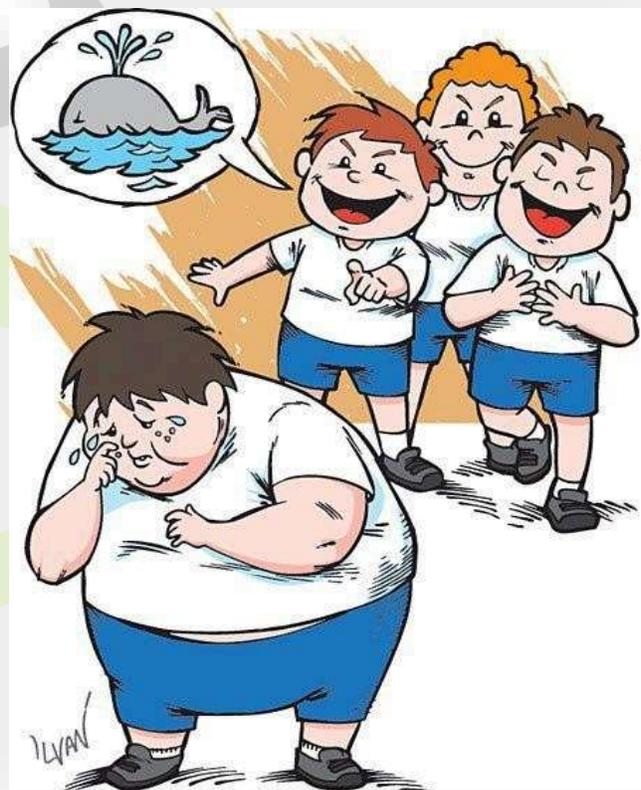
The longer obese the greater is the risk of death.

2.6 What are the psychological consequences of being overweight?

Modern culture is singular in the way that it worships youthful slim, toned bodies. With rare exceptions, only thin, proportional bodies are considered sexy. Obese or overweight people are looked down upon. It's easy to feel bad about one's self, to become depressed or anxious or to develop obsessions around eating control when one's culture makes it clear that the way one appears is wholly undesirable.

Psychological consequences of being overweight or obese can include:

- Depression
- Anxiety
- Low quality of life



- Low self-esteem
- Body dissatisfaction
- Emotional eating
- Poor concentration level
- Poor academic success
- Loss of energy
- Loss of joy of life

Studies have shown that obese children rate their quality of life lower than those children with cancer.

2.7 What are the social problems of being overweight?

Obese people find it difficult to face social gatherings because lots of people taunt and poke fun at obese people. Obesity becomes a social stigma and people take obese people useless and in reality, obese people cannot perform several tasks that other people can.

Social problems of being overweight includes:

- Social Exclusion
- Fewer friends
- Lower education attainment
- Lower employment
- More bullying
- Discrimination
- Less likely to get higher education
- Lower salary
- Less likely to marry
- More likely to divorce
- More likely to commit suicide

Due to the social problems, they become alone and hide in their cocoons. It needs lots of confidence to face the world with obesity.

2.8 What you will gain by becoming healthy?

Weight loss isn't just about going down a dress size or two. It's about improving your life in dozens of significant ways.

Losing even a small amount of weight can lower your risk of health problems. There are definite health benefits that overweight or obese people can gain from losing some weight, for example:-

- Better Sleep
- Better Hormonal Balance
- Improved Sex Drive
- Increased Sexual Performance
- Better Mood
- Less Joint Pain
- Clearer, Brighter Skin
- Stress Relief
- More Money
- More Friends
- Fewer Colds
- Improved Memory
- Better Wardrobe
- Food Will Taste Better
- Fewer Prescription Medicines
- Plummet In Tolerance
- Lower risks of cancer

These and much more are the reasons that will make you proud of every pound you will lose.

Conclusion:

Remember this thing: **“A leaner you = A longer life”**

Meaningful change takes time. Be sure to keep your non-scale victories in sight, and consider all the ways your small improvements have already done your body good.

Chapter -3

How does Junk and Unhealthy Foods affect Weight?

If you overdo it on pizza, macaroni and cheese, chips, and ice cream, you might worry about what it's going to do to your thighs or mid-section. But binging on junk food isn't only a matter of weight gain. It might have far more serious repercussions than that.

Not only do they add inches to your waistline, but scientists and researchers have also indicated through various studies that junk food can actually cause serious damage to your brain. The worrying bit is that it's not just years of poor eating, but regular consumption of junk food even for few days can lead to a mental meltdown.

People who ate a diet focused on macaroni and cheese, processed lunchmeat, sausage biscuits, mayonnaise, and microwavable meals with unhealthy fats showed serious negative changes in their metabolism.

3.1 Which foods are considered “junk”?



Junk food is the food containing high levels of calories from sugar or fat with little fiber, protein, vitamins or minerals.

Junk food can also refer to high protein food like meat prepared with saturated fat. Food from many hamburger outlets and fried chicken outlets is often considered as junk food.

Generally, "Junk food" refers to foods that contribute lots of calories but little nutritional value.

Snacks such as ice cream, milkshakes, soda, fizzy carbonated beverages, cookies, chips, pizza, burgers, tacos, chicken submarine sandwiches, instant noodles in addition to Indian curries and kebabs fall under the category of junk foods.

As the old adage goes that too much of anything is good for nothing, likewise junk foods are processed with nitrates, for sustaining their flavor and freshness for longer duration besides enhancing their mouth-watering taste.

3.2 What makes junk food unhealthy?

Most junk foods are processed food; thus, they are no longer in their natural state. In addition, they are stripped of certain essential nutrients.

Junk foods such as candy, chips, cakes, cookies, chewing gum and ice cream are usually added with chemical preservatives and synthetic ingredients.

Well, here are some disturbing facts:

- Junk food is small quantity, high-calorie food
- It has very little nutritive value
- Junk food is high in sugar and sodium
- Junk food is very high in palatability and very low in satiation
- It is mostly preserved in harmful hydrogenated vegetable oils

One of the purposes of this is to prolong their shelf life, helping junk food manufacturers and stores reduce costs. Many of these preservatives and synthetic ingredients are harmful to your body.

3.3 What are the effects of junk food?

You don't have to be a rocket scientist—or even a dietitian—to know that binging on junk food is bad for your body. But sometimes the call of a greasy burger and fries is stronger than your nutrition knowledge.

Listen up: Even one high-fat, high-sugar, all-around-junk meal can change your body for the worse.

Here are the things that super crappy “Junk food” can do to you:

- **Headache**

Eating foods filled with sodium, like many fast foods, can increase your risk for headaches.

- **Depression**

Eating fast food and processed food may increase your risk for depression.

- **Acne**

Carbs, not grease, can trigger acne. Carb-heavy fast food like French fries, hamburger buns, and potato chips may lead to acne breakouts.

- **Dental Distress**

The carbs and sugar in fast food produce acids that can destroy tooth enamel. This can lead to dental cavities.

- **Shortness of breath**

Extra calories can turn into excess pounds. Without exercise to counteract the increase in calories, obesity may become a reality. Obesity can cause shortness of breath and wheeze, even when you do very little physical activity.

- **Heart disease or stroke**

Elevated cholesterol and increased blood pressure are two of the top risk factors for heart disease and stroke

- **High blood pressure**

Fast food is typically sodium-heavy, which can elevate blood pressure or aggravate existing heart disorders, including congestive heart failure.

- **High cholesterol**

Fried foods are filled with Trans-fats. These fats are known to raise LDL (bad) cholesterol levels

- **Blood sugar spike**

Fast food is filled with empty carbohydrates, which can cause frequent insulin spikes. This may alter your body’s natural insulin response.

- **Weight gain**

Even though you may think you're eating "healthy," you may still underestimate the number of calories you're consuming. This can lead to unintentional weight gain.

- **Insulin resistance**

Fast food can lead to frequent insulin spikes. This can lead to insulin resistance and type 2 diabetes.

- **Bloating and puffiness**

Your body may retain water if you eat too much sodium, leaving you feeling puffy, bloated, and swollen.

- **Extra calories**

People who eat at fast-food restaurants tend to take in an extra 187 to 190 calories per day.

3.4 Why do we crave junk food so much?

Most of us know that junk food is unhealthy and a host of major health ailments. But if it's so bad for us, why do we crave it?

Because when you eat tasty food, there are two factors that make the experience pleasurable.

First, there is the sensation of eating the food. This includes what it tastes like (salty, sweet, umami, etc.), what it smells like, and how it feels in your mouth. This last quality— known as "orosensation"—can be particularly important.

Food companies will spend millions of dollars to discover the most satisfying level of crunch in a potato chip.

Their scientists will test for the perfect amount of fizzle in a soda.



These factors all combine to create the sensation that your brain associated with a particular food or drink.

The second factor is the actual macronutrient makeup of the food—the blend of proteins, fats, and carbohydrates that it contains.

In the case of junk food, food manufacturers are looking for a perfect combination of salt, sugar, and fat that excites your brain and gets you coming back for more.

You cannot say no to junk food because you are:-

- Choosing Convenience
- Easing Anxiety
- Suffering From Lack of Sleep
- Developing Addiction
- Stressed out

3.5 How Junk Food Affects Your Metabolism?



Some foods increase your metabolism, but junk food could actually be slowing it down, causing, even more weight gain and making it harder to lose weight in general.

When you consume food, your body digests and metabolizes the food to create energy. Simply metabolizing proteins and other nutrients found in healthy food, burn calories. This is referred to as the thermic effect of food. Junk food, however, is the opposite.

It takes less energy for your body to metabolize and store junk food, which tends to be high in fat and carbohydrates, as compared to healthy food which tends to contain more protein.

Studies have shown that over-consumption of junk food is associated with obesity and metabolic dysfunction.

It may increase your risk of insulin resistance and reduce the number of calories you burn every day.

3.6 What will happen to you if you eat junk food?

People who eat too much junk food suffer from many serious side effects and health problems.

Diseases caused by junk food we've already discussed; now it's time to disclose what will happen to your body if you eat excessive junk food.

- Your risk of obesity increases
- You'll also starve
- Your risk of cancer continues to grow
- Risk of heart diseases also increases
- Memory and cognitive function will decline
- You'll be constipated
- Your skin will deteriorate
- You'll bloat
- Your teeth will decay
- Your kidneys and stomach will suffer
- Your mental health could decline
- Your blood sugar will spike
- You'll worry more
- You could end up with liver disease
- Your cholesterol could skyrocket
- Your bones could weaken
- Food dyes could color you sick
- You'll be lethargic...
- You'll become hyper

3.7 How to stop junk food cravings?



Cravings are very common. In fact, more than 50% of people experience cravings on a regular basis.

They play a major role in weight gain, food addiction and binge eating.

Being aware of your cravings and their triggers make them much easier to avoid. It also makes it a lot easier to eat healthily and lose weight.

Tips to avoid your junk food cravings are:

- Drink plenty of water
- Eat more protein
- Distract yourself from the cravings
- Plan your meals
- Avoid getting extremely hungry
- Fight stress
- Carry spinach extract with you
- Practice mindful eating
- Get enough sleep
- Eat proper meals
- Don't go to the supermarket hungry
- Try fruits
- Distract yourself when a craving hits.
- Analyze your desire when cravings strike.

- Vary your food choices
- Avoid snacking in settings that cause you to make bad choices.

3.8 What to do after eating a lot of junk food?

You succumbed to junk and now feel miserable! Don't punish yourself. No one is perfect, and it is okay to allow yourself a momentary lapse.

However, it's time to reassess your overall wellness plan and take action to guard against eating a lot of junk food in the future.

- Take measures to get past the unfortunate event
- Re-start your plan
- Obtain support
- and Get moving.

Seems pretty simple, right? Let's discuss the things you should do:



1: Forgive Yourself

Forgive yourself for binging. Accept that it was not the best choice but it happened, and it's time to acknowledge it and move on.

2: Recommit and Evaluate

Recommit to your personal plan for health to move past the binging. Write down your intent to make the best choices possible regarding food, fitness, and emotional health.

Re-evaluate your specific program of achieving and maintaining well-being.

3: Talk to a Friend

Tell someone who shares a similar struggle about your binging, as the confession will help lighten your mood. Also, tell him about your plan to recommit to your program and any changes you have made to it.

4: Take a Walk

Go for a brisk walk after consuming a lot of junk food. The exercise will help with your digestion. You will also benefit from the fresh air and the endorphin rush the exercise gives you.

5: Stay hydrated

Drink lot of water to stay hydrated, especially if you indulged in salty snacks. The water will also help flush toxins out of your system.

Conclusion:

Do the math and you'll realize that eating junk food while on a diet doesn't work very well! Once you lose the weight, it'll be easier to incorporate some more high-calorie foods into your diet.

Once you fully recover and are at a better place, you can focus on eating more nutrient-rich foods with the occasional delicious dessert or pizza party or a juicy burger with fries.

Chapter- 4

Balanced Diet Chart for Weight Management.

If we all had our way, we would eat and eat and never get fat. But alas! That doesn't happen.

As we age, our metabolism gets slower and we tend to put on weight. All of us aspire for a great looking body. While exercising plays a crucial role in weight loss, we need to follow a good diet chart too.

A balanced diet chart for weight loss can be very impactful as it contains all the necessary food groups required for healthy sustenance.

4.1 What is balanced diet?



A balanced diet needs to contain foods from all the main food groups in the correct proportions to provide the body with optimum nutrition.

It should also be made up of the correct number of calories to maintain a healthy weight and be low in processed foods.

Every person is different and hence the correct diet for health may vary from person to person, however by following a diet that is varied, covers healthy foods groups and is low in undesirable nutrients such as sodium, saturated fats and sugar, you are well on your way to lose weight significantly.

4.2 What is a balanced diet chart?

A balanced diet chart is a representation of a healthy diet chart that comprises of all the required nutrients.

It includes all the food groups and ensures that we are getting everything that our body needs through our diet. It is a guideline that gives us right food choices for optimal health.

4.3 What is the importance of balanced diet?

Nutrition is vital for your body and all of its systems to function properly, by having good nutrition it will help you maintain a healthy weight, reduce body fat, provide your body with energy, promote good sleep and generally make you feel better.

By having good nutrition it has been proven that you are less likely to develop many of the present-day diseases including obesity.

Rising levels of obesity and diabetes in America are prime examples of the effects of a poor diet and a lack of exercise.

4.4 What is the perfect balanced diet chart for proper weight loss?



If you are overweight or obese, you have to follow a diet chart for weight loss along with your workout regimen and stick to it.

A healthy diet chart helps you regulate your calorie intake.

By specifying your activities and calorie intake during the day, the list gives you a good idea of what you must eat to be on track.

Following is an example of a general diet chart for weight loss that will help you get started right away. However, you can create a diet chart including other healthy and fiber-rich foods you like that are low in fat and calories.

Make sure, you actually follow the diet chat as you intend to follow to achieve your goals.

Early Morning (6:30 - 8:00 am):

Start your day with exercises.

After your workout, add a cup of tea or coffee made from low fat skimmed milk. You can have a couple of fiber-rich biscuits with it. Preferably, start your day with a small bowl of cereals.

Brunch (10:30 - 11:30 am):

Weight loss doesn't have to come from hunger. Instead, it is best to eat something healthy at quick intervals. Before you feel hungry for your lunch, treat yourself to a fresh fruit such as an apple or orange.

Keep shuffling your fruit during the week so that you get all the minerals and vitamins during the week.

Lunch (1:00 - 2:00 p.m.):

Eat a healthy but light lunch that is low in fat and calories. You can also drink a glass of water around 20 minutes before your lunch. It will reduce your hunger and keep you from overeating.

Evening (4:00 - 6:00 p.m.):

You can have a cup of tea or coffee along with healthy snacks. However, make sure you avoid sodas and sugary beverages that may appear tempting at this time of the day.

Dinner (7:00 - 8:00 p.m.):

Drink a glass of water around 15 minutes before you intend to have your dinner. Now it's time for a light and healthy meal that is full of nutritional content. You can mention different low-calorie dishes for dinner on different days of the week.

Post Dinner (10:00 - 10:30 p.m.):

A couple of slices of a fresh fruit like apple or papaya. You can switch your fruits daily.

4.5 How to Make Meal Plans for Weight Loss?

Creating a meal plan can make your approach to the weight-loss goal a lot easier. Besides, a specific meal plan for weight loss helps improve your overall nutrition and avoid diet pitfalls.

Meal planning is easier than you think. In a few easy steps, you can create a meal plan that will work for you.

This is all about planning your meals and sticking to it. Meal plan encompasses breakfast, lunch and dinner, in addition to two/three snacks in between meals. Eating more is counterproductive; therefore, you must eat in small portions.

**Breakfast**

- Ensure that your breakfast includes some carbohydrates for energy. This becomes more important if you are combining your diet with an exercise regimen.
- Any complete protein can work well in the morning. Ideally, whole wheat choices should be a part of the first meal of the day. Or, include an omelet in your breakfast.
- Breakfast also needs to include calcium; strong bones support strong muscles.
- Have a small glass of skimmed milk or three to four spoons of yogurt.
- Nuts make for a good burst of energy, another excellent food choice to start the day with.

Lunch

- Include a protein choice for lunch.

- Chicken breast, tuna fish or a tofu burger, along with some fruits.
- A mixed vegetable salad with shredded cheese for lunch is one way you can swap high-calorie with empty-calorie foods.

Dinner

- Have a lighter meal for dinner since you don't need to use up all the calories. It is better if it is a protein choice (a light whole wheat option, some fruits, and a salad).

Snacks in between meals

- Keeping healthy snacks on hand will help you with your weight loss goals.
- Figure out if you have provided for enough servings of each food group. Look over your plan for the day and make sure you have snacks that will help you do it.
- There are several healthy snacking options; these include sliced tomato, banana, nuts, strawberries, cheese snacks, raspberries, frozen peas, corn, oatmeal, soy products, milk products and more.
- When you have snacking options with you, you are more likely to avoid the temptations of unhealthy foods or foods that don't contribute to your goal.

4.6 What are the essential elements of your daily diet?



You need to understand that starving or skipping meals have never been a solution for weight loss. Have a healthy balance of foods each day. These are the elements that you should incorporate into your diet daily.

- 1 1/2 - 2 cups of fruit and 2 1/2 - 3 1/2 cups of vegetables
- 5-8 ounces of grain, 1/2 from whole grains
- 3 cups of nonfat or low-fat dairy foods
- 5-6 1/2 ounces of protein (meat, beans, and seafood) each day
- No more than 5-7 teaspoons of oils, mostly from plants, fish, and nuts
- 121 calories from solid fats and added sugars.

4.7 Example of idle meal ingredients for weight loss.

Sometimes during your weight loss journey, you will get confused as to what to eat and what not to eat.

Lacking on this basic information will make you feel frustrated and weak in your resolve.

We are providing you basic food items for your weight loss diet plan. You can plan your own meal chart by incorporating them into your diet.

For breakfast:

1. Raspberries
2. Oatmeal
3. Yogurt
4. Peanut Butter
5. Eggs
6. Smoothies



For lunch

1. Wheat
2. Ground turkey breast
3. Chicken sandwich
4. Avocado salad with low-fat dressing
5. Tuna sandwich
6. Tofu
7. Salmon
8. Beans
9. Vegetable Soup
10. Mixed veggies



For Dinner

1. Greek Yogurt.
2. Cherries.
3. Peanut Butter on Whole Grain Bread.
4. Protein Shake.
5. Cottage Cheese.
6. Turkey.
7. Banana
8. Salad greens
9. Brown rice
10. Chicken
11. Seafood

Snacks

1. Nuts
2. Grapefruit
3. Chickpeas
4. Popcorn
5. Hummus
6. Berries
7. Grapes
8. A piece of cheese
9. Dark chocolate

**4.8 How to Make Healthy Food Choices in Your Busy Life?**

You'll be pleased to discover that a hectic life doesn't mean that every meal has to be fast food on the run! Sometimes it's difficult to make healthy changes, but with a little planning and know-how, it can be done.

Here are some strategies to help you and your family make healthy choices:

1. Avoid temptation.

It's so easy to walk into the store with good intent but walk out with bags full of unhealthy foods. Unfortunately, our wills are weak. Here are the few ways to avoid temptation.

- Never shop when you're hungry. This way you won't pick out unhealthy choices because they look good at the moment.
- Get rid of the unhealthy foods in your home. If they aren't around, you won't be tempted to eat them.

- Think of healthier alternatives to your family's favorite unhealthy foods.

2. Eat fast and healthy meals at home.

When you're tired at the end of the day and you realize you still have to feed the family, it's easy to go to a fast food chain and throw unhealthy food on the table. Well, this needs to change.

- The great thing is that there are many easy, fast, and healthy foods you can make at home. This takes some planning, but you'll be more satisfied, save money, and be healthier as well.
- Look online for quick and easy recipes made with all natural ingredients. Many recipes can be made in 30 minutes or less and only have 5 ingredients.
- Taking the time to do some recipe research will save your sanity in the long run.

3. When you cook, make large batches and freeze the leftovers.

This way, you'll already have meals in the freezer that you can just thaw, heat, and serve. No muss, no fuss! This is the opportune way to enjoy "fast" food at home.

4. Eat Slower

Since the brain takes about 20 minutes to get the signal that the stomach is full, if you eat too fast you'll pack in a lot more food than you need.

- Set a calming mood before sitting down for a meal.
- Avoid having the television on or eating as you're rushing the kids out the door to another activity.

If you slow down while you're eating, you'll eat less and you'll still feel full.

5. Make dinner time a social experience.

When you begin to look at mealtime as a social experience, it becomes easier to make the right choices about healthy foods. Suddenly you aren't so worried about rushing through and making it quick.

4.9 Top reasons why your diet plan for weight loss isn't working?

When you've been abstaining and exercising for months and the weighing scale needle still won't budge, it's the most frustrating thing.

Here are the mistakes weight watchers make when trying to get into their college size. Check if you are making any of them.

1. You fear food

Most people who diet, fear food. Whenever they are at the table for a meal, they are reluctant to fill the plate with sufficient food. Later, they end up compensating with a sweet.

Almost 90 percent of dieters fall into this trap.

Carbohydrates are your body energy givers. You need them to survive. Carbohydrates should account for 65 percent of your plate's composition. If you don't, you end up craving them and end up consuming them in a negative form.



2. You are making it large

Large meals and long gaps between them are no good. Your body cannot utilize more than 300-400 calories at a time so, keep the intake small.

Don't leave more than a two-hour gap between meals. How much you eat depends on how active your day is.

3. You're not getting enough water

Most people don't drink enough water and get on with a high protein diet. They don't realize that water plays a major role in metabolizing protein. We need anywhere between 3-5 liters a day.

Timing also needs to be perfect. Water should ideally be consumed 20 minutes before or after a meal. Combining water and food, leads to water retention, increasing belly fat.

4. You believe you're dieting

It seems counter-intuitive, but believing you are on a diet may actually cause more harm. When we think we are on a diet, we avoid certain foods and end up deprived. This leads to constant craving, leaving us more vulnerable to cheating.

Instead, you should switch to the idea of turning 'healthy', and consider weight loss as a benefit of this new lifestyle.

5. You don't plan enough

Several weight watchers venture into a diet without considering the little obstacles they will face when, say, eating out.

As a result, you end up compromising and are ridden with guilt later.

Carry small portions of healthy snacks to avoid eating junk on-the-go. This will help you to not go overboard on over-the-counter `diet' foods.

So there you have it. If you're guilty of one of the above-mentioned points, it might be time to start making some changes in your eating habits.

4.10 What are the benefits of following a diet chart?

There are so many healthy eating advantages even beyond weight loss, however.

Take a look at some of the biggest advantages of following a diet chart below:

1. Prevent excessive cravings for sweets and other unhealthy foods.
2. You will enjoy good health, not just lose weight.
3. Makes your weight loss program virtually effortless.
4. Provides you a lasting result instead of a "quick-fix"
5. Gives more energy
6. Encourages regular meals a day
7. Aid effective meal planning
8. Improve the healthiness of foods kept in the house
9. Help people cope better with barriers/difficult situations.
10. Make diary keeping easier (and people who keep daily food diaries can lose twice as much weight as those who don't)
11. Aid portion control
12. Help keeps meals healthily balanced but reduced in calories to promote weight loss
13. Enable flexibility within the structure – you can build in some favorite foods and meals out to stay satisfied and in control.



Conclusion:

With busy lives and the food-filled environment we live in, planning ahead to have the right food choices to hand at the right times, can help us to stay on track and achieve our goals.



Chapter- 5

How many Calories Required for Human Body?

So many times in we've come across the word 'calorie'.

Maybe you have an idea what it means – in particular, you probably have the impression that too many calories aren't good.

Well, it may be true but before proceeding further, let's discuss the basics.

5.1 What exactly is a calorie?

Standard definition: One calorie is the energy required to raise the temperature of one gram of water by one degree Celsius.

A calorie is actually a unit of heat energy. We think of calories as just things that are in food and all foods have calories. But your body sees calories as energy and its energy to produce heat. And heat energy is what really fuels our body just the same way that gasoline is what fuels your car's energy.



Now all foods have calories and different foods have different amounts of calories. Calories are provided by fat, carbohydrate and protein.

- The general rule is that if you take in more calories than you use, you'll gain weight.
- If you take in fewer calories than you use, you'll lose weight.
- If those numbers are pretty much the same, you'll maintain your current weight.

5.2 What is Kilocalorie then?

One calorie is a tiny amount of energy – so the “calories” referred to on food packaging and in diet plans are in fact “kilocalories” (also referred to as Calories – with the capital “C”).

1 kilocalorie = 1000 calories

With metric measurements, “kilojoules” (kJ) are always used.

From this point onwards, when you see the word “calorie”, I’m discussing kilocalories.

Internationally, most nations talk about food energy in kJ (kilojoules). 1 kcal (kilocalorie) = 4.184 kJ.

5.3 What is Basal Metabolic Rate?



When it comes right down to it, weight loss is all about calories. Knowing the number of calories your body burns to perform daily functions, which is referred to as the basal metabolic rate, or BMR can help you determine the number of calories you need to lose weight.

"The basal metabolic rate is the minimum number of calories your body burns at rest."

This number of calories is required for involuntary functions such as breathing, regulating body temperature, digesting food, and keeping your circulation going.

Think of this as the bare minimum number of calories you would need to keep your body alive if you were to stay in bed all day.

General Formula to calculate your BMR:

$BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

5.4 How Calories work?

Human beings need the energy to survive to breathe, move, pumps blood and they acquire this energy from food.

The number of calories in a food is a measure of how much potential energy that food possesses.

Calorie Breakdown

- 1 g Carbohydrates: 4 calories
- 1 g Protein: 4 calories
- 1 g Fat: 9 calories

Foods are a compilation of these three building blocks. So if you know how many carbohydrates, fats and proteins are in any given food, you know how many calories, or how much energy, that food contains.

Our bodies "burn" the calories in the food through metabolic processes, by which enzymes break the carbohydrates into glucose and other sugars, the fats into glycerol and fatty acids and the proteins into amino acids.

These molecules are then transported through the bloodstream to the cells, where they are either absorbed for immediate use or sent on to the final stage of metabolism in which they are reacted with oxygen to release their stored energy.

5.5 How many Calories do your body needs per day?

How many calories are needed each day can vary greatly depending on lifestyle and other factors.

Factors that affect your personal daily calorie needs include your age, height and weight, your basic level of daily activity, and your body composition.

According to basic government guidelines: Men should eat 2500 Calories per day, and Women 2000 Calories per day.

But it is not always correct. We are all of different shapes and sizes and do different amounts of exercise.

Your calorie needs depend on your weight, height, age, gender, activity level, and other factors (like pregnancy).

If you exercise on a regular basis, you will need to take in a bit more calories to maintain your weight.

It has been discovered that factors such as how you eat your food can influence how many calories get into your system. The longer you chew your food, the more calories the body retains, a team from Purdue University found.



Calorie consumption that is too low or too high will eventually lead to health problems.

Here are the steps that you should follow to understand your basic calories requirement:

Step 1:

Take your current body weight in pounds (lbs) and multiply by 11.

Example: $194 \text{ lbs} \times 11 = 2134 \text{ calories}$

This is what you need to just keep what you have, without moving. But remember, you do move. So you have to then calculate your metabolic factors into this... so off to step 2...

Step 2:

Figure out your metabolic factor according to the table below.

Age	Metabolic Percentage		
	Slow Metabolism	Moderate Metabolism	Fast Metabolism
Under 30 years old	30%	40%	50%
30-40 years old	25%	35%	45%
Over 40 years old	20%	30%	40%

Example: 2134 calories x 35% = 746.90

We took the calories needed above just to sit and not move and multiplied it by your metabolic factor and we find that you need an additional 746.90 calories because of your specific metabolism.

Step 3:

Put it together

$$2134 + 746.90 = 2880.90 \text{ calories}$$

You need 2,880.90 calories to maintain your current weight with your current activities.

Note: You can also adjust your metabolic factor if you do something that might take you to the next level. If you are a moderator metabolism person but you do distance running, it might make more sense to put yourself in the fast category since you burn a lot more calories.

Step 4:

Now change the above, with about 500 calories every day to reach your goals!

Lose Weight: I would take $2880.90 - 500 = 2380.90$ Calories

Step 5:

You must track what you are eating so you'll know if you've made your goal for the day. And tracking food does not have to be complicated with weights and scales.

It's a shame that so many people just start training and never figure out what they need to eat daily to reach their goals.

You can keep doing the math over and over as you reach a goal. You might want to lose weight, reach a target weight and then maintain. So you will do this formula again when you have hit the weight you want.

5.6 How to cut down your Calorie intake without starving yourself?



If more calories leave your body than enter it, then you lose weight.

That being said, just cutting calories without regards to the foods you eat is usually not a sustainable way to lose weight.

Although it works for some people, the majority of people ends up hungry and eventually gives up on their diet.

For this reason, it is highly recommended to make a few other permanent changes to help you

maintain a calorie deficit in the long term, without feeling starved.

Here are few simple ways to cut down your calories:

1. Use a calorie calculator to count your daily Calories intake.
2. Avoid drinking your calories via sugar-sweetened drinks
3. Use less sauce like ketchup, mayonnaise.
4. Cook your own food. It provides you exact information about ingredients.
5. Don't keep junk food in the house.
6. Use smaller dishware.
7. Bulk your plate with vegetables.
8. Drink plenty of water before meals.
9. Eat low-calorie starters or fruits before a meal.

10. Eat slowly, chew your food properly. If possible, put your knife and fork down while chewing.
11. Eat smaller portions can prevent overeating.
12. Avoid distractions while eating like watching television or using your mobile phone.
13. Don't clean your plate
14. Take a mini version of Desserts and sweets.
15. Take half home when eating out.
16. Eat with your non-dominant hand.
17. Include protein in every meal.
18. Choose low-calorie alcohol beverages.
19. Eat whole fruits.
20. Drink beverages in a long glass.
21. Get enough sleep.
22. Switch your unhealthy snacks with fruits and nuts.
23. Eat skinless meat.

Making small lifestyle changes and incorporating these tips into your routine can make a significant difference in your weight loss journey.

5.7 What are the Dos and Don'ts of Calorie counting?

Dos :

- Do get a portable calorie-tracking device.
- Do invest in a kitchen scale.
- Do make a habit of writing down everything.
- Do use nutritional labels, measuring cups and scales.
- Do find a tool that fits your lifestyle.
- Do at least break down the major nutrients.

Don'ts :

- Don't rely on memory.
- Don't use guesswork to determine portion sizes.
- Don't forget to record snacks or nibbles.
- Don't break the bank buying expensive tools.
- Don't limit yourself to just tracking calories.



5.8 What burns the Calories most?

You can speed your rate of burning calories by exercise. Here is the table of few exercises with the estimation of calories burned by them.

1. Cycling
2. Jumping rope
3. Swimming
4. Aerobics
5. Elliptical trainer
6. Zumba
7. Running
8. Hatha yoga
9. Surfing
10. Kickboxing
11. Hiking
12. Weightlifting
13. Rowing
14. Rock climbing
15. Racquetball/squash



Chart of Calories expended by a person of given weight per hour during different exercises:

Activity (1 hour)	130 lb (Calories burned)	155 lb (Calories burned)	180 lb (Calories burned)	205 lb (Calories burned)
Cycling, 12-13.9 mph, moderate	472	563	654	745
Running, general	472	563	654	745
Weight lifting, light workout	177	211	245	279
Rowing machine, moderate	413	493	572	651
Aerobics, general	384	457	531	605
Track and field (shot, discus)	236	281	327	372

Archery	207	246	286	326
Badminton	266	317	368	419
Basketball game, competitive	472	563	654	745
Billiards	148	176	204	233
Bowling	177	211	245	279
Boxing, punching bag	354	422	490	558
Cricket (batting, bowling)	295	352	409	465
Football, competitive	531	633	735	838
Football, touch, flag, general	472	563	654	745
Golf, general, walking and carrying clubs	266	317	368	419
Gymnastics	236	281	327	372
Handball, Hockey	708	844	981	1117
Martial arts, kick boxing, judo, karate	590	704	817	931
Racquetball, competitive	590	704	817	931
Elliptical training	270	335	400	625
Rock climbing, ascending rock	649	774	899	1024
Jumping rope, moderate	590	704	817	931
Rugby	590	704	817	931

Squash	708	844	981	1117
Tai chi, Table tennis, Ping pong	236	281	327	372
Volleyball, beach	472	563	654	745
Backpacking, Hiking with pack	413	493	572	651
Walking the dog	177	211	245	279
Swimming laps, freestyle, fast	590	704	817	931
Swimming leisurely, not laps	354	422	490	558
Ice skating, average speed	413	493	572	651
Cross country skiing, moderate	472	563	654	745
General housework	207	246	286	326
Carrying heavy loads	472	563	654	745
Water aerobics, water calisthenics	236	281	327	372
Surfing, body surfing or board surfing	177	211	245	279
Stretching, hatha yoga	236	281	327	372

Calculations are based on research data from *Medicine and Science in Sports and Exercise*, the official journal of the American College of Sports Medicine.

Conclusion:

Calories are an important aspect of weight loss and if you control your daily intake and do regular exercise, you will reach your target weight faster than you expect.

Integrating small changes in your daily routine could make a significant difference and all these efforts will be paid off in a lot more pleasant ways.

Chapter- 6

Does exercise pave the way to get in shape?

Losing weight is hard for anyone, but for 78.6 million obese people in America, it's especially difficult. Following a regimented diet of clean eating is only part of the equation. Exercise is the key to creating a physically, mentally, and emotionally healthier body.

However, some of the moves may be too painful or nearly impossible for those carrying extra weight. Fortunately for many, small steps can lead to achieving large goals with rewarding long-term weight loss and health benefits.

But before we delve into further let's start with the basics of workouts and it's important in your weight loss journey.

6.1 Do you have to exercise to lose weight?



Exercise is really great for your health. To lose weight, you need to burn more calories than you consume. Exercise can help you achieve this by burning off some extra calories.

When you exercise, your body has to use up large amounts of energy to be able to work out when compared to resting. Initially, your body will use up carbohydrate-based energy in the form of glycogen, to fuel itself during the physical activity.

After these carbohydrate sources are depleted, your body will then shift to using your most prominent source of energy- fat cells. Your body will metabolize the stored energy in the fat to keep you moving.

In order to lose weight, your body needs to use up a lot of energy. Exercise can certainly help with this process.

Exercise is also incredibly good for your mental health, and it can help you manage stress and unwind.

Keep this in mind when you consider the effects of exercise. Even if it isn't effective for weight loss, it still has other benefits that are just as important (if not more).

6.2 How much exercise you really need to do to lose weight?

Exercise is a vital part of living a healthy life - helping to boost fitness, ward off diseases and keep your waistline in check.

A study by scientists at the London School of Economics, this week, claimed a brisk 30-minute walk each day is a more effective way to lose weight than running or going to the gym.

You don't need to join a fancy gym or buy expensive home equipment to build a good fitness program. Daily activities that count as physical activity include:

- cleaning your house
- walking to and from work
- taking the stairs instead of the elevator
- gardening
- shopping

You'll want to get your heart pumping and break a sweat to burn a significant amount of calories.

In 2011, the ACSM released some general recommendations for how much exercise is needed to reap the overall health and cardiovascular benefits. According to these guidelines, adults should engage in at least 150 minutes of moderate-intensity exercise per week. Broken down to 20 minutes per day that might not sound like much— and for obese adults who are trying to lose weight, it may not be enough.

The amount of exercise you need to do depends on your own personal goal.

First, not everyone responds the same to every exercise: Some people are more suited to cardio, while others find it easier to crank out push-ups by the dozen.

Second, the most efficient exercise prescription depends on what your workout goals are. A marathoner's training schedule looks quite different than that of a yoga teacher in training.

But in general, it's best to spread your exercise out throughout the week. Aim to get 30 to 60 minutes of activity on most days. The CDC also recommends doing strength training, such as weight-lifting or yoga, at least twice per week.

6.3 What is the best workout time for weight loss?



People who exercise want to utilize their time efficiently and get the most out of their exercise sessions. Knowing the best time to work out for weight loss can help you get faster results in less time.

Research covered by Gretchen Reynolds in The New York Times suggests that **working out early in the morning — before you've eaten breakfast** — helps speed weight loss and boost energy levels by priming the body for an all-day fat burn. But this does not work for all people.

When it comes to when is the best time to exercise, it's up to you to decide.

Some tips to help you out:

- Try to do some cardio exercises in the morning (e.g. walking for about 10 minutes) and see how it feels. If you think this is something you can do for a long time try to add jogging as well (for 3-5 minutes) in your schedule.
- If you exercise on an empty stomach and feel tired or weak try to eat breakfast first and then do your workout.
- You can always combine your morning and afternoon workouts for better results. For example, you can do a quick 10-minute cardio session in the morning and then a 20-minute intense session in the afternoon. This will also have a positive

effect on EPOC (excess post-exercise oxygen consumption) that will help you burn more calories after exercise.

- Don't do very intense exercise in the morning without having a good breakfast because this may lead to muscle loss which is not recommended.
- Have in mind that too intense exercise late in the afternoon may negatively affect your sleep.
- It is better to exercise at least 4 hours before going to bed.

But remember, time is just one of the factors that can affect your workout performance.

Many other factors like the intensity and duration of the exercise play a very important role and these should not be neglected.

6.4 What are the best exercises for effective weight loss?

Your goal weight may seem far off, but don't sweat it. "The more you weigh, the more calories you burn during easier workouts, like brisk walking," says Holland.

So rather than doing killer workouts from the get-go, small, consistent efforts will help you shed pounds early on—and seeing those quick results will motivate you to stay on track.

Exercise 1- Lunges



Method:-

- Stand tall with feet hip-width apart. Place hands on your hips or hold weights, and take a controlled step forward with your right leg.

- Keeping your spine tall, lower your body until your front leg and back leg form a 90-degree angle.
- Pause, then bring your right leg home to start.
- Now do the other side by stepping forward with your left leg.
- Repeat 10 times on each side. Do a total of 3 sets.



Exercise 2- Burpees

Method:-

- Stand with your feet shoulder-width apart and arms at your sides. Push your hips back, knees bent, and lower into a squat.
- Place your hands on the floor directly in front of you and shift your weight to them. Jump back softly to land on your feet in the plank position.
- Jump your feet forward so they land just outside of your hands. Reach your hands up and jump explosively into the air.
- Immediately lower back into a squat for the next rep. Repeat 8 to 12 times. Complete 3 sets.

Exercise 3- Squats



Method:-

- Start with feet hip-width apart, arms either at your sides or holding weights. Keeping your weight on your heels, begin lowering your legs and raising your arms in front of you.
- Keeping your back straight, lower until your thighs are parallel to the floor. Remember to keep your knees in line with your toes the entire time.
- Maintain an even pace and rise back to a standing position. Repeat 3 sets of 15 reps.

Exercise 4- Mountain Climbers**Method:-**

- Loop center of band around a stable post like a couch leg. Start on floor in plank position facing away from the post, feet placed in handles like stirrups.
- Alternately bring right and left knee in toward chest, not allowing toes of bent leg to touch the floor.
- Repeat for 1 minute and rest 20 seconds. Do 3 sets.

Exercise 5- Tabata Drill



Method:-

- Begin with dumbbells up to your shoulders and feet together.
- The dumbbells jack straight up until arms are fully extended. At the same time jump your feet outward. Continue with the all-out effort for 20 seconds.
- After 10 seconds of rest, place feet shoulder-width apart, dumbbells at your chest.
- Begin jabbing the dumbbells across the body. Switching sides, continue with the all-out effort for 20 seconds. After 10 seconds of rest, repeat both exercises for 8 rounds.

Exercise 6- Jump Rope

Method:-



- Check the length of your jump rope by holding it in your hands and ensuring the handles line up with your shoulders.
- Start with feet together, hands holding ends of the jump rope, elbows in toward your ribs.
- Swing the jump rope and hop over with feet together. Do not jump in between, just jump with each swing of the rope. Continue jumping for 1 minute. Complete 3 sets.

Exercise 7- Body Weight Exercises



Method:-

- Start with arms at your side and feet together. Jump feet apart and raise hands into a jumping jack. From there, place hands on the ground, jump feet out and back in. Raise up back into a jumping jack. Continue for 10 reps. Complete 3 sets.
- Stand with legs straight, right hand on your hip and the left leg lifted. Bend and touch your right knee with your left hand. Continue for 10 reps before switching sides. Repeat for 3 sets.
- Get into plank position, with hands on the ground and legs outstretched behind you. Begin driving your knee into the opposite shoulder. Continue switching legs for 45 seconds, repeat for 3 sets.

Exercise 8- Kettlebell Swings



Method:-

- Stand with feet slightly wider than hip-width apart. Grasp kettlebell with both hands in front of you.
- Engage core and slightly squat. Press hips forward as you stand and swing the kettlebell upward. Lower arms and return to the slight squat position for 1 rep. Complete 3 sets of 15 swings.

Exercise 9- Runner Crunch



Method:-

- Start on your back with your elbows resting on the floor at a 90-degree angle.
- With your core engaged, roll up to almost sitting while bringing your right knee up to meet your left elbow. It should feel a little like running.
- With control, straighten your leg as you slowly peel your back down, vertebra by vertebra, until your shoulders touch the mat last.
- Alternate with your other leg to complete one rep. Do 20 reps total.

Exercise 10- Elbow Plank With Alternating Arm Reach



Method:-

- Start with an elbow plank with your palms facing up.
- With your abs pulled toward your spine, reach your right arm forward, keeping your torso as still as possible. Bring your elbow back to the mat. This completes one rep.
- Repeat on the other side and continue alternating sides for 20 reps total.

6.5 What are the benefits of workouts?

The premium benefit of workouts as discussed is, it helps in weight loss. But other than this, there are few major benefits of workouts that will lead to not only physical fitness but also improves your mental health.

1. It reduces your risk of the common cold
2. It improves depression without drugs
3. It helps prevent and treat osteoporosis
4. It lowers blood pressure
5. It reduces chronic pain
6. It battles chronic fatigue syndrome
7. It helps prevent multiple types of cancer
8. It relieves constipation

9. It helps you control your diabetes
10. It can boost your sex life
11. It fights addictions
12. It can help treat Parkinson's Disease
13. It can prevent stroke
14. It increases your lifespan

According to Professor Peter Hespel, "The optimal strategy to prevent increases in body weight is obviously to combine a healthy, well-balanced diet with a physically active lifestyle".

6.6 Should you exercise alone or in a group?

Exercising alone is a viable option for many people. Unless you have health issues that need to be professionally monitored, going solo with an exercise program can be very satisfying.

The time you spend exercising can be a chance to turn off your mind from the stress of the day and focus on your exercise experience.

An important consideration when exercising alone at home or outdoors is safety.

Staying within a level of intensity appropriate to your current fitness level enhances the safety of a home-based program. Exercising outdoors brings up safety issues in terms of people, traffic, and weather conditions.

Although exercising alone is a great choice for some, many people prefer exercising with others. By involving your family members, friends, and coworkers in your activity program, you can help each other make exercise a regular habit.

Most commercial health clubs and community fitness facilities offer a variety of group exercise classes as part of the regular membership package. These classes can be a great way to meet people with similar interests.

Community-based programs foster group dynamics that offer support and encouragement, which can be highly beneficial regardless of your level of experience.

6.7 Do you need special apparel to exercise?

Whatever your preference—solo exercise or in a group common considerations for safety and comfort are shoes and clothing.

Before selecting a pair of shoes, determine your primary activity and the surface (e.g., pavement, exercise facility floor). Spend some time in an athletic shoe store consulting with an expert regarding the type of shoe that will best serve your purpose.

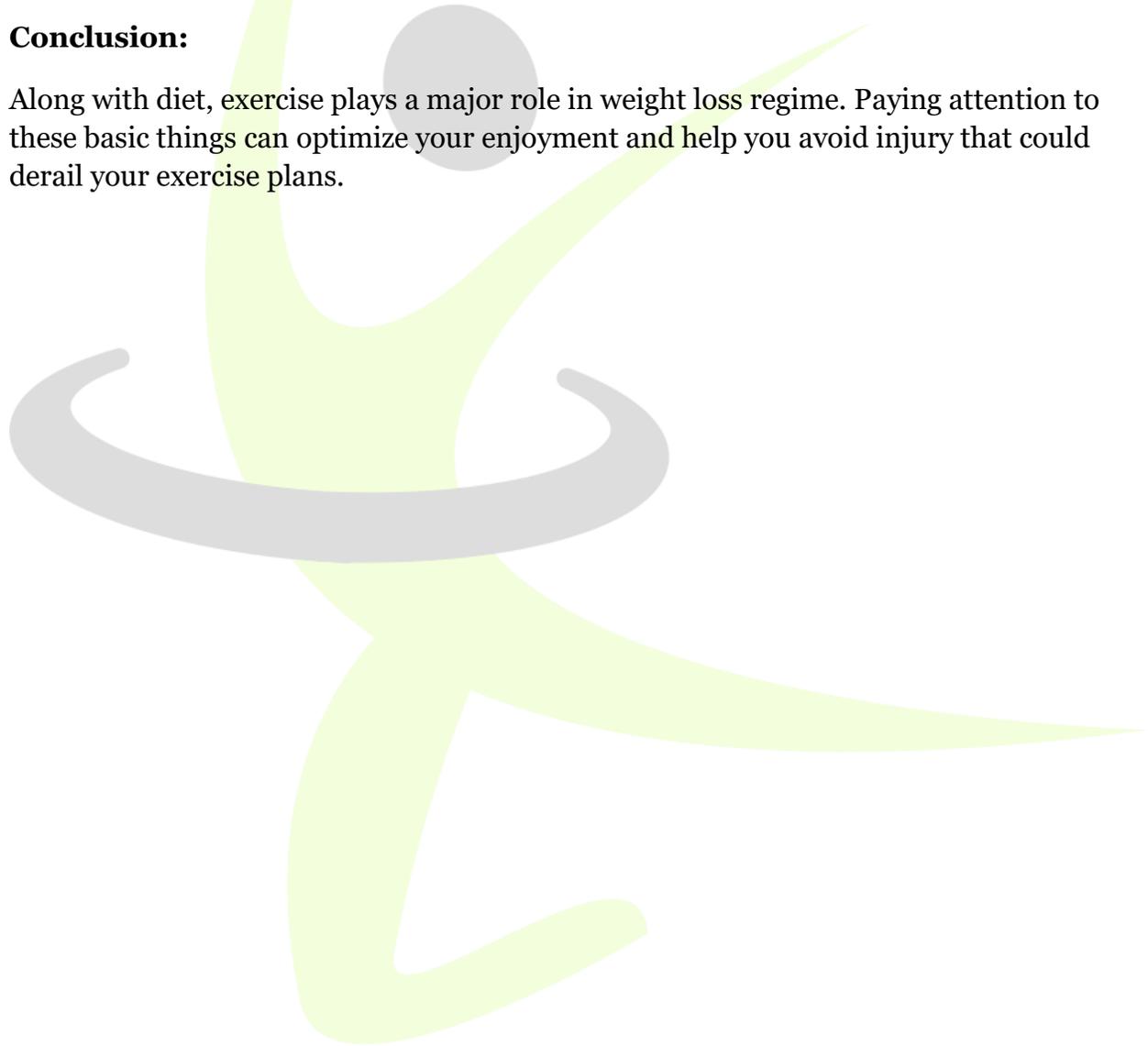
Clothing doesn't have to be high priced to provide comfort during exercise. Select clothing appropriate for the temperature and environmental conditions in which you will be exercising.

Clothing that is appropriate for exercise and the season can improve your exercise experience. In warm environments, clothes that have a wicking capacity are helpful in dissipating heat from the body.

In contrast, it is best to face cold environments with layers so you can adjust your body temperature to avoid sweating and remain comfortable.

Conclusion:

Along with diet, exercise plays a major role in weight loss regime. Paying attention to these basic things can optimize your enjoyment and help you avoid injury that could derail your exercise plans.



Chapter- 7

Tips for Flat Belly.

Belly fat! Cue the collective sigh, because we all know that the struggle is very, very real. A toned, flat tummy is a goal many of us strive to achieve, but endless crunches and ditching all your favorite foods aren't the right—or fun—way to do it.

Everyone has some belly fat, even people who have flat abs.

That's normal. But too much belly fat can affect your health in a way that other fat doesn't.

It's a risk factor for diseases like metabolic syndrome, type 2 diabetes, heart disease and cancer.

In short, whittling down your middle can save your life!

7.1 What is belly fat?

There are different types of fats:

- Subcutaneous fat (the layer directly below the skin's surface)

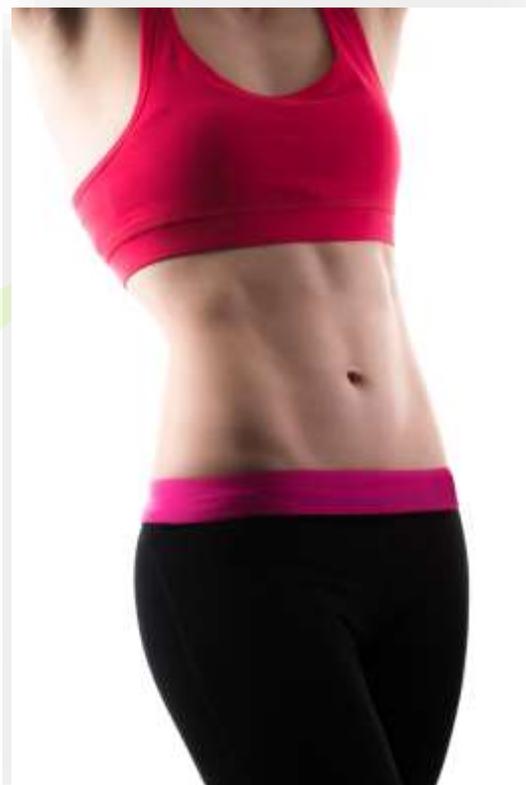
Subcutaneous fat is the looser fat that lets you "pinch an inch" and can accumulate just under the skin

- Triglycerides (the fat that circulates in your blood)

This type of fat circulates in your bloodstream. It makes up about 95 percent of the fat within your body.

- Visceral fat (dangerous belly fat)

Visceral fat is packed between your abdominal organs (stomach, liver, kidneys, etc.), which is what we call intra-abdominal or belly fat.



Visceral fat hangs beneath the muscles in your stomach. This placement is what makes the fat so damaging to your health. Because this fat is so close to your internal organs, it becomes their best energy source.



7.2 What does belly fat do to your body?

Belly fat doesn't just sit there; it can have negative impacts on almost every organ in your body through the productions of excess hormones and chemicals.

This visceral fat in your middle makes toxins that affect the way your body works. It greatly increases the risk of developing

- Heart disease
- Diabetes
- High blood pressure
- Stroke
- Sleep apnea
- Various forms of cancer (especially breast cancer)
- And other degenerative diseases

7.3 What are the main causes for belly fat?

Here are the most common causes of belly fat.

1. Drinking too much alcohol
2. Eating too many bad carbohydrates
3. Stress overload
4. Genetics
5. Sedentary lifestyle
6. Aging
7. Menopause
8. Low-protein diet
9. Not getting enough sleep
10. Hormonal imbalance

All these are the major causes for the massive accumulation of visceral fat on your belly.

7.4 How do you know if you have too much belly fat?

A simple way to know that you have too much belly fat is to measure your waist:

- Stand and place a measuring tape around your bare stomach, just above your hipbone.
- Pull the tape measure until it fits snugly around you, but doesn't push into your skin. Make sure the tape measure is level all the way around.
- Relax, exhale and measure your waist, resisting the urge to suck in your stomach.

For women, a measurement of 35 inches (89 centimeters) or more indicates an unhealthy amount of belly fat.

For men, a measurement of 40 inches (102 centimeters) or more indicates an unhealthy measure.

7.5 How to get rid of belly fat?

To get healthier and lose the dangerous belly fat, you'll need to change your diet, exercise routine and lifestyle over a longer period of time. Therefore, you should make some great, health-promoting changes to your lifestyle.

First, let's talk about food.

- **Changes you can make in your daily dietary intake to lose belly fat fast.**

1. Eating Smaller Portions More Often:

Instead of eating 3 full meals and overloading your digestive system, you should switch to eating smaller portions about 2 to 3 hours apart.

Benefits would be less expansion of your belly and a supercharged metabolism which will burn up more fat.

2. Reduce Intake Of Certain Vegetables:

Bloating can be avoided by limiting the intake of bloat-causing foods, which include:

- Broccoli
- Beans
- Brussels sprouts
- Cauliflower

These vegetables are good for the body, but lethal to your body shape.

3. Eat Slowly So You Don't Gulp Air:

Eating too quickly causes you to swallow excess air, which can lead to uncomfortable gas and bloating. Slowing down the chewing with your mouth closed, on the other hand, can have the opposite effect.

Fight off the urge to vacuum your entire meal by snacking on something like a small piece of fruit or an ounce of nuts on your way home. Then, after you've settled in, sit down and have a leisurely supper.

4. Say No to White Flour:

Foods made with white flour like white bread, white pasta, and white rice are relatively low in fiber and may cause you to get a little, uh, backed up. Choosing whole grains can help with this," says Smith. A simple switch from white bread to whole wheat or from white rice to brown will keep things moving along smoothly.

5. Cut Out Dairy:

Dairy can be very bothersome to the belly because many adults naturally produce less of the necessary digestive enzyme lactase as we get older.

If you consume dairy products pretty regularly, try cutting them out for a few days and see how your body reacts.

6. Eat Dinner Early:

Cut off food intake by 7 pm or 8 pm at night, and delay breakfast a little further into the day. Make sure you have at least 12 hours between your last meal tonight and your first meal tomorrow. This will give your digestive system time to recover, and deflate your belly quickly.

7. Replace Your Usual Snack With Pineapple, Honeydew or Papaya:

Bromelain, the enzyme in pineapple, is thought to assist in digestion by breaking down proteins in the stomach, according to the American Cancer Society. This helps to banish bloating.

Papaya is also a great fruit for reducing bloating and aid digestion.

Honeydew melon has a diuretic property that fights water retention.

So snack on a bowl of tropical fruit when you get peckish.

8. Drink More Water:

Your body is made up of approximately 70 percent water and although you might think drinking less will make you cut down on bloating, it's completely untrue.

Dr. Marilyn, author of Natural Alternatives to Sugar, said: 'Most of us do not drink enough fluids and, ironically, women who suffer from water retention tend to restrict their liquid intake thinking that the less they drink, the less their bodies will retain'.

9. Limit Spices:

If you're a curry fan, choose a milder version as an extra spice in your diet should be avoided if trying to stop bloating.

Some spicy foods can stimulate the release of stomach acid, which can cause irritation and others can ferment in the digestive system causing bloating.

10. Skip Dessert:

If you are following a clean eating lifestyle then there's a high chance that you already skip dessert because they are often full of sugar or artificial sweeteners; both of which are known to cause bloating.

If you want a flatter stomach then forgo the sugary treats and swap them for some fresh fruit (perhaps some pineapple, as mentioned earlier).

11. Keep An Eye On Your Sodium Intake:

Salt is often in far more foods than many people realized. Processed foods typically contain a large amount of it. This is one of the main culprits for bloating.

If you want your belly to shrink, check the sodium levels on your food and don't eat more than 6 grams of salt per day.

12. Eat Lean Protein:

Lean sources of protein will help you stay satisfied longer throughout the day and help fuel your weight loss.

Make sure that you eat a source of lean protein at each meal. Measure out a 3-4 oz (21-28 grams) serving to stay within your calorie limit.

13. Get Enough Sleep:

You should get enough sleep. The appropriate amount of restful sleep (7.5 to 9 hours) per day is important for weight loss as well as stress management. Too much of the stress hormone, cortisol, impedes weight loss.

- **Foods to avoid for flat belly:**

1. Sweets and Soda
2. Junk food
3. Alcohol
4. Potatoes
5. Milk and dairy
6. High-fructose corn syrup
7. Processed Meat
8. Salad dressings
9. Protein bars
10. Refined sugar
11. Chewing gum
12. Ice-cream
13. Fruit Juice
14. Mayonnaise
15. Cheese



- **Natural ways to reduce belly fat:**

- 1. Warm water with lemon in the morning**

All you need is warm water, a few drops of lemon and if you would like, a dash of salt or a teaspoon of honey. It is very effective if you have it empty stomach, first thing in the morning.

- 2. Eat Chia Seeds**

Chia seeds are one of the healthiest foods you can eat to help your body burn belly fat. Because they have almost no flavor, you can add Chia seeds to justify almost anything.

3. Drink ginger tea or green tea

Ginger is a natural digestive aid. Ginger is also thermogenic, meaning it increases your body's temperature to let it burn fat more efficiently.

Ginger tea comes packed with antioxidants called 'catechins' which are known to reduce belly fat. We suggest that you binge on green tea before your workout.

4. Chew raw garlic in the morning

Take one or two cloves, or more if you can, in the morning. Chew them raw. They are pungent and you may find it difficult initially but with time, you will develop a habit.

5. Have Fish Oil or Fish

It is recommended to take around 6 grams of fish oil a day, which is around 1 tablespoon of fish oil. Alternatively, you can eat fish such as salmon, mackerel, and tuna twice a week to get enough omega 3 fatty acids.

6. Have Dandelion sticks or tea

Dandelion is a natural diuretic, which means it makes you urinate more. This is good because it flushes out toxins and extra water from your body, especially from your belly.

7. Add coconut oil to your diet

Coconut oil is made up of medium-chain triglycerides (MCTs). MCTs are easily digestible, quickly converted into energy by your liver rather than being stored as fat, and may stimulate your body's metabolism helping you to lose belly fat.

8. Drink Cranberry juice

It's rich in organic acids, which have an emulsifying effect on the fat deposits in our body. Therefore, it is good for anyone who needs to lose belly weight.

9. Eat Hot Peppers

Hot peppers contain a substance called capsaicin which has thermogenic effects. It boosts your body's heat production, which means it also uses more energy and burns more calories.

10. Start Your Day With A Smoothie:

Smoothies are a great way to stay healthy and hydrated. We suggest watermelon smoothie, as this fruit is rich in an amino acid called 'arginine' that is known to decrease body fat and increase lean muscle mass.

11. Add more Cinnamon to your Diet:

Cinnamon is a great fat burner. Like ginger, cinnamon is thermogenic. This means that cinnamon produces heat through metabolic stimulation.

Therefore, cinnamon makes your body burn fat. Cinnamon also lowers your blood sugar levels and reduces the risk of diabetes.

- **Best workouts for flat belly:**

To kick that tummy fat, simply belting away crunches or pushups is not enough. A solo act can't lead to a flat tummy or fat loss.

Here is the list of few exercises that will strengthen and create lean abdominal muscles, help you eliminate a flabby belly and give you a flat stomach that helps you fight disease and ill-health.

Repeat this circuit 3 times and rest for 60 seconds between sets.

1. **Knee hugs:** 45 seconds.



- Sit down with your knees bent.
- Your hands hugging your knees and lift your feet off the floor. Open your arms, extend your legs to a 5- degree angle and lean back.
- Lift your torso, bend your knees and return to the starting position.

2. **Inverted V plank:** 60 seconds.



- Start in a low plank position.
- Press down through your shoulders and arms, and lift the hips toward the ceiling.
- Slowly return to the starting position and repeat for 60 seconds.

3. **Standing side bend:** 45 seconds.



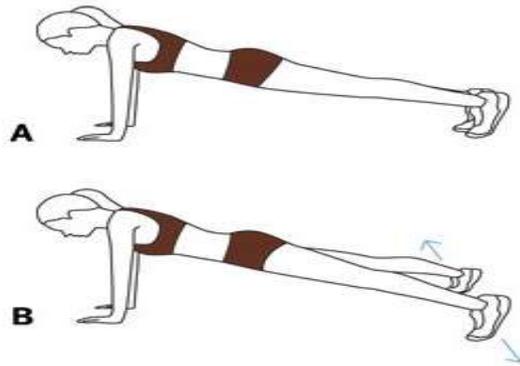
- Stand up, holding a dumb bell with both hands.
- Raise your arms up and above your head.
- Bend your torso to the right, as far as it feels comfortable, pause and then bend it to the left.

4. **Sprinter crunch:** 60 seconds.



- Lie on your back with your legs fully extended and your arms bent and by your sides.
- Lift your torso off the floor, bend your right leg.
- Bring your right knee close to your left elbow.
- Switch sides and repeat.

5. **Plank jacks:** 45 seconds.



- Start in a push-up position with your feet together.
- Hop your feet as far as you can and land softly on your toes.
- Hop again and bring your feet together.

6. **Pilates swimming:** 45 seconds.



- Lie on your belly with your arms and legs fully extended.
- Raise both arms and legs off the mat.
- Lift your head and chest, and flutter your arms and legs for 45 seconds.

7. **Mountain Climbers:** 60 seconds.

- Bring one knee toward the center of your stomach
- Then quickly alternate between legs.

8. **Dead Bug:** 60 seconds.



- Lie on your back, extend your arms and legs toward the ceiling.
- Lower your right leg and extend your left arm behind your head.
- Switch sides and repeat.

9. **Waist a Slimmer Squat:** 30 seconds + 30 seconds.



- Stand straight, holding a dumbbell with both hands, rotate your torso to the right.
- Straighten your arms and raise the dumbbell until it's parallel to the floor.
- Squat, as you rotate your torso to the left.
- Bring the dumbbell diagonally across the body until it's close to your left hip.
- Repeat for 30 seconds and then switch sides.

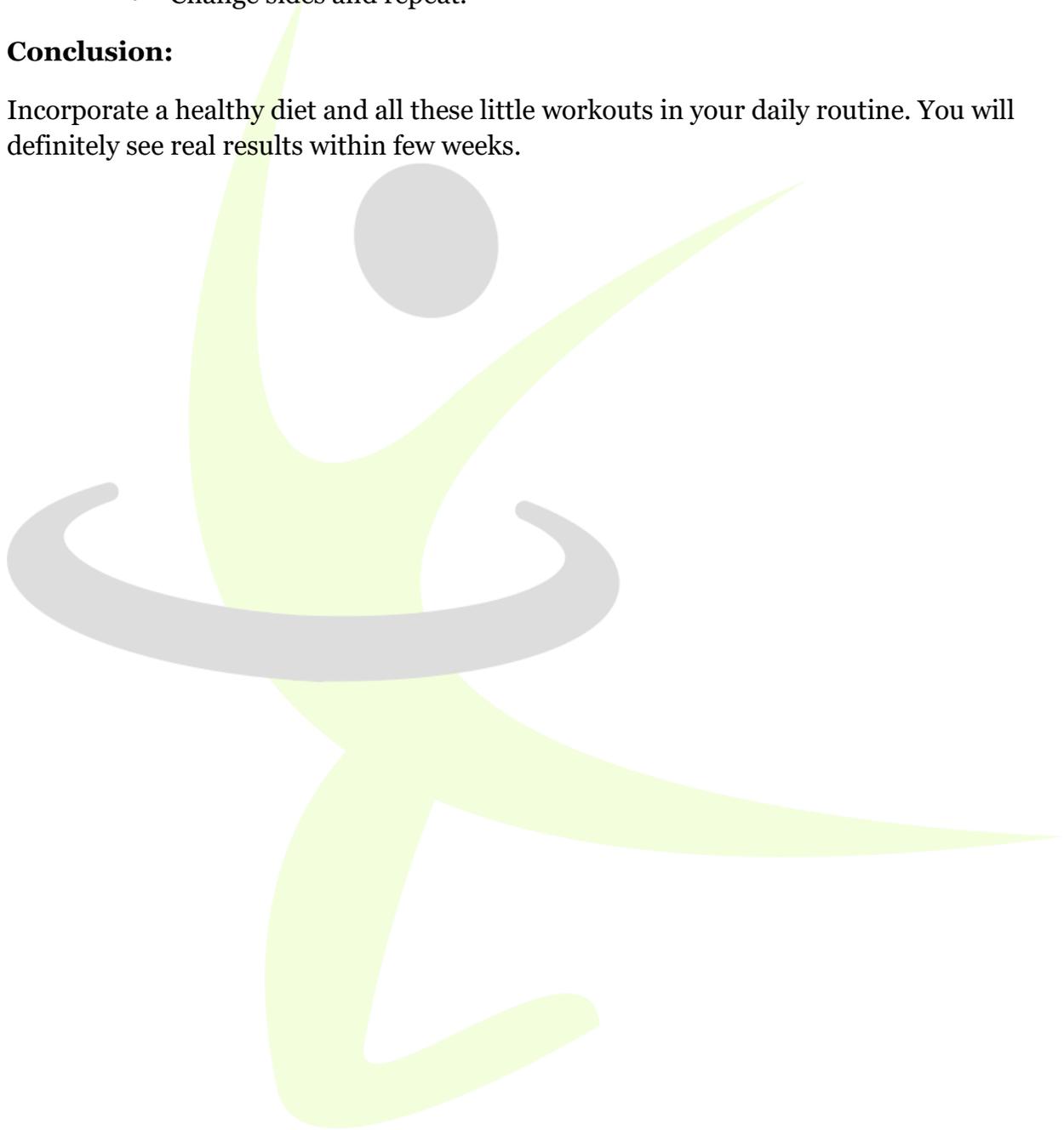
10. **Side plank:** 30 seconds.



- Lie on your side with your body fully extended.
- Lift your body off the mat and balance your weight between the forearm and the side of the foot.
- Keep your body in a straight line and hold for 30 seconds.
- Change sides and repeat.

Conclusion:

Incorporate a healthy diet and all these little workouts in your daily routine. You will definitely see real results within few weeks.



Chapter- 8

Tips for Thigh Toning



When someone claims that a certain food "goes straight to your thighs," don't take them literally because no food is shown to specifically promote thigh fat.

Your thighs grow larger when you gain weight, causing your body to store fat throughout your frame. Depending on your physique, you may tend to store more fat in the thighs than other regions.

It's important to understand how body fat is stored and broken down in order to approach weight-loss the right way for your body type.

Where you store that fat, depends on your genetic body type which is usually dictated by your gender and hormones. Women especially tend to gain weight in their lower body -- specifically in their hips, thighs, and buttocks.

8.1 Why determining the exact location of fat is important?

Women store fat in various parts of their bodies. The exact location of excess fat is important for two reasons.

- First, it may determine the degree of health risk associated with carrying excess body fat.
- Second, the location may dictate how easily that fat will come off.

When you wear a lot of fat around your waist, you take on the shape of an apple. This is called male pattern (also an android, or abdominal pattern) obesity.

Females tend to store fat on the hips, thighs, and buttocks, giving them more of a pear shape. This female pattern is also called gynoid, or gluteal-femoral pattern obesity.

Note: The apple shape is not necessarily restricted to men, although it is most prevalent in males. Similarly, the pear shape is not restricted to women.

Where fat is stored says a lot about how easily it can be burned off.

8.2 What exactly is the reason behind bulky thighs?

You have tried every diet under the sun, but the stubborn fat on your thigh doesn't seem to budge.

First, let's get to the root of this problem.

The major culprits of thunder thighs are:

- Hormonal imbalance
- Improper diet
- Genes
- Lack of activity
- Pregnancy
- Or a combination of all.

Primarily, fat gets deposited in the thighs due to the female hormones. If you have an abnormal menstrual cycle or experience unpleasant bleeding, it is probably because either estrogen or progesterone is being under-produced or overproduced.

These hormones are produced in the ovaries, and fat cells accumulate when there is an imbalance in the hormone levels.

8.3 What is the meaning of "Cellulite" on thighs?

So-called cellulite is no different from other fat deposits. It's stubborn because it usually is found on the hips, thighs, and buttocks. Beyond that, it's the just plain old fat that looks different.

The Mayo Clinic defines cellulite as:

Cellulite refers to the appearance of dimpled skin on the thighs, hips, buttocks, and abdomen of most women and some men, too. Cellulite is most common in areas of fat deposits and is the result of the unevenness of this fatty tissue beneath the skin surface.





Your body stores fat in adipose tissue which is composed of crescent-shaped connective tissue cells called fat cells. Fat cells have a tremendous storage capacity, and when they are full, they look like blown-up hot-water bottles.

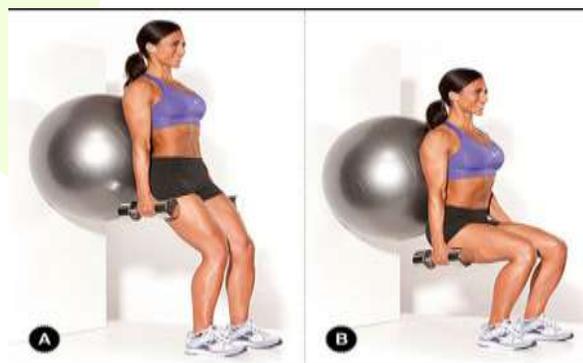
If we could peek beneath the skin at a fat pad, we would see a crisscross matrix of connective-tissue strands that form compartments similar to those of honeycomb in a beehive.

When the fat cells that fill each compartment expand, the compartments swell, pressing against each other and forcing an outward bulge that pushes toward the skin.

Women are more susceptible to the cellulite look than men because women store more of their fat just beneath the skin (subcutaneously), whereas men store more of their fat as deep fat in the abdominal cavity below the muscles. The more fat you have just beneath the skin, the more likely bulges will show.

8.4 Top Thigh Toning Exercises

1. Squat with Ball:



[Click Here to Grab Weight Loss Mantra HD Training Video](#)

- Place an exercise ball between the wall and the curve of your lower back.
- Stand with your feet shoulder-width apart.
- Bend your knees and lower 5 to 10 inches, keeping your shoulders level and your hips square. Hold this position for 3 seconds and then stand back up.
- Start with 5 reps and work up to 12. Rest for 30 seconds and do another set.

2. The Flamingo Balance:



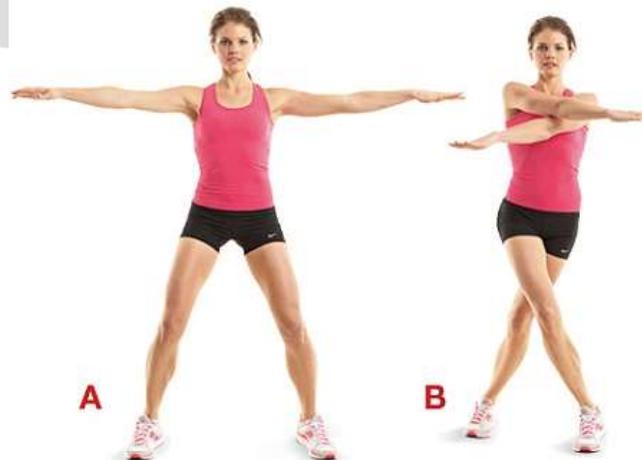
- Holding a dumbbell in your right hand, stand with your left hand on your hip.
- Lean forward slightly, lifting your left foot behind you to about hip height. At the same, bring your right arm forward.
- Turn your palm to face the ceiling and do a biceps curl.
- Touch your toes back down briefly, and then repeat for 12 reps. Be sure to keep your left leg straight while bending your right knee.
- Switch sides: Stand with your left foot forward. Hold the dumbbell in your left hand, and hinge forward, raising your right leg up behind you to hip height.
- Simultaneously, raise your left arm forward, turn your palm to the ceiling, and do a biceps curl.
- Touch your toes back down briefly, and repeat for 12 reps.

3. Calf Raise Three Ways:



- Stand with balls of feet on the bottom step of a staircase, heels hanging over the edge, hands on hips.
- Turn toes inward. Lift heels high then, lower them slightly below the level of the step. Do 15 to 20 reps.
- Next, turn toes out 45 degrees; repeat.
- With toes forward, stand on left leg only, bending right leg behind you; repeat lifts. Do 15 to 20 reps. Switch legs; repeat. Do 2 to 3 sets of series.

4. Crisscross Power Jacks:



- Stand with feet together and take a deep breath in.
- As you exhale, jump feet out wide and cross arms overhead.
- From there, scissor legs, crossing left leg in front of right, as left arm crosses over right at chest level.

- Immediately repeat, alternating sides each time.

5. Ball Leg Lifts:



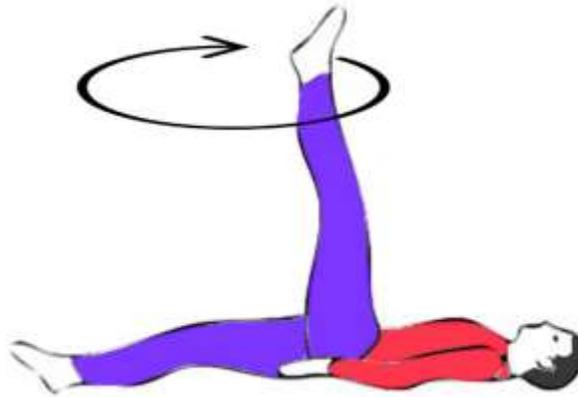
- Lie on your side on the floor with your arms crossed in front of your body.
- If this is uncomfortable, bend your bottom elbow and rest your head on your hand.
- Place a large exercise ball in between your feet, and slowly lift the ball up toward the ceiling using only your hips and butt.
- Return to the start position. This counts as one repetition.
- Complete three sets of 15 reps.

6. Lateral Lunge:



- Start in a standing position.
- Step directly to the side with your right foot, keeping both toes facing forward.
- Stick your butt out and sit back on your hip and heel as if you were about to take a seat.

- Return to starting position and repeat.
 - Do 12 reps on each side for 1 set.
- 6. The Single-Leg Circle:**



- Lie back on the mat with your arms by your sides and your palms facing down.
- Begin by pointing with your left foot, as if reaching out with your toes toward the ceiling, and rotate your leg slightly outward.
- Inhale, and trace a circle on the ceiling with your left leg, moving your whole leg, but keeping your hips still. Don't lift your left hip off the floor.
- Trace the circle on the ceiling 5 times in a clockwise direction. Repeat in a counter-clockwise direction.
- Switch legs and repeat 5 times.

8. Plie:



- Stand with your feet slightly wider than shoulder-width apart and your toes pointing out.
- Bring your arms out straight in front of you and lower into a squat.
- Come back up and repeat. Go as low into the squat as you can without letting your knees move past your toes.
- Be sure to tuck your tailbone under and contract your glutes. Keep your torso tall, and don't let your knees creep past your toes.
- Do for 1 minute. (After about 40 seconds, pulse at the bottom of the squat for 20 seconds.)

10. Outer and Inner Thigh Kick Stretch:



- Stand holding the back of a chair. Press your shoulder blades back and down.
- Come up onto the ball of your left foot, and lift your right leg.
- Keeping your abs pulled in, bring your right leg across your body, in front of your left.
- Now, swing it back out to the right, keeping your toes flexed and your toes turned out. Use momentum to swing through your leg as you fire through your left glutes.
- Do 10 reps. Be sure to keep both hips facing forward.
- Come onto the right leg and repeat for 10 more reps, again making sure your hips are facing forward.
- Flex your foot as you use momentum to swing your left leg and fire through your right glutes.
- Take a breather then, do the second set.

11. Pilates Inner-Thigh Leg Lifts:

STEP 1



STEP 2



- Lying on your side, lengthen your bottom leg and cross your top leg over it. Rest either your knee or foot on the floor. Prop your head up with your hand, or rest your head on your arm.
- As you exhale, lift your bottom leg up, and inhale as you lower it back down. Your torso should stay still while you do this.
- Do 10 reps then, repeat on the other side.

11. Chair Pose:

- Stand with your legs together, and soften your knees. Reach your arms overhead, and touch your palms together as you fold your chest down toward your knees.
- Hold this position as you drop your tailbone down in a small pulsing motion 10 to 15 times.
- Keep your legs squeezed together for support.
- Then cross your left elbow over your right thigh and hold here for five to 10 seconds. Rise up back to center, and repeat on the left side.

You can try as many exercises as you want for your thighs. However, be careful if you feel any severe pain and swellings after workouts. We suggest you to immediately take doctor's advice.

But remember feeling a little burning sensation in your thighs could be considered as after-effects of thigh-toning workouts.

8.5 Foods that will trim down your thighs.

A woman's thighs are often a problem area, and while you absolutely cannot beat exercise when you're trying to trim them down and tone them up, you also need to eat the right fat burning foods.

Incorporate these fabulous fat burning foods for your thighs into your diet and put together a good workout plan to get tight and taut thighs.

1. Nuts
2. Eggs
3. Peanut butter
4. Grapefruit
5. Fish
6. Whole grains
7. Legumes
8. Sweet potatoes
9. Berries
10. Avocados
11. Spinach
12. Carrots
13. Tomatoes

Conclusion:

Losing weight from the thighs may look difficult at first, but it is not unachievable. A combination of diet and exercise can help you achieve your goal. Eating right and exercising can help you lose fat from other parts of the body as well. Follow these useful tips to win the battle against bulging thighs.

Chapter- 9

Exercises you can do during your Office Hours.

Losing weight is challenging no matter what, but when you have a hectic schedule full of appointments, errands, and random time-sucking obligations, your weight-loss resolution to slim down can feel straight-up impossible.

As a busy individual, it is important to learn the methods that are both efficient and easy to implement. Otherwise, it'll be too much of a burden. Your work and personal life are already busy enough; fitness doesn't have to be another complicated process.

Health experts have long advised that permanent weight loss is a long-term investment, which requires commitment and dedication.

But frequent gym workouts and the time to prepare healthy meals is not always easy to come at bay.

However, there are ways to prevent you from falling off the bandwagon completely.

9.1 Exercises you can accommodate at your desk only:

The prospect of packing a gym bag, trudging to your local gym, working out, showering, changing, and trudging back to where you came from takes an awful lot of time.

This hectic schedule can make it seem impossible to fit workouts into our busy week.

There are countless ways you sneak more activity into your day, aka exercise hacks. There are exercises to do at your desks, such as chair exercises and stretches you can incorporate into your daily routine.

Stretching:

1. Neck stretching

- Slowly tilt head toward the shoulder.
- Hold for ten seconds.
- Alternate sides.

2. Triceps stretches

- Raise your arm and bend it so that your hand reaches toward the opposite side.
- Use your other hand and pull the elbow toward your head.



- Hold for 10 to 30 seconds.
- Repeat on the other side.

3. Reach for the moon stretch

- Extend each arm overhead.
- Reach to the opposite side.
- Hold for 10 to 30 seconds.
- Repeat on the other side.

4. Push the ceiling upwards stretch

- Clasp hands together above the head with palms facing outward.
- Push your arms up, stretching upward.
- Hold the pose for 10 to 30 seconds.



5. Chest opener

- Clasp hands behind your back.
- Push the chest outward, and raise the chin.
- Hold the pose for 10 to 30 seconds.

6. Forward stretch

- Clasp your hands in front of you and lower your head in line with your arms.
- Press forward and hold for 10 to 30 seconds.

7. Torso stretch, or trunk rotation

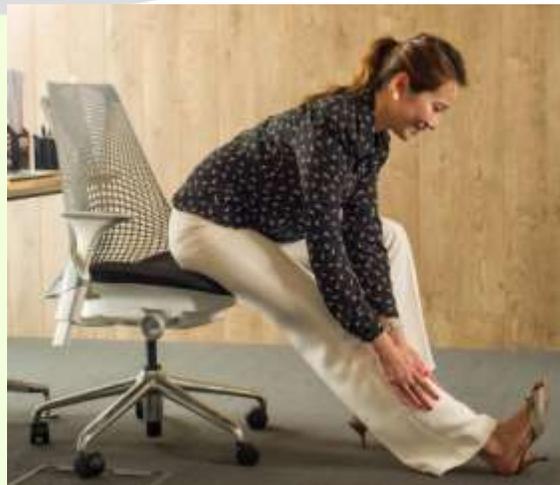


- Keep your feet firmly on the ground, facing forward.
- Twist your upper body in the direction of the arm that's resting on the back of your chair.
- Hold the pose for 10 to 30 seconds.
- Repeat on another side.

8. Hip and knee flexion stretch

- Hug one knee at a time, pulling it toward your chest.
- Hold the pose for 10 to 30 seconds.
 - Alternate.

9. Hamstrings stretch



- Remaining seated, extend one leg outward.
- Reach toward your toes.
- Hold for 10 to 30 seconds.
- Repeat on the other side.

Note: Be sure to do this one leg at a time, as doing this exercise with both legs out can cause back issues.

10. Shoulder shrug

- Raise both shoulders at once up toward the ears.
- Drop them and repeat 10 times each direction.

11. Upper trap stretch

- Gently pull your head toward each shoulder until a light stretch is felt.
- Hold the pose for 10 to 15 seconds.
- Alternate once on each side.

12. Knee press

- Put your right ankle on your left knee.
- Gently press against the right knee a few times.
- Repeat the same with left leg as well.

Stretching is fantastic, and it's definitely something you should be including in your office workout plan.

Other effective office desk workouts:



1. The Squats with Office Chair:

- Stand tall. Keep back straight.
- Lower to one inch of a chair, pretending you are sitting down.
- Hold for ten seconds. Lift back up to standing position.

- Repeat the chair exercises for better results.
- 2. Leg Toning Sitting Postures:**
 - With legs straight, cross one on top of the other. Raise them off the floor.
 - Press top leg down and resist with bottom leg. Do until muscles are tired.
 - Repeat with opposite legs top and bottom.
 - 3. The Twinkle Toe:**
 - Tap into your inner Fred Astaire by speedily tapping those toes on the floor under your desk. Or you can
 - Stand in front of a small trashcan and lift up those legs to tap the toes on its edge, alternating feet, in soccer-drill fashion.
 - 4. Clenches:**
 - For buns of steel, clench your buttocks and hold for ten seconds.
 - Do five sets of eight reps.
 - The beauty of this exercise is that your supervisors and coworkers won't see any movement and need not even know that you're secretly exercising on the job.
 - 5. Shoulder rolls:**
 - Roll both shoulders forward in a circular motion.
 - Roll both shoulders backward in a circular motion.
 - Repeat ten times.
 - 6. Fidgeting while Working:**
 - Rapidly tapping your feet
 - Talking with your hands
 - Chewing gum
 - 7. Office Chair Abdominals:**
 - Replace your office chair with an exercise ball for all-day abdominal toning and strengthening.
 - Sit on the ball and find your balance.
 - Pull your navel in.
 - Pull your shoulders back (no slouching).
 - Place feet hip-width apart.
 - 8. Water Bottle Workouts:**
 - Use water bottle as a dumb bell.
 - Hold a water bottle in right hand.
 - Bend elbow.
 - Extend arm overhead.
 - Repeat another side.



9. Copy Machine Calisthenics:



- Hold onto the copy machine for balance.
- Lift one leg to the back or side, keeping it straight.
- Slowly lower it.
- Change sides.
- In the same position, bend your right knee.
- Swing leg forward and back for 30 seconds.
- Repeat with left leg.

10. Deep Inhaler Abs:

- Breathe in through your nose and out through your mouth.
- Also laugh as much as you can.

9.2 Ways to incorporate workouts into your busy schedule.

1. Turn your commute into a workout.

There are ways to incorporate exercise into every type and length of commute.

If you live fairly close by, try speed walking, jogging, or cycling to work instead of driving or taking public transportation.

If that distance is too daunting, try parking some distance away from work.

2. Take the stairs.

The best way to avoid elevator small talk or status updates is to take the stairs. Be a master of the stairs, plug in earphones and climb up 2 stairs at a time or as you wish in tandem with the music.

The stairs are a great way to increase your heart rate and tone up those legs.

3. Work out during lunch.

If you can't work out before or after work, lunchtime is your next best bet for fitting in a real workout into your busy schedule.

If your office has a gym, you have a lot of workout options. If not, you might opt to go for a half-hour run or a speed walk around your neighborhood or in a nearby mall.

4. The Slog, Then Jog.

Instead of slogging away for hours nonstop, take a mini break for a stationary jog. Pop up from your chair (admire the butt imprint left behind!) and jog in place.

Willing to huff and puff a little more? Pick up those knees! Continue for one minute, return to spreadsheets, and repeat.

5. Pace while you're on the phone.

Chances are, you spend most of your day sitting down. Unless you need to be on your computer at the same time, you might as well take advantage of the opportunity to stand up and move around while you're on a call.

Every extra step counts and it'll be a welcome break for your back and your muscles.

6. Live Chat

What if instead of picking up the phone or sending an email over to colleagues, you actually went and paid him/her a visit.

You get to move more, and I'm sure he/she would appreciate the company once in a while.

7. The perfect posture

Perfect posture is a must for long days at the desk.

Practice safe desk ergonomics by adjusting the chair height to make sure the feet, hips, and arms are at 90-degree angles to the floor.

Engage the core to keep the back straight throughout the day. No slouching allowed!

8. Go the long way.

Take the long way when you have a few moments to spare. Like instead of using same floor's bathroom. If possible, move to next floor and be sure to use stairs both times while going and returning back.

In case you cannot do that try to use the bathroom which is farther from your workplace. Or filling your water-bottle half and go for refilling again and again.

Low-intensity exercise such as walking can help boost energy levels -- especially in people who suffer from fatigue, as counterintuitive as that sounds.

9. Stretch at regular intervals.

Work some stretches in at regular intervals throughout the day -- even if they're just for a minute.

As we have discussed earlier there are plenty of stretches you can do either sitting down or standing up that can help ward off pain and stiffness while boosting your energy and alertness.

10. Take moving meetings.

Odds are good you're not the only person at work who's trying to add more exercise to your day. Whenever a meeting doesn't require PowerPoint or other presentation materials, invite your coworkers to join you on walking meetings rather than sitting around the conference room.

If the team is ordering out for lunch, ask a coworker to walk with you to pick up the food instead of having it delivered.

Moving while conversing can increase creativity, so you'll boost your work performance as well as your fitness.

Conclusion:

The good news is that with these little activities throughout the day, we can actually reverse the inevitable weight gain — maybe even lose up to 20 pounds — associated with such a sedentary existence.

Chapter-10

How to set up and Accomplish Weight Loss Goals?

Weight-loss goals can mean the difference between success and failure. When it comes to setting weight loss goals, most people just do the bare minimum of setting a goal to “lose weight.”

What happens with such a flimsy goal is that it gets blown out of the water at the sight of a double cheese greasy burger. There’s no meaning or purpose to the goal. There’s nothing memorable about it. It just won’t “stick” in your brain.

Setting weight loss goals is one of the most common practices among people who want to lose weight, but few people do it in a way that makes them more likely to succeed.

Not all weight-loss goals are helpful. Unrealistic and overly aggressive weight-loss goals can undermine your efforts.

10.1 What is the difference between realistic and unrealistic goals?



The first thing that you should know when taking goal setting steps is that it's essential to set realistic goals for weight loss. Some people just aren't practical when it comes to losing weight.

The truth is that it's hard and that it can be time-consuming. You want to strive for healthy weight loss goals, not losing as much weight as possible in a ridiculously short period.

Don't be too extreme on yourself. Here's the example of realistic and unrealistic goals in terms of weight loss:

Unrealistic Goals	Realistic Goals
I want to lose weight.	I want to lose 20 pounds by the end of this year and will lose 2 pounds per month.
I will exercise 3 times per week.	I will walk 20 minutes per day (Mon, Wed, Fri) and on Thursdays will follow a Zumba class.
I will eat fewer calories per day.	I will reduce my calorie intake to 1500 calories per day and will use the free calorie counter to keep track of the foods and drinks I consume.
I will follow a diet until I lose those extra pounds.	My ideal weight is 80kg so I need to lose 5 pounds by following a 1400 calorie diet.

10.2 Weight loss Goals - How to set yourself up for success?

#1 Set SMART goals:

If you want to set yourself up for success, you need to set a SMART goal. No matter how big or small your goal-whether it's losing 5 or 50 pounds, walking a mile or running your first marathon-making changes require planning and SMART goal setting.

The acronym SMART stands for:

- S- Specific
- M- Measurable
- A- Attainable
- R- Relevant
- T- Time-Bound



A good goal-setting strategy is the SMART goal checklist. Be sure that your weight-loss goals — meet the following criteria:

1. **Specific** - Your goal should be clear and easy to understand. You do that by asking yourself these questions:
 - Why are you creating the goal? In other words, what are the benefits? How will it make you feel?
 - Who is involved with the goal? (At the bare minimum, it's you.)
 - How will you reach that goal?

In short, you're declaring what you will do, how long you will do it, and when you will do it.

Turn the goal into a sentence or positive affirmation and say it in a way as if it's already happened. Picture yourself in the future having accomplished the goal.

2. **Measurable** - A goal needs to be measurable. If you can measure a goal, then you can objectively determine:
 - How successful are you in meeting the goal?
 - How will you track your progress?
 - How will you know when you have reached your goal?

Making your goal measurable means adding a number. A goal of eating better is not easily measured, but a goal of eating 1,200 calories a day can be measured.

3. **Attainable** - An attainable goal is one that you have enough time and resources to achieve. It's good to 'shoot for the stars', but don't be too extreme.

Likewise, a goal that is too easy is also not very motivating. Only you know your limits.

- Let's take our goal above. What percentage is attainable for you? Research suggests that a 5-10% weight loss is attainable for most overweight people.
- A measurable, attainable goal could be, "I will lose 7% of my body weight."

4. **Relevant** - A goal should be relevant. It has to have meaning for you and be relevant to your abilities and interests.

Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain-that isn't very motivating.

Examine your goal so far. Does it seem relevant to you? If so, let's keep going. If you are not concerned about weight loss or this is not a good time in your life to focus on that, choose something that IS motivating to you.

5. **Time-bound** - Include an end-point. Knowing that you have a deadline motivates you to get started.

If your goal didn't have a time limit, you know you will have trouble starting and staying motivated until the end.

Since healthy weight loss is about 1-2 pounds per week, set your deadline accordingly. For our example, we can use 3 months. "I will lose 7% of my body weight in 3 months."

You will feel really motivated now to put this plan into action because the SMART goal you've created makes sense to you.

It's unique and you can always make changes to it if needed – but now you have a solid framework to get started.

#2 Don't just set weight loss goals but life goals:

If this is your first attempt to lose weight then most probably you won't understand the difference between weight loss goals and life goals.

People who have tried to lose weight before (and succeeded) can tell you that weight loss is not just about counting calories or dieting but about making lifestyle changes that last in the long term.

When setting your goals, set targets to change your eating habits and take specific steps to break from your sedentary lifestyle.

At the end of the day weight loss is the easy part but changing your habits is the difficult part.

#3 Knowledge, Plan and Research:

To be able to achieve something (in general) you have to do 3 things:

- Be knowledgeable about the subject and understand the success factors.
- Be informed of other indirect factors that play a role in the process.
- Have a solid and detail plan

Once you have specified your SMART goals (as explained above) you need to break down the long-term goals into short-term milestones.

- Approach this as a big project plan that has milestones and risk factors.
- Identify what is important and write this down on a piece of paper.
- Set easy to achieve milestones at the beginning and more difficult at the end when you are more experienced.

#4 Find out your style:



When specifying your goals makes sure that these match your lifestyle. Some people like exercise but some people hate it. Others can live with diet restrictions while others cannot.

If you are not the type of person that can go to a gym 3-4 times per week then do not set a goal to exercise in a gym. There are many alternatives like, going after a hobby or fitness activities that you enjoy.

This is the same about dieting as well. If you cannot withstand following a restrictive diet for a long time then go for a balanced diet or a calorie cycling diet.

Find your style and make sure that this is reflected in your goals.

#5 Find your motivation sources:

Motivation is what keeps you going even at difficult times.

- What are the real reasons that you want to lose weight?
- Why is this so important to you?

- How can it change the rest of your life?

Find out all the answers and write them down. By actually making the effort to write your thoughts on paper, you have already made the first step.

Get motivation from friends and family and get inspired by other people's stories.

#6 Think positive:

You can meet your goals only when you really want and positive thinking is there to help you. Think and visualize your success and sooner or later you will get there.

Hard work, discipline, and patience are the secrets of a successful weight loss and people who have managed to stick to their plan for a long time have succeeded.

#7 Take action:

You did your homework, you have set up your smart goals based on your style and found your motivation sources. Now it's time to take control and implement your plan.

There is no reason to delay it any longer and there is no reason to make it look more difficult than it really is.

Hide the 1000s of excuses you can think off and start living a healthier lifestyle.

#8 Get support:

What happens when you did your best but did not get any results? Certainly, you do not quit, you can either try again by identifying and improving your mistakes or you can get some professional support.

Professionals like personal trainers, dieticians, nutritionists, and doctors are there to help you.

Maybe there is a problem with your health that you did not know about or maybe the diet you followed was not right for you. There are many questions and they can give you answers.

#9 Recognize your achievements:

Recognizing your achievements regardless of how small they are is important. These small victories can keep you going after bigger victories and help you achieve your goals at the end.

Think about it this way, you cannot lose 20 pounds if you don't lose 2 pounds first.

Reward yourself for every success and stay focus on your long-term targets.

#10 Evaluate and refine:

Goals are by nature dynamic. Things change, our life can change by many factors outside our control so it's important to evaluate our goals and progress, refine them and continue.

10.3 What are the benefits of setting weight loss goals?

Did you know? One of the many reasons dieters fail is because they do not have goals that inspire them! It's true. Most people will never take the time to redefine their lives and set realistic goals.

Trying to lose weight without setting a clear goal is like a ship without radar. Just having an idea of what you want isn't enough, you have to be clear about what you want, and then plan how you're going to get it.

There are many benefits of setting weight loss goals, here are some:

- 1. A goal compels you to become the person it takes to achieve it-**
For most people, they think losing weight is all about numbers and appearance; however, the greatest part about losing weight is in the new skills, attitude, disciplines and experiences you develop in attaining that success. It's the willpower to attract the results that make you a slimmer, healthier and happier person.
- 2. A goal provides direction for success-**
They set up the direction of your training by focusing your attention towards goal-relevant activities and away from goal-irrelevant activities. This focused approach would allow him to concentrate on the most important aspects of his training and in essence, ensure his training is as efficient and effective as possible.
- 3. A goal will inspire you to keep doing the right thing-**



Many people who start a weight loss program, feel like it's a chore. They aren't inspired by the process, and usually, forget why they started.

Writing your goals down will keep you inspired about the process, and will remind you about why you started.

4. A goal allows the development of relevant learning strategies-

When goals are set, the individual and coach can devise and implement strategies that are aimed at reaching the individuals short term and long term sporting goals.

5. A goal will separate you from the majority of people who don't-

It is said that a person with average talent and education can outstrip the most brilliant genius in our society if that person has a clear goal.

Many people fail to write goals because they don't believe that what they want is attainable. In fact, many people think that writing goals are a waste of time. And these are the same people who complain about their weight year after year.

6. A goal gives your life a whole new meaning-

Setting goals will compel you to live a lifestyle that most people only talk about. If you take the right action and commit yourself to your goal, weight loss and personal change will be certain. As time goes by, you may find that some of your goals aren't so important. And that's good. It's a sign of personal change.

7. A goal provides clear picture of your strengths and weakness-

It is always important in every aspect of your life to know about your strengths and weakness.

There will be many times in your weight loss journey where you resist yourself from eating a glazed doughnut. And sometimes you gave in the cravings without bothering about the consequences.

Conclusion:

Psychotherapy Counselor, Ales Zivkovic explains it's not about making a promise to yourself to reach your goals, it's about making the decision to reach them.

Chapter- 11

Effective Home-Based Weight Loss Remedies.

Weight gain is something that usually creeps up on you very slowly. You first start to notice your pants becoming a little tighter around the waist, or your shirt becoming a bit “snug” around the belly area. But you’ll usually just dismiss this and the next time you go to buy clothes, you’ll find that you need to move up a size.

This can go on for months and even years (consistently putting on weight and slowly moving up in clothing sizes) before you get to a point where you say, enough is enough.

Obesity or being overweight is caused due to boredom, depression, anger, lack of exercise, lack of rest, incorrect lifestyle, improper diet, and hypothyroidism. Try these natural remedies to lose weight.

11.1 ‘20’ Home Remedies to lose weight.

1. Cinnamon Tea:



Blood sugar has a direct impact on your weight as it affects how hungry and how energetic you are (if you have the energy you’re much more likely to exercise!)

If your blood sugar is balanced you are less likely to have a disproportionately large appetite, and your body will be more apt to use fat (energy) rather than storing it.

While the debate about its effectiveness drags on, more and more preliminary studies are coming out showing that cinnamon can help

manage blood sugar levels, so why not whip up a spicy cinnamon tea?

You will need...

- 1 teaspoon of ground cinnamon
- 1 cinnamon stick
- 8 ounces of fresh water

Directions

- Place the cinnamon in a mug and cover with 8 ounces of boiling water.
- Steep for 15 minutes before straining.
- Drinking 1-2 times a day.

2. Green Tea & Ginger:

Green tea has long been debated as a weight loss aid.

Three main components in green tea that could help manage weight-caffeine, catechins, and theanine.



- Caffeine is just an overall boost to your system and speeds up a number of bodily processes, including metabolism related to weight
- Catechins are considered anti-oxidant flavonoids and help in lowering the absorption of lipids (fats) via the intestinal tract.
- Theanine is an amino acid in green tea that can encourage the release of dopamine, the chemical that makes you “happy” and relaxed. If you tend to eat due to stress, this may be useful.

The ginger added to green tea will help improve digestion and add a little flavor-no sugar or milk to this tea!

You will need...

- 1/2 inch of fresh ginger root, peeled and finely chopped OR 1/2 teaspoon ground ginger
- 1 teaspoon of green tea
- 8 ounces of fresh water
- Raw, organic honey (optional)

Directions

- Place green tea and ginger in a strainer or sieve and cover with 8 ounces of boiling water.
- Steeping green tea for too long can leave it with a bitter taste, so don't exceed 3-4 minutes.
- You can stir in a little raw honey if you really need to sweeten it, but avoid milk or sugar at all costs.
- Drink 1-2 cups daily on an empty stomach.

3. Rose Petal Water:



Rose petals act as a very gentle diuretic. Diuretics encourage your kidneys to put more sodium (salt) into your urine.

This excess salt, in turn, draws water from your blood, decreasing the amount of water in your circulatory system.

This is not “permanent” weight loss-just water weight-but the action encourages you to drink more and keep your system flushed clean and

hydrated. Staying hydrated, believe it or not, can be hugely beneficial to losing weight.

You will need...

- Handful of fresh or dried rose petals
- Distilled water (roughly 1-2 cups)
- A pot with a tightly fitting lid

Note: Be sure, especially if using fresh rose petals, that they have not been treated with any sort of chemical (insecticides, pesticides, herbicides, fertilizers, etc.)

Directions

- Place the pot on the stove, put in the rose petals, and add just enough distilled water to completely cover them.
- Cover the pot with a tightly fitting lid and simmer until the petals lose most of their color, about 15-20 minutes.
- Strain the liquid into a glass jar and keep in the refrigerator for up to 6 days.
- Drink about a 1/2-1 cup every morning on an empty stomach.

4. Ginseng:

While there are different kinds of ginseng, the two that you should use –American ginseng (*Panax quinquefolius*) and Asian or Korean ginseng (*Panax ginseng*.)

Ginseng's greatest quality is that it can help fight fatigue and boost energy as well as mental alertness.

This is huge when it comes to weight loss—without energy, it's hard to exercise. Without exercise, it's near impossible to lose weight at least in a healthy way.

You will need...

- 1 teaspoon of chopped American or Korean ginseng
- 8 ounces of fresh water
- Raw honey/lemon to taste (optional)

Directions

- Roughly chop the root and measure out 1 teaspoon per cup of water.
- Bring water to a boil and then pour over the ginseng.
- Steep for 5-9 minutes.
- Strain, add honey or lemon if you like.
- Drink 1-2 times daily.



5. Dandelion and Peppermint:

Dandelion and peppermint tea is a fabulous drink that will help keep your liver healthy. Helping your liver helps your weight, as it plays a crucial role in managing fats and their absorption.

Dandelion has hepatoprotection constituents, with hepatoprotection meaning an ability to prevent damage to the liver.

Peppermint and dandelion both automatically stimulate the production of



bile in the liver, helping with digestion and the absorption of nutrients. Mix these two together, and you have a powerful liver protecting tea!

You will need...

- 1 teaspoon of dried dandelion leaves
- 1 teaspoon dried peppermint leaves
- 8 ounces of boiling water
- Lemon to taste (optional)

Directions

- Pour a cup of boiling water over the dandelion and peppermint.
- Steep, covered, for 5-10 minutes.
- Strain, add lemon to taste if you like.
- Drink a cup twice daily.

6. Sip on Sage:

When under stress, the body releases cortisol, a steroid hormone that is part of the fight-or-flight response. Cortisol can affect blood sugar level (therefore appetite), and cause energy to be stored more readily as fat.

Neuropeptide Y is a neurochemical that is also related to stress. When released, it causes the growth of fat tissue (energy is stored easily as fat around the abdomen) as well as an increase in appetite.

One way to fight this underlying stress can be to ingest more sage, which has calming effects on both the body and mind.

You will need...

- A handful of fresh sage OR 2 teaspoons of dried sage
- 8 ounces of boiling water
- Lemon to taste (optional)

Directions

- Pour boiling water over sage



- Steep for 4-5 minutes.
- Strain, add lemon to taste if you like.
- Drink 1-2 times daily.

7. Chew Gum:

Chewing gum is a great way to trick your brain (and your stomach) into thinking it's getting more than it is. The flavor of the gum reduces appetite and curbs the urge to snack on something unhealthy and also stimulates the flow of saliva, whose enzymes help break down starches and fats.

You will need...

- 1 piece of natural **sugar-free** gum

Directions

- When you feel the need to start munching, pop in a piece of gum instead.



8. Coconut Oil (as a replacement fat):



Coconut oil contains unique fats called medium chain triglycerides (MCT) that help you use energy (aka calories) more efficiently. MCT's are not broken down in the intestines, and therefore do not get stored away immediately as fat. Instead, they are absorbed intact and sent right to the liver, where they are used as energy.

Now sitting around eating coconut oil isn't going to make you lose weight, but using it as a replacement fat can be a good choice. In addition to that, just plain coconut oil is an incredible appetite suppressant.

You will need...

- 2 tablespoons of good **virgin cold-pressed** coconut oil

Directions

- Twice a day, take 1 tablespoon of coconut oil.
- You can take it before, during, or after a meal.

9. Plain Yogurt and Honey:

The probiotics in yogurt do wonders for the digestive tract and maintain a healthy balance of gut flora that optimizes digestion and the breakdown of certain substances (like fat.)

The honey is just a little added (healthy) sweetness to satisfy any cravings you might have. For optimum weight-loss awesomeness, try low-fat yogurt.

Note: There was once a time when certain large companies began to add so much sugar to their yogurt the amounts surpassed those found in sugary breakfast cereal. Read the nutrition label first.



You will need...

- 1/2-1 cup of plain (not vanilla) yogurt
- 1 tablespoon of organic raw honey, or to taste

Directions

- Eat this for a snack or breakfast, adding the honey for flavor.
- Feel free to try adding fresh fruit or even oats for a little variety.

10. Black Pepper and Lemon Juice:



Black pepper contains a naturally occurring chemical compound called piperine, which is responsible for giving it its pungent flavor. Piperine can interfere with the genes that control the generation of fat cells, as well as reducing fat levels in the bloodstream and enhancing the absorption of nutrients from our foods.

Lemon juice can help aid in digestion and give your G.I. track a helping hand when it comes to breaking down foods.

You will need...

- Several sprinkles of freshly ground black pepper
- Juice of half a lemon
- Freshwater

Directions

- Mix lemon juice with water and sprinkle with black pepper (about 3-4 turns of the pepper grinder.)
- Drink once daily after a meal.

11. Bottle Gourd Juice:



Bottle gourds are old-world hard-shelled fruits that anecdotal evidence suggests can help you lose weight. Due to its high fiber content, it creates a sensation of fullness and curbs appetite.

It also has high water content (always a good thing) and has a number of great nutrients. It's a great way to help resist cravings and potential snacking sprees!

You will need...

- 1 cup of bottle gourd juice, chilled
- A little lime juice

Directions

When you feel the urge to snack, drink a glass of cold bottle gourd juice with a dash of lime juice added.

12. Join the Navy Beans:

Beans, the magical fruit, the more you eat the more you lose weight.

Apparently, since the protein in navy beans can take a while to digest, therefore reducing appetite and aiding in weight loss management. The fiber in navy beans can also help lower cholesterol.

You will need...

- 1 cup of dried navy beans
- 3 cups of water

Directions

- Prepare the navy beans by adding 3 cups of fresh water to a pot for each cup of dried beans.
- Bring the water to a boil and then reduce to a simmer, partially covering the pot.
- Skim off any foam that develops
- Simmer for 1 to 1 ½ hours until tender.
- Add to a salad or enjoy as a dish on its own.



13. Cayenne Pepper:

Cayenne pepper helps control obesity and aids in weight loss. It contains capsaicin that stimulates your body to burn fat and increase energy expenditure.

In addition, it stimulates digestion and suppresses excess appetite caused by mal-absorption of nutrients in the body.

You will need...

- Cayenne pepper powder
- Lemon
- Water

Directions



- Make cayenne pepper tea by pouring a glass of hot water over cayenne pepper (start with one-tenth of a teaspoon or just a dash of cayenne pepper and gradually increase its quantity to one teaspoon).
- Squeeze the juice from half a lemon in it.
- Drink this tea regularly at least for a month.

14. Jujube or Indian Plum Leaves:

Leaves of Indian plum or jujube are a very effective home cure for fast weight loss. It contains dietary fiber, sorbitol & isatin which regulate the proper functioning of our digestive system. These leaves are said to cut down fat in the body.

You will need...

- Handful of Indian plum or jujube leaves
- Water



Directions

- Take a handful of Indian plum leaves or jujube leaves and soak it in water overnight.
- Remove the water in the morning and eat these leaves on an empty stomach.
- It will take a month's time to observe the results.

15. Apple Cider Vinegar Water:

Just like lemons, apple cider vinegar is also a rich source of pectin and this fiber helps in increasing satiety so that you feel fuller for a longer period of time.

It also helps in breaking down the fat cells of the body and keeps the metabolism running at a fast pace even when the body is in a state of rest. Water is good to flush out extra toxins from the body.

You will need...

- Water – 1 bottle
- Apple cider vinegar – 1 Tsp



- Lemon juice – 1 Tsp

Directions

- Add a teaspoon of apple cider vinegar to a cup of water.
- Add a teaspoon of lemon juice to this mixture.
- Drink it at least once a day.
- You will surely see a good result.

16. Cabbage:

The tartaric acid present in cabbage does not allow sugar and carbohydrates to be converted into fat. It is very good for losing weight. It is a rich source of vitamin C and A and works well to prevent heart disease and cancer.

Methods to consume:

- In combination with salads
- Juice
- Delicious soup.

**17. Cucumber:**

Cucumber contains 90% of water and just 13.25 calories. It is an effective and famous home remedy to cut down fat cells and excess body fluids. Cucumber has vitamins A, C, and E that eliminate the toxins from the body.

Methods to consume:

- In combination with salads
- Make a juice of lemon, basil and mint leaves.
- Add 2-3 slices in water.

18. Aloe Vera:

Aloe Vera is useful in treating obesity because it stimulates the metabolism, increases energy consumption, and mobilizes unused fat in the body.

It contains natural collagen proteins that make the body work harder in order to absorb the proteins. In addition, it helps remove toxins from the digestive system and colon.



You will need...

- 1-2 Aloe vera leaves
- 1 Cup citrus juice such as orange or grapefruit juice.

Directions

- Take two fresh aloe vera leaves, peel them, and scoop out the pulp.
- Put it in a blender along with one cup of citrus juice, such as orange or grapefruit juice.
- Blend it for two to three minutes.
- Drink this daily for at least a month.

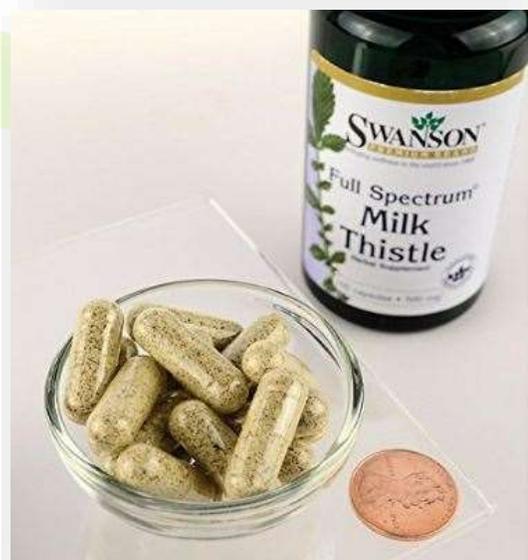
19. Milk thistle:

Milk thistle contains active flavonoid compounds collectively known as Simalrilyn. Simalrilyn helps to protect the liver. When your liver is bogged down and sluggish, weight loss can be slowed by up to 30%*. The Simalrilyn in milk thistle can help reverse this.

There are several ways to take milk thistle, however, we recommend a capsule form (make sure the source is reliable) or as a tincture, since milk thistle does not impart its benefits when steeped in water (such as when made into a tea.)

You will need...

- Milk thistle capsules or tincture



Directions

- Follow directions on the packaging for dosage.

20. Hot Water Remedy:

Switching from cold water to hot water can do you good. Hot water flushes out the fats from the vessels helping you lose weight easily.

Methods to consume:

- Drink hot water before and after your meals regularly.
- You need to give a gap of at least 30 minutes.
- Don't drink water immediately after your meals.
- See the difference in your body after one month.

**Conclusion:**

Using the above remedies will cut down fat in your body and help you gain satisfying results. Along with the mentioned remedies try to add exercise to your daily routine. Be happy, stay fit and enjoy being healthy by using the home remedies.

Chapter- 12

What the Experts say about Losing Weight?

Cutting calories or watching your calorie intake is pretty essential in order to lose weight.

If you have Type 2 Diabetes and are overweight, your doctor has probably already advised you to lose the extra weight for your diabetes management to be effective. However, there is no magic pill or a simple mathematical formula which can aid you in your journey of cutting calories and losing weight.

Learning to cut calories is a habit you must learn if you already haven't.

Below you will find a small section dedicated to each fitness expert sharing simple, lifelong effective hacks and tips on how you can do just that without having to change your life upside down or pay someone hundreds of dollars to help you reach your goals.

1. **Kim Dolan Leto**

Kim is the Director of Family Health & Wellness for the International Sports Sciences Association (ISSA).

Site: www.kimdolanleto.com

Tips:

- Trade in your quick weight loss fix for a permanent lifestyle change. Our society has trained us in instant gratification, but when it comes to our health, we need to commit to the long haul. Determine a clearly defined goal and break it down into the daily responsibilities necessary to accomplish it.
- Learn the math behind your weight-loss goal. Educate yourself on what portions should look like. Count your calories until you are familiar with them. Learn to cook all your favorite foods in a healthy way, and take advantage of the organic health food concepts popping up everywhere.



- Find your passion for exercise. Going to the gym to lift weights and do cardio isn't for everyone. What did you love doing when you were a kid? Get involved in what you enjoy doing, and sign up for an event associated with it.

2. Kelly Toups, MLA, RD, LDN

Kelly is an experienced dietitian that has worked in a variety of roles throughout the food system.

Site: <https://kellytoups.com/>

Tips:

- Whether or not you are managing diabetes, a healthy diet abundant in vegetables, fruits, whole grains, pulses, nuts, and seeds is a wise choice for eaters of all ages.
- To get the biggest nutritional bang for your buck, and avoid overindulging, aim to fill at least half of your plate with vegetables, like bell peppers, zucchini, kale, or spinach.
- Vegetables are less energy dense than other food groups, meaning they have fewer calories for a larger volume of food. Plus, they are a delicious way to sneak in additional nutrients.



3. Jill Coleman

Jill holds a MS in Human Nutrition and is an ACSM-certified personal trainer.

Site: www.jillfit.com

Tips:

- Choose ONE SINGLE new thing to implement at a time, and focus on being able to do that single thing well for 3-4 weeks or until it becomes effortless. The more new rules we try to implement at once, the more likely we are to fail at all of them. Sustainability is all about being patient and systematic.
- With that said, the first thing I have my clients implement is an increase in protein or eating protein at every meal, at least 15-



20g. Protein helps keep us fuller for longer more satiated and it helps maintain muscle and decreases hunger and cravings.

- Get the biggest bang for your time in the gym by prioritizing weight-training. The more intense the workout, the longer the caloric after-burn lasts. For traditional cardio, the calories are burned during. With weight training, specific hormonal effects allow us to continue for the rest of the day.

4. Adam Bornstein

Adam is a fitness editor, writer, and NYT best-selling author.

Site: www.bornfitness.com

Tips:

- Consider your lifestyle: If a plan tells you to abandon all carbs and your favorite food is pasta, complete withdrawal probably won't be a great solution. Your job isn't to find the magic bullet, but instead, determine what plan seems like a good fit for you—and then make sure it's legitimate.
- Write it down: When you start a weight loss plan, track your foods. I'm not a big fan of counting calories (although I admit that it works), but I do find that most people underestimate how much they eat on a day-to-day basis. So just writing down what you ate—even if you don't track the exact caloric amount—will be extremely helpful in allowing you to make adjustments to either food choices or the amount you eat. Self-adjustment is the best adjustment.
- Sleep more: I can't tell you how many people underestimate the impact of poor sleep. Oftentimes it's sleep deprivation that causes people to not only experience more hunger but also crave the foods they know are bad for them. And it doesn't take much: Sleeping less than 7 hours per night is enough to set you back and throw you off track.



5. Teffy Perk

Teffy is a writer and her blog [sprinkleofgreen](http://sprinkleofgreen.com) shares amazing food habits and recipes with the world.

Site: <http://www.sprinkleofgreen.com/>

Tips:

- Use healthy fats to cook! Say goodbye to highly refined and easily oxidized fats such as soybean and vegetable oils, and embrace grass-fed butter, coconut oil, avocado oil, and ghee.
- Cut down on some flour and sugar in baked goods by adding in grated veggies such as zucchini, carrot, sweet potatoes, beetroot, and even parsnip.
- Use nutritious ingredients in baking. Focus on getting your calories from foods that give back to your body such as nut flours, avocado, yogurt or coconut yogurt, and so on.
- Keep processed sugar to a minimum or not at all. It raises insulin and puts the fat loss on hold! Stevia and erythritol and good substitutes that won't spike your blood sugars and have near zero calories.



6. Ashley Borden

Ashley is a fitness & lifestyle consultant and celebrity trainer.

Site: www.ashleyborden.com

Tips:

- Eliminate anything that has the words “partially hydrogenated oil” in the ingredient list.
- Don't wait until the last minute to plan and make your meals. Take two days a week and prep your food for lunch and dinner. Use bottom ventilated Tupperware to keep food fresh, not soggy. Keep meals simple and leave restaurants for the weekend.
- Work on your overall strength and performance with any workouts you are doing. Keep your energy on form and not what you look like. TRACK your workouts and you can make vast gains.



7. Heather Frey

Heather is a national figure competitor, personal trainer, and the owner of Smash Fit.

Site: www.smashfit.com

Tips:

- First and foremost, stop focusing just on “weight loss”. Your goal isn’t just to lose weight, you want to feel better, look better, and keep it off forever. Shift your focus to ACTIONS and changing habits. Your day to day and hour to hour choices (the right ones) will have the beautiful consequence of “weight loss”.
- EAT. Seems to fly in the face of logic but not really. It’s not about eating less food, it’s about eating less wrong calories. So by simply replacing wrong foods with the right ones, you often get to eat MORE food, but it will fuel your workouts, your body, muscles, mood, and MIND, and that’s what will keep you on track.
- CONSISTENCY. Pick a way to work out that you’ll love (or like a whole bunch); choose foods you like, and choose a schedule for both that you can live with. Making food and workouts too *hard* will throw off any consistency, and the true path to weight loss and fitness is sticking with it until you get there.



8. Chris Freytag

Chris is Chairman of the Board of the American Council on Exercise (ACE) and is also a personal trainer, health coach, author, and speaker.

Site: www.chrisfreytag.com

Tips:

- Exercise in the morning. Many people report being more alert for the day and more productive when they exercise first thing. If it’s the first thing or one of the first things you do, there’s less chance of your workout getting postponed or derailed.
- Be calorie savvy and eat clean. Foods that are full of



preservatives, additives, chemicals, processed sugars and other junk don't jive with clean eating. Eat more fruits, veggies and lean proteins. Include healthy fats like nuts, seeds, avocado, olive oil, coconut oil and even dark chocolate.

- Muscle up. I know you want to burn calories while working out, but if you want your body to work more efficiently, you want your body to burn calories at the highest possible rate even when you're NOT exercising. You want to burn calories when you're sitting at your desk, relaxing at home, or even sleeping. One of the surest ways to do that is by building more muscle mass through strength training.

9. **Franklin Antoian**

Franklin is an American Council on Exercise certified personal trainer, fitness writer and fitness expert for Sears and Kmart. Also, one of SHAPE's 50 Hottest Trainers of 2013.

Site: <http://www.ibodyfit.com/>

Tips:

- The best way to lose weight is with a healthy, calorie specific diet. Everyone has an exact number of calories that they should consume daily. Find yours, stick with it and you'll lose the weight. It's science. Use this calc. to estimate your needed calories.
- Your weight can fluctuate 3% throughout the day. Be sure to weigh in daily on the same scale at the same time of the day so you get an accurate reading. Weighing in the morning usually shows a lower weight. You can easily get discouraged if you have a low weight in the morning and a higher weight just before bedtime.
- Part of weight loss is giving up some of the high calorie, low nutrition food, but not to worry. Give yourself a treat once per week or so. This will help you deal with cravings, as you know you will have a cheat day coming up.



10. **Jon-Erik Kawamoto**

Jon-Erik holds a MS in Human Kinetics, Exercise Physiology, and is a Certified Strength and Conditioning Specialist (CSCS.)

Site: www.jkconditioning.com

Tips:

- Tackle weight loss or improvements in body composition with your spouse or friend. Making a change(s) is always better with help.
- Get hands-on instruction for tasty and healthy recipes. Have your resources available for meal prep e.g. containers, utensils, and most importantly healthy food!
- Add in 3-5 short but intense workouts per week focusing on developing strength, your cardiovascular system, and good movement patterns.



11. Laura London

Laura is a Board Certified Health Counselor (AADP), weight loss & detox coach, and speaker.

Site: www.lauralondonfitness.com

Tips:

- Eat the best quality food you can find. Your body knows what to do with real food from “Mother Nature”. It does not know what to do with or how to process processed foods, especially artificial sweeteners. Being fit is about exercising. Being healthy is about eating healthy natural foods, and finding balance in your life.
- Write down your vision and goals: My advice would be to have a vision and a plan. Planning is the most important step in reaching your goals. Write down your goals, and like a staircase, take small steps. When you reach one cross it off and move up the steps to the next one.
- Give the body some love and detox: Sometimes the body just gets overloaded with stress, a poor diet, and external pollutants. Give your



body a break every once in a while. Take a day where you relax from “technology”, eat whole foods for the day or even try a juice or green smoothie day.

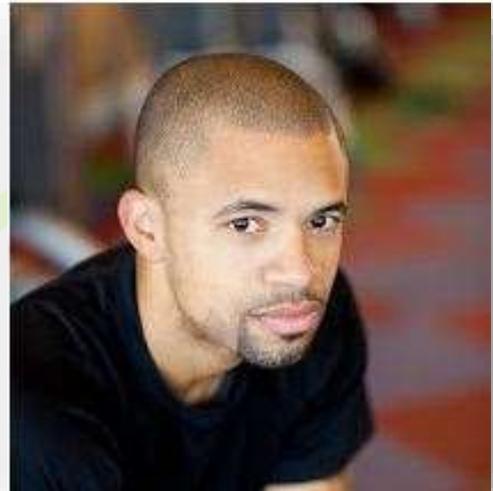
12. Darian Parker

Darian holds a Ph.D. in Sports Education Leadership and is an NSCA-certified personal trainer.

Site: www.doctordarian.blogspot.com

Tips:

- Nutritional Moderation – Studies of blue zone (geographic locations where people live the longest) inhabitants indicate that long living people who have lower body weight tend to stop eating before they get full. Moderation has always been important to a successful weight loss program.
- Exercise Consistency and Intensity – Consistency and intensity drive results with exercise and with most anything in life. Develop a plan that provides a stimulus that is great enough to elicit weight loss results.
- Social Interaction – Interacting with others who share a common interest in being fit ultimately influences your own health and wellness behaviors. Seek out others who also want to be healthy and fit.



13. Amy Clover

Amy is a fitness coach and the creator of The 30×30 Project, a tour of donation-based boot camps that benefit suicide prevention charity.

Site: www.stronginsideout.com

Tips:

- Stop counting, start feeling. Pay attention to your hunger cues and the purity and cleanliness of the foods you eat and stop counting calories!



- Stress less, lose more. Stress causes hormonal changes in your body that make it more difficult—if not impossible—to lose weight. Be active in relieving your stress; try yoga, meditation or just channel it out in your next HIIT workout!
- Lift like you mean it. By combining short-burst cardio with your strength training routine, you will burn fat like a mofo while increasing your metabolism with lean muscle. Boom; two birds, one stone.

14. Andrea Metcalf

Andrea is a leading fitness expert, celebrity trainer, author, speaker and fitness entrepreneur.

Site: www.andreametcalf.com

Tips:

- When you wake up, start the day with one large glass of water and a positive thought to get you hydrated and happy. New studies show that positive thoughts enhance performance.
- Veg Out. The more servings of vegetables and fruits you eat, the more they will help you lose weight. Strive for 9-11 servings a day – helps decrease inflammation as well as boost fiber.
- Daily vs Done. Short daily exercise bouts have a better effect on metabolism, attitude, and sleep than a few workouts done 2-3 times per week for the same amount of time. TIP: try the 10 minute before & after – 10 minutes of walking before or after each meal equals a 60-minute calorie burn.



15. Christine Bullock

Christine holds a B.A. in Psychology and Education and is certified in Pilates, pre & post natal, nutrition, Barre, TRX, and HIIT.

Site: www.christinebullock.com

Tips:

- Eat raw nutrient-rich vegetables and fruits for at least 50% of your diet. They are simple to prepare and inexpensive if bought in season. Raw foods will not only help you lose

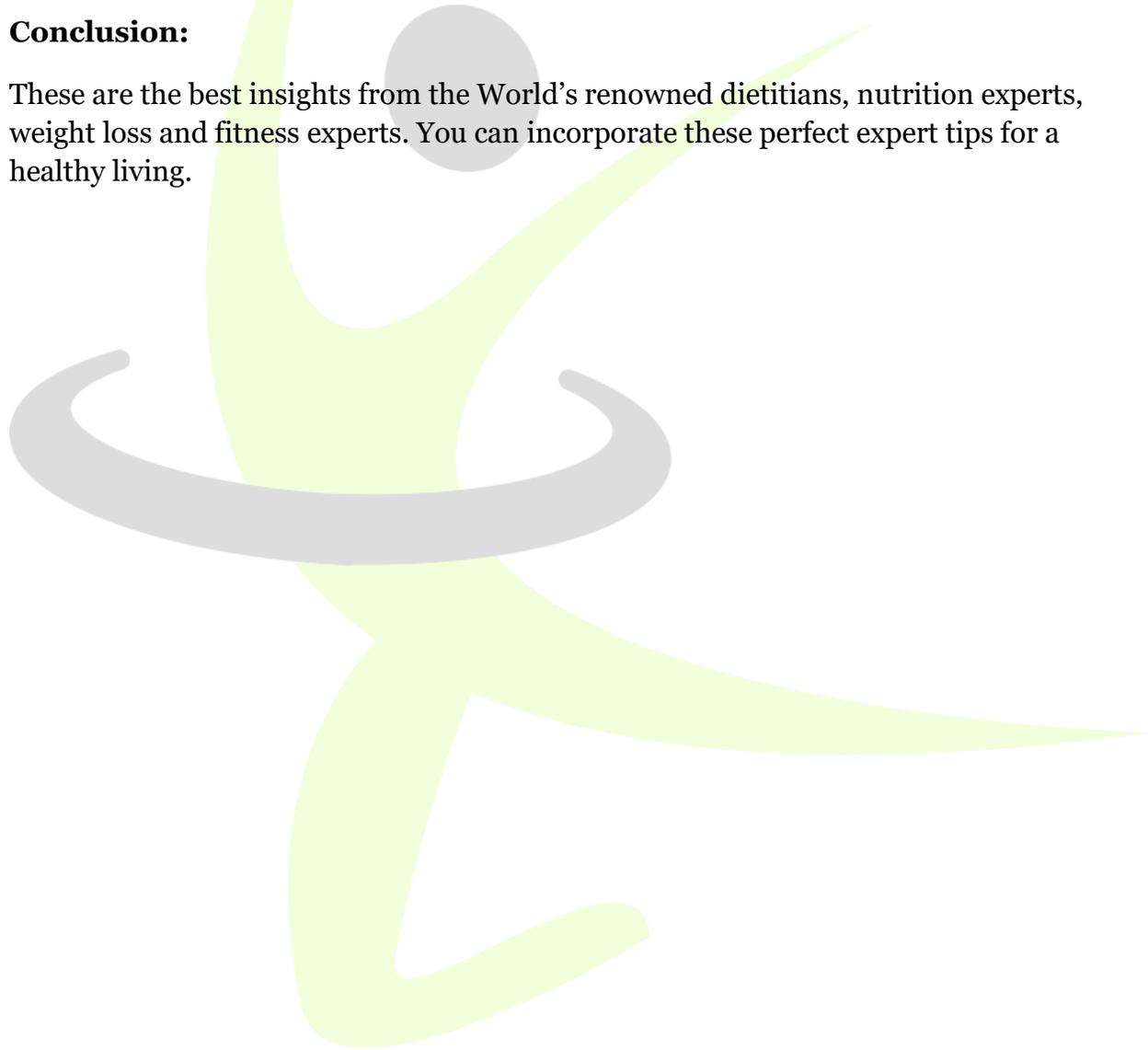


weight, they will provide long-lasting energy and are a powerful anti-aging aid.

- Do 2-3 different types of workout a week. Mix up types of exercise in order to avoid plateau and injury from overuse of the same muscle groups. My week includes weight training, HIIT, boxing, yoga, and Pilates!
- Your biggest meal should be mid-day. Try a nutrient-rich shake for breakfast and a lunch packed with protein, vegetables, and healthy fats. Reduce your caloric intake at night and don't eat 2-3 hours before bed-time!

Conclusion:

These are the best insights from the World's renowned dietitians, nutrition experts, weight loss and fitness experts. You can incorporate these perfect expert tips for a healthy living.



Chapter- 13

Don't Lose Muscles, Lose Fat.

If someone feels they're carrying about too much fat, they'll probably say they need to lose some weight.

Ironically, if that's their only goal—reducing the number on the scale—they're like to run into a new problem along the way: becoming skinny fat.

You see, the phrase “weight loss” is tossed around by just about everyone, including ourselves, but what we really want is a bit more than that.

We don't want to just “lose weight”—we want to reduce our body fat percentage and thus improve our body composition. That is, we want to reduce our total amount of body fat without reducing our total amount of lean mass.

In short, what most of us want to **lose is fat, NOT muscle.**

Ok, now you know that you can lose your hard-earned muscle mass while cutting your ugly body fat. To understand why and how this is possible and (more importantly) how to prevent it from happening, you first need to understand an important fact...

13.1 Weight Loss Vs Fat Loss: It's NOT The Same Thing!

Losing weight is usually synonymous with losing fat, but in reality, this is far from what is happening. So when people say they are going on a 'diet' to lose weight they don't necessarily lose fat at the end of it.

Let's start by defining weight loss & fat loss so you know what we are implying here:

Weight Loss: You want to lower your body-weight, the sum weight of your bones, muscles, organs, body fat ...

Fat Loss: You want to lower your body fat, the amount of fat your body carries. Healthy goals are 10% body fat for men and 15% for women.

Now, despite some of the crazy things you may have heard before about how to lose fat, the truth is that there is just one major requirement... **a caloric deficit.**

When that caloric deficit is present, your body is forced to find some alternative source of energy on your body to burn instead. Ideally, this would ONLY be your ugly stored body fat. However, it can also be your pretty lean muscle tissue.

Most people focus solely on the amount of weight they lose. They don't care too much about where that lost weight comes from.

That's a mistake. If you want to be in better shape than you are right now, your number one priority is to maintain (or even gain) muscle while you lose fat.

13.2 What losing muscle means?

When the talk is about losing muscle, most people are referring to the loss of muscle protein. But there's a lot more than just protein inside your muscles.

Take a close look at a slice of muscle tissue under a microscope. You'll see stored carbohydrate in the form of glycogen, fat stored both in and between muscle fibers, as well as water.

When you go on a diet, the amount of glycogen and water stored in your muscles is going to drop. In the first week or so of dieting, you'll often lose muscle glycogen and water a lot more quickly than you drop fat.

Given the fact that some of the material stored in your muscles has been lost, we could say that you've lost muscle, particularly as they may take on a slightly "deflated" appearance.

What's happened is that your muscles have flattened out a bit because there's not as much "stuff" in there as there was before.

Remember, you haven't lost actual muscle protein. Rather, you've just lost some of the substances stored around those proteins, which can be replaced very quickly.

When I talk about losing muscle, I'm referring to the ongoing loss of muscle protein over a period of weeks and months, rather than the initial loss of glycogen and water.

13.3 How to tell if you're losing muscle or fat?



The only way to measure your body fat is to have all of it stripped out, placed on a scale, and weighed. This method is highly accurate. The only downside is that you have to be dead for it to happen.

Body fat scales are largely a waste of time. Skinfold calipers can be useful in some circumstances, but even they have their problems.

Even “high tech” devices like DEXA and the Bod Pod can’t be trusted.

So, what are you supposed to do?

I suggest using two simple metrics — your weight on the scales and your performance in the gym.

1. **Scale Weight:**

The argument against using the scales to track your progress is that any loss of fat will be offset by a gain in muscle. That is, if you lose 5 pounds of fat and gain 4 pounds of muscle, the scales will show that you’ve lost only 1 pound in weight.



While the theory sounds good, it doesn’t always work that way in practice. Once you’ve moved past the “overweight beginner” stages of training, you won’t be building muscle at anything like the same speed at which you’re losing fat.

The best that most people can hope for is to gain a relatively small amount of muscle while losing a much larger amount of fat.

While the scales aren't a completely accurate way to track your progress, they will tell you if you're moving in the right direction.

Over a period of several weeks, you'll be able to see a trend. If the trend isn't downwards, you'll know that some aspect of your diet and training program needs to change.

2. Gym Performance:

When you cut back on your carbohydrate intake, it's not unusual to see a decline in performance during certain types of exercise. If your performance in the gym is improving, there's a good chance — at the very least — that you're holding on to the muscle you have.

And by an improvement in performance, we're talking about doing more reps with the same weight or lifting a heavier weight for the same number of reps. Someone who is very overweight and new to lifting weights will find it relatively easy to gain strength while dropping fat. As you get leaner, the rate at which you gain strength will slow down.

Eventually, you'll reach the point where the best you can hope for is to maintain your strength.

What this means is that you'll need to modify your expectations as your body composition changes. All other things being equal, you'll find it easier to gain strength while losing fat when you're going from "overweight" to "lean" then you will be going from "lean" to "ripped."



That doesn't mean you should stop trying to get stronger. But it's not something you should necessarily expect, especially once you've moved past the beginner stages of training.

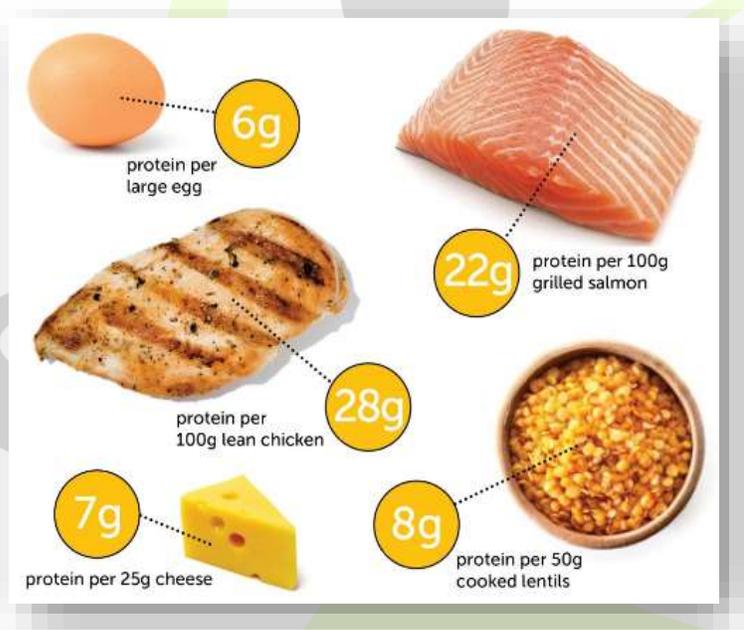
Muscle size and strength are not 100% correlated, and there are other factors (such as your nervous system doing a better job of using the available fibers in a given muscle) that contribute to gains in strength.

But for our purposes, the link is strong enough. If you're gaining strength, you're on the right track. Even just maintaining your performance in the gym while losing weight is a good sign that what you're doing is working.

13.4 How to lose fat without losing muscle?

Best ways to lose fat without losing muscle:

1. Eat adequate protein:



If you think that protein is the main building block for muscles it makes sense to eat more of it. With eating, protein quality also matters not just quantity so aim for foods which contain most essential amino acids (the building blocks of protein). Examples of good quality proteins are dairy, eggs and animal protein.

Nutritionally speaking, losing fat without losing

muscle is all about eating enough protein every day. Numerous studies have proven this to be true. Even in the absence of a proper weight training routine, more of the weight you lose will be body fat rather than muscle mass just as a result of an increased protein intake.

So, the first step of any muscle-preserving diet is always getting your ideal amount of protein for the day i.e. **0.8-1.3g** of protein per pound of your current body weight.

2. Do a lot of heavy, compound weightlifting:

By heavy, we mean that you should work primarily with weights in the range of 75 to 85% of your 1RM. By "compound," we mean exercises that train several major muscle groups, like the squat, deadlift, and bench press.

Doing this will benefit more than your muscle mass, too — it can also help you lose fat faster, mainly due to what's known as the “after-burn effect” (calories burned long after the workout has ended).

Research also shows that the big compound movements like the squat and deadlift are the types of exercises that benefit most from this effect.

3. **Maintain only a moderate caloric deficit:**

Crash diets will cause muscle loss no matter what you do. It's far too extreme on the body and won't give your body enough nutrients to heal and recover. Worse, you'll also risk health problems and even overtrain.

If you want to cut after a bulking phase and still have the muscle to show for it, start with a moderate deficit of only 500 calories—it's just the right number to spark fat loss without sacrificing muscle size or strength gains. Track your progress every few weeks in the form of a body-fat percentage, circumference measurements, and photos to ensure you're on the right track.

4. **Eat carbs after your workout:**

After a hypertrophy-driven workout, your muscle fibers are damaged and your energy reserves need refueling. Starving your body of carbs will hurt your recovery and lead to increasingly crappier workouts. Instead, eat carbs post-workout.

Once you finish your last set, your metabolism is high and your insulin sensitivity—your body's ability to tolerate carbs—is at its highest.

Pick starches like rice, baked potatoes, and sweet potatoes to start the recovery process and fill your body with the energy it needs to perform at a high-level.



5. **Delay your breakfast:**

“Delay your breakfast” don't mean skip it all together or wait a couple of hours. It is more in the range of 30-45min.

What you don't want to do is starve your body and actually have the opposite results by stressing it out. You just want to create that small window of opportunity in which your body will burn fat efficiently.

6. **Cut down on cardio:**

Keep the cardio in the range of 30-45min.

Too much cardio exercise can be stressful for your body, especially when your carbohydrates stores start being low and in the result, you will actually burning muscles.

Use slow and easy methods of aerobic exercise such as walking on a treadmill at an incline, an easy bike ride, or a light jog. Maintaining an easy pace will only use your Type I muscle fibers, which are extreme fatigue resistant, and promote more blood circulation to help clear lactic acid and metabolic waste.

7. **Eat Citrus Fruits:**

Eat citrus fruits if you must eat fruits as they are acidic and raise insulin less than most typical fruits (exception of pineapple). Plus they contain flavonoids such as naringin, found in oranges and more so in grapefruit which also helps with fat loss by extending caffeine's effects.

Do not eat grapefruit with prescription meds as it may have negative side effects. Kiwi, mango, and strawberries also fit the bill as good citrus fruits.



13.5 How to Track Progress Efficiently?

You don't need to track progress weekly, changes wouldn't be drastic enough. Track progress every 2 weeks.

- **Stop Weighing Yourself Daily.** The daily fluctuations will mess with your motivation. Weigh yourself once every 2 weeks, not more.
- **Stop Looking in The Mirror.** Self-image issues can skew perception. Shoot full body pictures and compare them with old ones.
- **Track Body Fat.** Get a fat caliper and track your body fat every 2 weeks. Use this how-to guide and watch this video.
- **Take Measurements.** Girth measurements of your neck, chest, arms, waist & thighs. The waist should go down, rest should go up.
- **Shoot Pictures.** Full body pictures from ankle to neck, front/back/side, every 2 weeks. Compare with your previous pics.

- **Strength Stats.** Log your workouts. Strength going up means muscle gains and strength training prevents muscle breakdown.

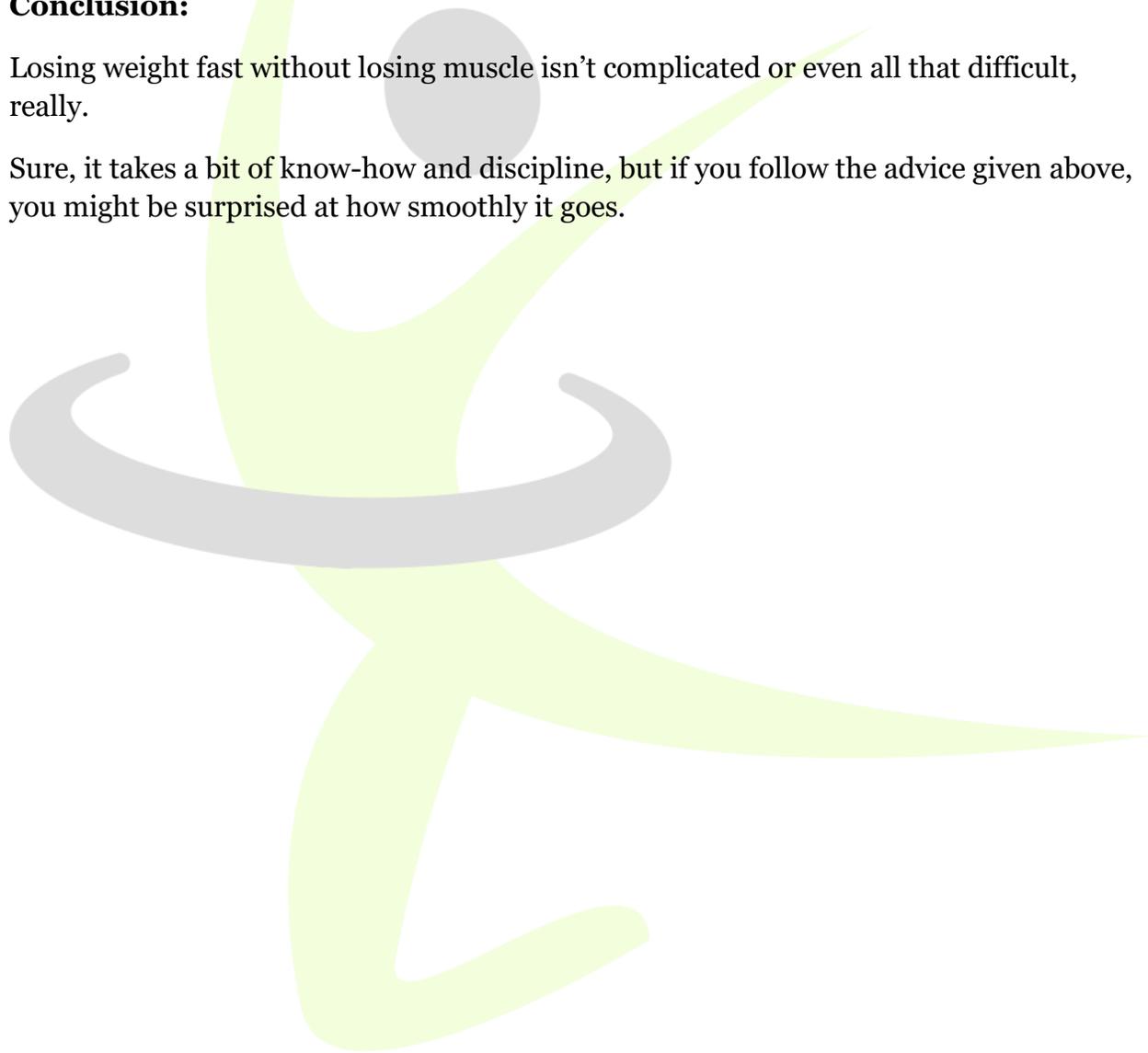
These rules only work when adhered to in the strictest sense. If you give the rules 100% compliance you will get 100% of the effect.

Several things influence the “numbers game” that determines fat loss, but one of the most important keys to seeing safe, lasting results is to always eat enough to support the weight you want to be.

Conclusion:

Losing weight fast without losing muscle isn't complicated or even all that difficult, really.

Sure, it takes a bit of know-how and discipline, but if you follow the advice given above, you might be surprised at how smoothly it goes.



Chapter- 14

Top 20 Misconceptions about Weight Loss.

Weight loss is an important part of your self-esteem and your overall health. While it is essential to achieve the best version of you, it can often be a struggle. There are many things that can hinder your weight loss success.

One of the biggest things that create a struggle for people trying to lose weight is falling victim to common misconceptions in weight loss. When you eliminate those myths, you are on your way to an easier weight loss journey. Let's visit some common weight loss myths and go over some helpful tips on how to handle them.

14.1 Common misconceptions in a weight loss journey:

Myth #1 All "Calories" are equal:

Fact: Not all calorie sources have the same effects on health and weight.

The calorie is a measure of energy. All "calories" have the same energy content. However, this does NOT mean that all calorie sources have the same effects on your weight.

Different foods go through different metabolic pathways and can have vastly different effects on hunger and the hormones that regulate body weight.

For example, a protein calorie is not the same as a fat calorie or a carb calorie.

Also, calories from whole foods (like fruit) tend to be much more filling than calories from refined foods (like candy).

Myth #2 The only way to lose weight is to avoid carbs:

Fact: You can't ditch carbohydrates if you hope to eat a healthy diet.



Eaten in the right quantities and as part of a balanced diet, carbohydrates will not, on their own (i.e. without butter, creamy sauces, etc. added to them) lead to weight gain.

Whole, single ingredient carb-based foods are incredibly healthy. Carbohydrate-rich foods, such as vegetables (including beans and peas), fruits and whole grains, are the foundation of each of these healthy eating patterns.

Myth #3 Cutting fat from your diet helps you lose weight:

Fact: Avoiding fat doesn't lead to weight loss. In fact, it often leads to weight gain.

People who cut fats from their diet tend to replace those calories with added sugar and refined grains. "These hijack your metabolism, drive inflammation, spike insulin and pack on the belly fat," says Brigid Titgemeier, MS, RDN, LD.

"This leads to a vicious cycle of more sugar cravings and loss of willpower. Your taste buds crave what you feed them, and sugar is extremely addictive."

Eat healthy fats (avocados, extra virgin olive oil, ground flax seeds, hemp seeds, walnuts, wild salmon) to lose weight, feel satisfied after eating and lower your inflammation levels, she advises.

Myth #4 Supplements can help you lose weight:

Fact: Most supplements for weight loss are completely useless. The best ones can help you lose a few pounds, at most.

The weight loss supplement industry is massive.



There are all sorts of different supplements out there that claim to have dramatic effects, but they are never very effective when studied.

The main reason they can work for some people is the placebo effect. People fall for the marketing and want the supplements to help them lose weight, so they become more conscious of what they eat.

That being said, there are a few supplements that can have a modest effect on weight loss. The best ones may help you lose a few pounds over several months.

Myth #5 If you're not sweating afterward, it wasn't a good workout:

Fact: Sweat is not an indicator of calories burned.

When you sweat it's just your body responding to external conditions to regulate your internal body condition.

More likely it's your body responding to an overheated gym rather than a gut-busting workout.

Myth #6 Skipping meal helps with weight loss:

Fact: Skipping meals cause you to store empty calories as fat.



Despite the popular rumor that skipping a meal will pump up your weight loss, the opposite is true.

Skipping meals will put your body into starvation mode and cause you to store empty calories as fat. For this reason, do not skip meals.

Also, skipping meals tends to make you overeat later. If you have diabetes, it's important to keep up a steady intake of small portions of food throughout the day to keep your blood-sugar levels stable and reduce the risk of hypoglycemia.

Myth #7 Food labeled 'low fat' is always a healthy choice:

Fact: Low-fat foods also sometimes contain high levels of sugar.

Foods labeled 'low fat' have to meet legal criteria to use that label. Labels such as 'reduced fat' do not have to meet the same criteria and can be misleading.

'A reduced-fat snack should contain less fat than the full-fat version, but that doesn't automatically make it a healthy choice: it could still contain a lot more fat than, say, a portion of fruit.

Myth #8 Fast Food is Always Fattening:

Fact: Fast food does not have to be unhealthy or fattening. Most fast food chains offer some healthier alternatives to their main offerings.



Not all "fast" food is bad.

There are even entire chains that have become popular that focus exclusively on serving healthy foods (such as Chipotle).

It is possible to get something relatively healthy at most restaurants. For example, a steak or a hamburger without the bun, with baked potatoes.

Even most cheap fast food restaurants offer something healthier (or at least less unhealthy) than their main offerings, such as a chicken salad.

These foods may not satisfy the demands of rigid organic eaters, but these options are still a decent choice if you don't have the time or energy to cook a healthy meal.

Myth #9 People with obesity are unhealthy, thin people are healthy:

Fact: Obesity is linked to several chronic diseases, such as type 2 diabetes. However, many people with obesity are metabolically healthy, and many thin people are not.

It is true that obesity is associated with an increased risk of several chronic diseases.

This includes type 2 diabetes, heart disease, increased risk of some cancers, and others.

However, there are still plenty of people with obesity who are metabolically healthy, and plenty of thin people who have these same chronic diseases.

It seems to matter where the fat builds up. If you have a lot of fat in the abdominal area, around the organs, then this type of fat is much more strongly associated with metabolic disease.

The fat that builds up under the skin, the subcutaneous fat, is more of a cosmetic problem.

Myth #10 Cardio is the best way to lose weight:

Fact: Grab the weights.



Strength training often burns more calories than cardio, depending on the duration and intensity of your workouts.

You burn the majority of your calories through your resting metabolic rate (RMR).

Weight training preserves your RMR by preserving lean body mass (LBM), which contributes to the calories you burn in a 24-hour period independent of physical activity. In other words, you continue to burn calories long after you've worked out.

Myth #11 Choosing foods that are gluten-free will help you eat healthier.

Fact: Gluten-free foods are not healthier if you don't have celiac disease or are not sensitive to gluten.

Gluten is a protein found in wheat, barley, and rye grains. A health care professional is likely to prescribe a gluten-free eating plan to treat people who have celiac disease or are sensitive to gluten.

If you don't have these health problems but avoid gluten anyway, you may not get the vitamins, fiber, and minerals you need. A gluten-free diet is not a weight-loss diet and is not intended to help you lose weight.

Before you decide to avoid a whole food group, talk with your healthcare professional if you believe you have problems after you consume foods or drinks with wheat, barley, or rye.

Myth #12 Snacking is always a bad idea:

Fact: Having snacks in between meals might actually help you eat less, and stave off the urge to overeat or binge later.

Mindless snacking is a bad idea, but mindful snacking is an excellent strategy to keep you feeling satisfied between meals. When you snack in a healthy way, you are less likely to overeat and binge on foods that are unhealthy. Healthy snacking also keeps you from succumbing to cravings.

Many people need snack in-between meals to maintain energy levels, especially if they have an active lifestyle. Choose fruit or vegetables instead of crisps, chocolate and other snacks that are high in sugar, salt, and fat.

Myth #13 If I exercise a lot, I can eat anything I want:

Fact: Losing weight occurs when you create a calorie deficit either by eating fewer calories, burning calories through exercise or a combination of both.



It might sound logical that if you work out, you can eat whatever you want, but this is usually not the most effective way to lose weight. Believe it or not, it is easier not to eat the chocolate cake than it is to burn it off. One slice of decadent chocolate cake could contain as many as 500 calories and require up to five miles of jogging to burn it off.

If you stuff yourself with dessert after every meal, you won't have enough time in a day to burn off all of the calories you have accumulated.

Aim for balance: exercise regularly, eat better and have smaller portions, but be sure to eat until you are satisfied. This is a strategy that will bring you favorable results.

Myth #14 "Going vegetarian" results in losing weight and becoming healthier:

Fact: Vegetarians can also consume high amounts of fat and cholesterol if they end up making poor food choices.

Some research shows that a healthy vegetarian eating plan or one made up of foods that come mostly from plants, may be linked to lower levels of obesity, lower blood pressure, and a reduced risk of heart disease.

But going vegetarian will only lead to weight loss if you reduce the total number of calories you take in. Some vegetarians may make food choices that could lead to weight gains, such as eating a lot of food high in sugar, fats, and calories.

Eating small amounts of lean meats can also be part of a healthy plan to lose or maintain weight. The U.S. Dietary Guidelines 2015-2020 have more information about including meat as part of a healthy eating plan.

Myth #15 Eating late at night or just before you go to bed makes you gain weight:

Fact: Calories are calories. If you eat too many and don't burn enough, you will gain weight.

A midnight snack isn't necessarily a bad thing. Many people eat dinner at 9 or 10 at night, and they don't have weight problems.

The thing is people usually eat poor things right before going to bed, which is the root of this problem. At night, you will probably prefer a pint of ice-cream over salad. So rather than focusing on when to eat it is more important to think about what you eat.

After all, it's all about calories, eating late and going to bed simply doesn't matter. When you eat too much your body has an amazing ability to store the extra calories as fat.

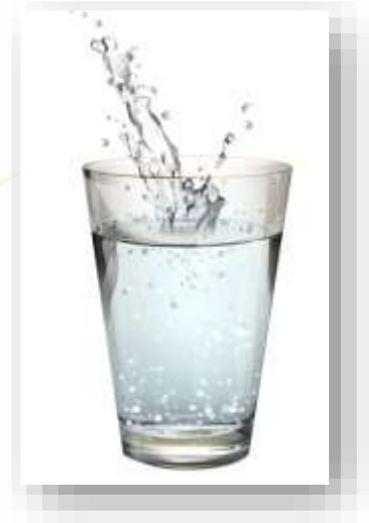
Eating later for most people generally means that they have eaten more calories than they need.

Myth #16 Drinking a lot of water helps you lose weight:

Fact: Water can do a lot of things like keep you hydrated and may curb your appetite temporarily. However, it cannot burn your calories for you.

Water does not cause you to lose weight, but it does keep you hydrated and might help you snack less. Water is essential for good health and wellbeing. Sometimes thirst can be mistaken for hunger – if you're thirsty you may snack more.

But yes, it totally makes sense that if you just drink more water but don't limit your portion sizes and the amount of nutrient-poor, high-calorie foods you're consuming, you'll still be taking in the same number of calories. You'll just also be more hydrated.



Myth #17 Fruit juices are low in calories and lead to weight loss:

Fact: That's not true! Consuming a whole fruit is always a better choice.

Fruit juice is devoid of fiber and contains only the fruit sugar. Sometimes we add extra sugar in our fruit juice for better taste. That can make your “dieting” go down the drain.

Whole fruit is full of healthy fiber that not only helps cleanse your intestines but also helps to control your appetite by making you feel satisfied.

Myth #18 Foods that tastes good is always bad for you:

Fact: If you think that healthy foods taste bland and that highly processed, sugary and fatty foods taste good, then your taste buds may need a tune-up.

“Many people who believe healthy foods don't taste good don't know how to prepare them to enhance their natural flavor,” says Julia Zumpano, RD, LD.

Added sugars, artificial sweeteners, and man-made fats can hijack your taste buds. Once you start eating more natural foods, your taste buds come to appreciate the subtle sweetness of berries and the tartness of cherries, cranberries, and citrus. You'll love the way garlic, onions, peppers (hot, mild and sweet), turmeric, ginger, and nut- or seed-based oils (peanut, sesame, almond, flaxseed, pumpkin seed) enhance flavor.

Myth #19 Excess weight is a genetic problem:

Fact: There is no Gene called as FAT Gene that is transferred from parents to their children in the family tree.

Chances are that if parents are fat, they are likely to have an unhealthy lifestyle and eating habits which they, in turn, teach their children. So unhealthy habits are passing down in the family tree.

However, if he adheres to the “non-fatty” diet, he will be able to avoid the occurrence of excess fatty deposits.

Myth #20 Dairy products are fattening and unhealthy:

Fact: Dairy products are an important food group because they have protein your body needs to build muscles and help organs work well, and calcium to strengthen bones.



Most dairy products, such as milk and some yogurts, have added vitamin D to help your body use calcium since many Americans don't get enough of these nutrients. Dairy products made from fat-free or low-fat milk have fewer calories than dairy products made from whole milk.

Adults should have 3 servings a day of fat-free or low-fat dairy products, including milk or milk products such as yogurt and cheese, or fortified soy beverages, as part of a healthy eating plan.

Conclusion:

There's a lot of conflicting noise out there about diets and weight loss, and it's tempting to latch on to the latest trend in the hopes that it will be the new “magic bullet.”

But your best bet is to stick with what has proven results: Getting your nutrition and exercise on track, getting enough sleep, and staying on top of the latest science-backed information about nutrition and fitness.



[Click Here to Grab Weight Loss Mantra HD Training Video](#)

Chapter- 15

Benefits of Weight loss

If you are overweight or obese, there are many benefits to losing weight. You don't have to lose all of those extra kilograms to reap the benefits – just losing 5-10 percent of your body weight can start delivering major health benefits.

There are several benefits of losing weight and we have discussed them in previous chapters also. In this part, we have outlined in detail the major benefits of not being obese or overweight.

15.1 Top 10 medical benefits of losing weight:

1. A Lower cholesterol level:

Being overweight is linked to high levels of LDL, which is the “bad” type of cholesterol. As LDL cholesterol circulates through your blood, it can deposit plaque in your arteries, narrowing them – which can lead to heart attack or stroke.

Exercise and a healthy diet will help increase your HDL cholesterol, which is the “good” type of cholesterol that stops LDL from depositing on your artery walls. Ten pounds of weight loss can lower cholesterol by more than 10%.

2. Lower blood pressure:

Blood pressure measures the pressure on your artery walls, so if you have plaque buildup in your arteries, your blood pressure will be high.

Hypertension thickens the walls of the heart, leaving them stiff and prone to heart failure. As the heart works harder, blood vessels in the kidneys can be damaged, which can lead to kidney failure. Losing 10 pounds will decrease your blood pressure, protecting your heart and kidneys.



3. Reduced risk of heart attacks:

Excessive plaque buildup can result in dangerously narrowed arteries. In the case of a heart attack, your coronary artery becomes completely blocked, cutting off the oxygen that your heart muscle needs, with possibly fatal results.

As mentioned above, weight loss lowers your blood pressure and cholesterol. Incredibly, just 10 pounds of weight loss can result in a greater than 50% risk reduction for heart attacks.

4. Decreased risk of diabetes:

Type 2 diabetes is associated with obesity, but losing weight may help to reverse or lessen its effects.

The more excess weight on your body, the less sensitive your cells become to insulin, the hormone that manages the movement of sugar into your cells.

Being overweight puts you at huge risk of developing type 2 diabetes, where your body's cells become resistant to insulin and as a result, cannot function properly.

By getting active and controlling your weight, you can increase your response to insulin. A weight loss of 10 pounds can reduce your chance of getting diabetes by 60%.

5. Decreased risk of certain cancers:

Obesity increases cancer risk. The exact reasoning remains unclear— but fat cells are highly active, releasing large amounts of hormones like estrogen, insulin, and insulin-like growth factors that can fuel many cancers.

The risk for many types of cancers declines when you lose weight, but it's particularly true for breast and uterine cancer, where losing only 8 pounds can significantly reduce the levels of specific carcinogenic hormones.

6. Reduces pressure on your joints:

A 2005 study in *Arthritis & Rheumatism* of overweight and obese adults with knee osteoarthritis found that losing one pound of weight resulted in four pounds of pressure being removed from the knees. In other words, losing just 10 pounds would relieve 40 pounds of pressure from your knees.

7. Eases pain and inflammation:

The results of a 2010 study from the University of Paris published in the *Annals of Rheumatic Disease* indicated that weight loss can lessen pain, improve function and lower inflammation levels in the body.

Fat itself is an active tissue that creates and releases pro-inflammatory chemicals. The authors of another study titled Effects of Exercise and Physical Activity on Knee Osteoarthritis noted that exercise, which aids in weight loss, can help manage and lessen the pain and symptoms of arthritis.

8. Reduced Risk for Sleep Apnea:

Sleep apnea affects 12 million people in the U.S., and people who are overweight are among the most commonly affected.

When you are overweight, extra tissue thickens your windpipe wall, narrowing your airway. Consequently, the size of your tongue and tonsils become a threat to the narrowed airway – especially when you are sleeping, and can cause a life-threatening condition known as sleep apnea. In this illness, an unsuccessful effort to take in air results in a dangerously low oxygen level while you're sleeping. Your brain shocks your body awake to keep you alive. If you have severe sleep apnea, you can be woken up hundreds of times a night.

Losing just 10 pounds can widen your windpipe, helping you sleep through the night and reduce your risk of developing sleep apnea. And when you sleep well, your levels of leptin (the hormone that signals when you've had enough to eat) rise. So, a good night's sleep will help you lose even more weight.

9. Reduced Risk of Dementia:

Nearly half of Americans have too much visceral fat, the abdominal fat that surrounds your internal organs, visible in their protruding bellies. The danger is this: visceral fat contains cells that release inflammation-causing chemicals in the body, which can cause memory loss and increase your chances of developing dementia.

Additionally, obesity can put you at risk for stroke. Some strokes, known as “silent strokes” can occur without symptoms – but each time, blood is cut off to the brain, resulting in damaged, dementia-prone brain tissue. High blood pressure and cholesterol can also increase the likelihood that you'll develop Alzheimer's disease.

10. You may say so long to Seasonal Allergies:

If your eyes used to get itchy every spring once the flowers begin to bloom, your weight may have been to blame. That's because being overweight can strain the adrenal glands and respiratory system, exacerbating asthma and allergy symptoms.



Now that you're trimmer, you may be able to ditch your inhaler and cut back on the seasonal pill popping—just don't do so without speaking with your M.D. first!

15.2 Top 12 Lifestyle benefits of losing weight:

1. Your energy levels will skyrocket:

A big energy boost is often the first thing people notice when they start dropping weight. Why? When you're carrying around fewer pounds, you use less energy to simply go about your day. Weight loss also improves oxygen efficiency, so you won't find yourself out of breath so easily when climbing stairs or hustling to catch the bus.

2. Food will taste better:

After losing weight, your dinner may taste even better. According to a Stanford University study, overweight people have less taste sensitivity than their slimmer counterparts. The experts behind the report say this may be because taste buds become dulled with overuse.

Another theory points to hormonal shifts that take place during weight loss, which may change the way taste receptors communicate with the brain.

3. Your sex drive will improve:

Nope, it's not just your imagination. As your BMI dips, you're more easily aroused—and it's all thanks to rising testosterone levels.

In one *Journal of Clinical Endocrinology and Metabolism* study, heavier men had T-levels comparable to gents nearly a full decade older. You may also feel less self-conscious in the nude, which can increase your desire to get it on, too.

4. You will find out who your real friends are:

There's no denying it: When your body changes, so do your relationships. Most of your friends will be happy for you, but it's possible that a handful will be jealous and resentful—especially if your friendship was built on a mutual understanding of what it's like to be overweight.



If this happens to you, ask your friend what's up. Tell them that you value their friendship, and ask if you can talk about why they've been acting differently toward you. If they are open to talking about it, you can likely work things out.

5. Your sexual performance will increase:

With the energy boost, you get from losing weight and the uptick in stamina from hours spent at the gym if you really wanted to go all night you could.

Increased physical fitness has been associated with greater satisfaction in the bedroom. So not only do you want to get busy more often, but the actual act itself is more enjoyable for both you and your partner.

6. You'll get better hormonal balance:

Your thyroid gland makes and releases two very important hormones which regulate your metabolism and can also affect muscle strength among other things.

When you rid your body of excess fat your hormones steady and as a result, it's easier for you to maintain or even further your weight loss.

7. Your skin will glow:

Skin elasticity and color are known to be altered by problems with nutrition, and diets high in carbohydrates and sugar can cause skin pallor and skin tags. The darkness around the eyes can be a sign of iron deficiency anemia, protein anemia, diabetes, or stress from a variety of sources.”

8. Improving your mood:

When you're overweight, your entire system is out of balance, and this includes the hormones that impact your mood. As a result, losing weight can increase your overall well-being and decrease the severity of depression.

Many overweight people suffer from severe depression, and depression can also increase the chances of being overweight as it reduces the individual's ability or desire to help their overweight situation or to prevent it in the first place.

9. Fewer Prescription Medicines:

You may be able to take less blood pressure or cholesterol medication, for example, or learn to manage your type 2 diabetes without giving yourself daily injections. Studies also show that losing weight may allow you control chronic conditions like asthma and heartburn without (or with less) medication, as well.

10. Your eye health will improve:

Matthew McConaughey told interviewers that his rapid weight-loss in preparation for his role as an AIDS victim in Dallas Buyers Club caused him to start losing his eyesight. That may be the result of extreme calorie restriction or nutritional deficiencies—but for most people, weight loss can actually protect their vision from obesity-related conditions like type 2 diabetes.

A 2013 University of Georgia study, for example, found that higher body fat percentage was associated with lower levels of the antioxidants lutein and zeaxanthin in retinal tissue. "The results indicate that adiposity may affect the nutritional state of the retina," the authors wrote. "Such links may be one of the reasons that obesity promotes age-related degenerative conditions."

11. You'll save more money:

Losing weight can help you spend less money on healthcare expenses and potentially even less on regular food expenses. The money you save by drinking less at the bar and eating more at home can really add up!

Slashing just 100 calories a day from your diet will save you an average of \$175.20 a year. Even more, a 2004 study found that the average paycheck is lower for someone who is overweight than for someone of normal weight.

12. Better sleep:

It's no secret that many Americans are chronically sleep deprived. Between work and family obligations, many people just aren't getting enough good quality sleep. Being overweight can negatively affect sleep patterns as well and make it more difficult to get a good night sleep. Losing just a little bit of weight can help you sleep better and longer, and even get rid of snoring and sleep apnea.

15.3 Top 5 Emotional Benefits of losing weight.

1. Confidence – Worries about being the fattest person in the room, or feelings of disgust every time they try clothes on at the shopping mall can all be replaced with feelings of confidence through knowing that they are doing all they can do towards health and vitality.

2. Happiness - Obesity is associated with increased incidence of low mood and depression. Additionally, external factors such as bullying or ridicule can contribute to the sadness. Losing weight in a healthy manner counteracts depression and boosts feelings of happiness and contentment.

3. Healthy stress management - The great thing about learning to live in a healthy way is that overweight people not only lose weight but learn how to express painful emotions in other ways rather than turning to food. With weight loss, change occurs not

only with negative habits but also in mindsets, which ultimately leads to a more emotionally balanced individual.

4. Career advancement - Research has shown that overweight people may miss out on jobs or promotions because of their weight, indeed it is not uncommon for overweight individuals to have lower incomes. Employers can demonstrate a subconscious bias against overweight people as they judge them to be lazy or weak-willed. With little weight loss, everyone can enjoy a non-judgmental environment, develop their confidence, self-esteem in addition to life skills such as leadership and work as a team.



5. Social interaction - Often in our culture, there is a skewed opinion that being overly thin is the ideal of physical attractiveness. It is not uncommon for overweight individuals to experience bullying and discrimination. When a person takes their health and weight under control they can enjoy freedom from these social hindrances and enjoy their lives more fully.

Conclusion:

These are the few benefits many people enjoying after losing weight. If just a 5-10 percent weight loss impacts your health in such a positive way, think about what losing a significant amount of weight could accomplish!

Conclusion

Obesity is a public health problem that has become epidemic worldwide. According to the World Health Organization (WHO), there will be about 2.3 billion overweight people aged 15 years and above, and over 700 million obese people worldwide in 2015.

Weight loss is not new – many people had become successful in their weight loss journey, some are still struggling with it while others have given up after few days of struggle.

The reason is a sedentary lifestyle and World's obsession with fast food.

A healthy and balanced diet with proper exercise is the key to successful weight loss.

Incorporating small changes and day by day increasing their intensity will lead you to your goal.

If you have tried to lose weight in the past and failed, then this book is for you.

If you haven't done anything to lose your weight but now you need to lose a considerable amount of it, then this book is the perfect guide for you.

This guide is for anyone looking to take their success in their weight loss journey. This guide provides you with dozens of actionable tactics and guidelines you can put to work today and achieve a healthy and disease free lifestyle which you always desired.

Nothing Is Impossible, The Word Itself Says I'M Possible. So, Always Hope For The Best.

Best of luck!



[Click Here to Grab Weight Loss Mantra
HD Training Video](#)