

WEI GHT LOSS

eDites | Sensa | Exercise



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Chapter 1

The Battle of the Bulge

Weight Loss: Then & Now

The concept of weight loss has always been a major concern for many people. The attempt to shed the pounds and keep them off is a battle that has continued to rage on for years. In the past, the most common individuals dealing with weight loss mostly consisted of new mothers, eager to slim down after giving birth. Of course in Hollywood, the desire to stay thin has always come with the territory. Anytime a major celebrity gained a significant amount of weight, the media had a field day. However, thanks to money and access to the best weight loss resources, it was only a matter of time before the celeb in question managed to get back to their old shape. Unfortunately, such a feat is not always possible for everyday folks.

So what's the big deal about weight loss methods now, compared to just a few decades ago? For one thing, the approach to losing the pounds have not simply changed--they've multiplied and undergone numerous transformations. Whereas the traditional solution to melting the pounds off typically meant going on a basic diet and exercising more, the options available today include entire lifestyle changes, rigorous programs, workout regimens and even quick fix solutions. Diets can now be customized to suit a person's lifestyle, tastes and even body type. Although having a variety of weight loss options to choose from appears ideal at first, many people seek the shortcut methods, which don't always promise lasting results. Following the wrong regimen could lead to not only shedding excess weight but compromising a person's health as well.

An additional factor that is now common when it comes to the pursuit of a better body is society's fascination with celebrities and supermodels. The latter has had an especially negative influence on young girls, teens and even adult women. From body image to what is perceived as beautiful, obtaining a size zero has led to a rise in the number of young women suffering from debilitating conditions, such as anorexia and bulimia.

While dieting and weight loss should be the route to a healthier body, all too often individuals go to the extremes in order to achieve what they see as the "perfect body."

The Good, the Bad & the Ugly Calorie Counting, Starvation & Yo-Yo Dieting

Not all weight loss methods are evil. However, the need to fit in and become accepted by



society often leads people to pursue a weight loss program or diet with good intentions at first, which slowly develops into an unhealthy obsession. Because quick results are typically sought out, many individuals manipulate their chosen diet and/or workout regimen to suit their own purposes. Unfortunately, such an act can easily spiral out of control and cause more harm than good in the long run. In this section, the following popular weight loss solutions will be examined, as well as the hazardous effects that can come about as a result.

➔ Calorie Counting

The concept of counting calories has grown to become a widely common practice, especially for those trying to get rid of unwanted pounds. The idea of keeping track of and monitoring one's caloric intake is seen as an effective way to deal with weight control. Each food item and beverage contains calories and by calculating how many calories are consumed on a daily basis, many people find that they are able to drop the weight and develop better eating habits. When used wisely, supporters of this method believe that a person can accurately lose, gain or maintain the weight they are currently at. However, since this eBook is for the purpose of addressing weight loss, calorie counting in this section will stick to that topic. So how is calorie counting done?

The way this concept works is by finding a balance between the number of calories consumed and the number of calories burned. To lose weight, a person obviously needs to burn more calories than he/she takes in. To achieve this, it is necessary to calculate how many calories are going into the body on a daily basis. Because just about every beverage and food item lists this information on its label, this makes this part of the process fairly easy to do. However, medical

and health experts warn against consuming fewer than 1200 calories per day—after all, the body does require calories to function properly.

While calorie counting does produce results when followed properly, there are two ways this concept can present negative consequences when abused. One form of abuse is being completely obsessed with the actual act of counting calories. For example, a person may take the calculation aspect too seriously, causing them to completely alter their eating habits and lifestyle. Many times people avoid taking in even the healthy amount of calories in the attempt to slim down, which poses an obvious threat to their overall health. It is not uncommon for an individual to develop an eating disorder, which was triggered by the act of tracking caloric intake. The second danger that comes with abusing the calorie counting method is pairing it with rigorous exercise. The act of counting calories doesn't just involve monitoring the number of calories "in" but also the number of calories "out." Oftentimes, a person following this system will combine an exercise routine to maximize their weight loss. However, should that person become obsessed with losing weight, this can easily develop into an unhealthy habit of taking in fewer calories and then exercising to the point of exhaustion in order to burn as many calories as possible.

What makes this particular system of weight loss ineffective for many people is the fact that they do not tailor the calorie counting to suit their specific weight and body type. No two people are alike, which means that simply deciding to only eat 1200 calories a day may not necessarily be the right approach. Instead, it is wise for a person to consider the following first before attempting to keep track of the calories they consume: current weight, level of activity on a daily basis (for burning calories), how much of the current weight is fat and how much of the current weight is lean mass. Find this information out first, preferably through the assistance of a personal physician and then go about calculating just how many calories to take in and put out to meet your weight loss goals.

☞ Starvation

Sadly enough, the act of simply skipping out on entire meals is still heavily practiced today. Although the people guilty of indulging in this bad habit do not see what they are doing as starvation, depriving their bodies of the essential nutrients that come from the foods they eat only serves to punish the body in the long run. When calorie counting isn't enough, starvation is the next step, which does result in a loss of weight but in an entirely bad way. The consequences of implementing this bad habit into one's life include, but are not limited to:

- Trashing the metabolism
- Causing internal damage to vital organs
- Fatigue, mood swings, body aches
- Hair loss, unhealthy skin and complexion
- Cardiovascular problems (heart attack, stroke, heart failure)
- Death

One area where starvation is highly popular as a form of weight loss is within the modeling industry. Size zero models on the runway have been heavily debated for a few years now and even though certain rules and regulations have been put in place to prevent this occurrence, it is still commonplace for models to starve themselves in order to meet the industry's requirements. What makes the association between modeling and starvation even more dangerous is the fact that a number of young people, especially teen girls, look up to these individuals as role models. Negative body image is rampant in teen girls, with some as young as 10-years-old reported as being unhappy with their bodies. The ongoing media exposure of waiflike women in glossy magazine ads, television commercials and billboards serve as a constant reminder to these impressionable girls that such images are what society considers "beautiful." It is no wonder that so many teens and adult women turn to starvation as their way of slimming down.

🔄 Yo-Yo Dieting

Among the numerous fad diets out there, yo-yo dieting remains one of the most widely practiced. As the name implies, this type of diet involves the back and forth method of losing a lot of weight and gaining a lot of weight. This method is often used when a person needs to shed unwanted pounds in a short amount of time (for example, trying to fit into a dress before a wedding or getting the body in shape before heading to the beach). What makes this particular approach so bad is the fact that, like calorie counting and starvation, it can become a vicious, unending cycle. In fact, yo-yo dieting is also known as “weight cycling.” When caught up in this practice, it is typically very difficult to break out of.

Not only does yo-yo dieting pose a threat to a person’s health, it is also very ineffective. The methods chosen to achieve massive weight loss in a short time span include starvation, calorie counting (where only the lowest number of calories is consumed) and even the use of laxatives, among others. All of these measures confuse the body and leaves it craving the nutrients needed to sustain energy. Additionally, the metabolism ends up slowing down as a result and will eventually tap into the body’s stored reserves of energy to keep things functioning properly. In the end, weight loss does occur but it is only temporary. Once the person goes back to their regular eating habits, all of the pounds lost will come back. Because of this, the person is then forced to go through their unhealthy weight loss habits all over again—hence the vicious cycle.

Additional consequences to yo-yo dieting include loss of muscle tone, high blood pressure, gallbladder disease, high cholesterol and even a negative psychological effect. Needless to say, this type of diet is not one to be followed for truly healthy, desirable and long-lasting results.

The Importance of Losing Weight the Right Way

As evidenced above, sometimes the shortcut path towards weight loss is not always the best path to follow. It is extremely important for people to go about this approach the right way for a number of reasons, many of which are considered common sense. But you know the popular saying, “Sometimes common sense just isn’t common enough.”



One of the first reasons why it is vital to lose weight properly is that it provides long-term results. No one wants to experience temporary weight loss because it mainly leads to feelings of disappointment, failure, frustration and even anger—all of which carry their own consequences on a person’s psyche. Dropping the pounds for good and keeping them off is a surefire way to making sure that an individual remains healthy and happy with his/her body.

The second reason is that it’s better for the body overall. Dramatic loss of weight due to starvation, yo-yo dieting and abusing calorie counting can wreak havoc on the immune system and vital organs. Using the wrong approach or a combination of such, could put one’s health in jeopardy, which can include death if left untreated. Incorporating healthy weight loss methods has the power to melt away the pounds, while providing the body with naturally high energy levels and maintaining the right amounts of vitamins, minerals and other nutrients necessary for proper functioning.

The third reason deals with lifestyle. The way you treat your body during your period of weight loss not only impacts the way you look but how you feel as well. Needless to say, when you do right by your body, you are more than likely to experience more bouts of happiness, peace of mind and joy. This also makes you much more pleasant and engaging to be around when it comes to family and friends. However, abusing your body and health through negative means almost always results in irritability, mood swings and fatigue. Who wants to be around someone that is always angry, tired or depressed all of the time? Choosing the right approach to slimming down will make life easier for you and your loved ones.

Tips for Successful Results

There is more to being successful in losing weight than the actual method chosen. Below are simple tips to follow as a way to increase your chances of coming out on top:

Don't Compare Yourself to Anyone Else. There is only one you and trying to compare yourself to your best friend, coworker or even your favorite celebrity or supermodel doesn't contribute positively to your efforts to lose weight. Work with what you have instead of wishing for what you don't. Be realistic and pursue the process of weight loss as it relates



to you. If you're going to use someone for reference or inspiration, pick a person that has a body type that is similar to yours. So if you are 5'3" and 180 pounds, trying to get back into shape to match the likes of Gisele Bundchen (who is 5'11" and approximately 125 pounds) isn't going to yield you favorable results.

Take Baby Steps. The problem with quick fix solutions is that they often do not produce lasting results. Instead of being in a rush and trying to accomplish a significant loss in a short period of time, take the pressure off yourself by setting smaller, more realistic goals over time. Setting the bar too high makes it very difficult to actually meet the goals laid out, which can be very upsetting. For example, instead of trying to commit to losing 10-15 pounds in one week, shoot for 3-5. Doing this is more likely to garner the results you want and with each goal you reach, you'll be even more motivated and enthusiastic to stick to your efforts. In this case, slow and steady really does win the race.

Don't Obsess Over Results. While it is a good idea to keep track of your progress, it is best to avoid becoming too obsessed with how much weight you've lost and what you're doing to keep it off. Don't make it a habit to step onto the scale every morning and every night before you go to bed. Weight fluctuates throughout the day so the numbers you're looking at probably won't

be accurate anyway. Weigh yourself once or twice a week instead of daily. It is a much more encouraging way to chart your results.

Talk To Your Doctor. No one says you have to go through this journey alone. The large amount of information available online about weight loss is helpful but it can also be overwhelming. Again, you are unique and the approach you use should be as well. Consult with your doctor about your weight loss plans and find out what he/she recommends and/or advises. Learn what your BMI (body mass index) is and what the healthy weight range is for a person of your height, body type and age. Knowing all of this will make it easier for you to customize your weight loss program so that you're guaranteed results that you'll be pleased with. Should you have any questions or concerns, direct them to your doctor first. Additionally, it is wise to first consult with your primary physician before attempting a new diet routine or workout regimen. This is especially true if you are currently taking any medications or are dealing with a preexisting health condition. Never proceed with a new diet and/or exercise change unless given the green light by your physician.

Chapter 2

The Sensa Weight Loss Program

The Difference Between Sensa and Other Diets

Perhaps the first thing to know about how Sensa differs from other diets is the fact that it is not a diet at all. Unlike traditional methods, the Sensa approach to weight loss does not involve the use of stimulants or pills. What this program promises is the opportunity to get rid of unwanted pound without making significant lifestyle changes or becoming involved with a strict eating regimen. Backed by 25 years of scientific research that utilizes patent-pending technology, the Sensa weight loss program is quickly finding popularity with people from all walks of life. This method has been regularly reviewed by various new programs, magazines and online. What makes Sensa so appealing to those that have tried it is how easy and safe it is to use. If you have never heard about Sensa before, it is definitely worth taking a closer look at.

How Does Sensa Work?

Instead of a pill, meal plan or device, Sensa comes in the form of seasoning—similar to salt and pepper. The only action required to use the Sensa approach is to simply sprinkle a few flakes of Sensa onto your food before eating it. And that's it...literally! However, it is important that a person uses Sensa each and every time before a meal or snack in order to experience favorable results. At this point, you might be wondering how such a simple action could result in weight loss? The answer is the patent-pending technology behind this product.

What makes the Sensa weight loss program effective is the use of the ingredients that are contained in the flakes, which are a combination of the following: Tricalcium Phosphate, Maltodextrin and Silica. Additional ingredients include soy, milk, natural and artificial flavorings. Unlike other diet programs that use tastants, Sensa does not contain any MSG or stimulants and is also free of sugar, gluten, calories and sodium.

The role these ingredients play is to work naturally within the body to help a person control the amount of food he/she eats. After consuming the Sensa flakes sprinkled on the food, the ingredients trigger hormonal alerts between an individual's taste and smell receptors and the brain. When this occurs, the brain is given a message, telling it to communicate to the rest of

the body that it is full and to stop eating. This process successfully allows a person to feel full, which controls their eating habits in a safe and natural way. Additionally, when used regularly, Sensa doesn't leave an individual with hunger pangs or intense cravings.

The best way to use this approach to your advantage is by following the Sensa 6-month weight loss system. While this product can be used alone according to your own schedule, the 6-month system is designed for optimal results and to make the most out of the program. To bring a little variety into the system, each container of Sensa flakes is numbered according to the month that they should be used. There are also different flavors as well. People on the 6-month system are given two Sensa shakers each month—one shaker is for use in the home and the other is travel size to make it easier to take Sensa wherever you go. At the end of the six months, a person can decide to continue the system all over again if he/she wishes to lose more weight.

Benefits of Using Sensa

Needless to say, there are a number of benefits that come with using the Sensa weight loss program in the attempt to reach your goal weight. Listed below are a few of the most beneficial advantages one can experience when following this program:

Convenience. Even the most unmotivated or laziest individual won't have a problem sprinkling Sensa flakes onto their food. There is no need to get used to drinking a special shake or tossing out your favorite foods in order to accommodate a new meal plan. There is no special schedule that Sensa needs to be taken on, either. As long as you are adding Sensa to each meal and snack you consume throughout the day, you're faithfully following the program. It's as simple as that. This means you go about your daily routine uninterrupted.

All-Natural. Because the ingredients contained in the flakes work with the body's smell and taste receptors in a natural way, a person does not have to worry about negative side effects. That means no mood swings, an altered state of mind or significant changes within the body. All of the messages and alerts triggered between the brain and the smell and taste receptors are a naturally recurring process that, like your lifestyle, isn't changed because of the presence of Sensa.

Take It Wherever You Go. The great thing about Sensa is that it can travel with you. Oftentimes maintaining certain weight loss programs mean adhering to a strict regimen/routine. However, since the use of Sensa only comes into play each time you eat, this makes it much easier to continue the program successfully, regardless of where you are located. In addition to using the flakes on your home cooked meals, you can also bring Sensa with you to your favorite restaurant while dining out with your family and friends or even to a picnic, BBQ or other outing where food will be served. Even the busiest businessperson has the ability to stick to the Sensa weight loss program while traveling by air, car or plane, as well as when eating out in between meetings.

Keep The Foods You Love. What makes dieting very discouraging for many people is the need to give up on their favorite food items and snacks. Although there are many low-fat and/or fat-free versions of these items, oftentimes it is still difficult to make such an adjustment in eating habits. With Sensa, this is not an issue because the program doesn't call for a complete change in a person's eating habits or lifestyle. The technology behind Sensa works regardless of what type of food is consumed, which means a person can still enjoy his/her meals and snacks like before. Not many diet and weight loss programs are able to provide such a perk.

Use It When You Want. There is no set schedule for taking Sensa. Whether you tend to stick to the traditional three square meals a day eating routine or make it a habit to eat five to six small meals and snacks a day, Sensa can be used effectively. Again, this is another instance where a person's lifestyle doesn't have to be altered around the product itself.

Variety. Do you tend to get bored easily when it comes to weight loss programs? There are different flavors and forms that Sensa comes in—aside from the flakes—which include Sensa Quench and Sensa Chews. Sensa Quench is a specially formulated beverage that also incorporates the patent-pending technology, while the Sensa Chews make for an ideal snack.

Chapter 3

eDiets - The New Generation

What are eDiets?

In the age of the Internet, the concept of gaining access to information and resources about weight loss and dieting is as easy as hopping online. With a few clicks of the mouse, an individual can come across tons of information about this topic. eDiets in particular are among the rapidly growing methods people are turning to as a means of achieving their weight loss goals. The approach for this method favors the use of meal plans that have been specially designed to help people shed unwanted pounds. Because each meal plan is customized for an individual, this increases the chances of successful results. Trying to eat right is always easier said than done and eDiets provide a way for people to stick to a healthier regimen and develop better eating habits by receiving a steady supply of nutritious foods that can help a person lose anywhere from 10 to 50 pounds or more, within five weeks. As the name implies, eDiets provides all of its content, information and resources on the Internet, which makes it fast, easy and convenient for people to check out. Even the ordering and delivery of the meal plans can be arranged online, making this process streamlined and less time consuming, compared to visiting a weight loss center location in person.



The way eDiets work is by first allowing a person to choose the meals they are interested in trying and creating their own customized meal plan. Each of the meals included in the eDiet are made fresh and meet specific taste and nutritional requirements that make them ideal for weight loss. Once the meal plan has been put together, the person then places their order and simply waits for the meals to be delivered to their home every week.

There is a 5-day and 7-day plan to choose from. The 5-day plan includes 20 meals, broken up into 4 meals per day, while the 7-day plan comes with 28 meals, which are also broken up into

4 meals per day. Aside from having the meals delivered right to a person's home, there are also additional features that come with being enrolled in an eDiet program. Some of these key features include, but are not limited to: live support from registered dietitians, an interactive social networking community and even a custom fitness plan.

Types of eDiets

Because no two people are the same, the eDiet they choose should reflect not only their own personal weight goals but their body type and taste as well. The beauty of eDiets is the ability for a person to customize the meal delivery plan so that they know exactly what they will be getting. An additional perk is the fact that once the meal plan has been chosen, chefs prepare the food from scratch, ensuring the freshness and quality in taste upon delivery. There are over 100 meals and dessert options to choose from, which allows even the pickiest eaters to find just the right foods that cater to their taste buds.

The meal plans fall under the categories of breakfast, lunch, dinner, snacks and dessert. The options below are among the many choices people can choose from and are not limited to the specific foods mentioned below.

Breakfast options can include: French toast with turkey sausage and raspberry sauce, yogurt parfait with cashews and raisins, blueberry muffin or a tomato basil omelet with sliced potatoes.

Lunch options can include: rosemary pork with brown rice, blackened chicken with herbal rice, chicken flatbread pizza or roasted turkey breast with cranberry wild rice.

Dinner options can include: hoisin glazed chicken with couscous and vegetables, lasagna with Malibu blend vegetables, lemon herb chicken with wild rice and broccoli or seasoned and roasted cod with summer squash and Spanish rice.

Snack options can include: cinnamon sugar butterfly cookies, a Ghiradelli dark chocolate candy bar, Nikki's raspberry ladybug and Terra chips.

Dessert options can include: yogurt baked berry apple pie, cool spiced berries, orange honey cream dessert and mocha almond pie.

To guarantee freshness, each meal is placed in special packaging and transported in fresh coolers, delivered by FedEx. The food is never frozen so there is no need for thawing or defrosting of any kind.

Which eDiet Program is Right for You?

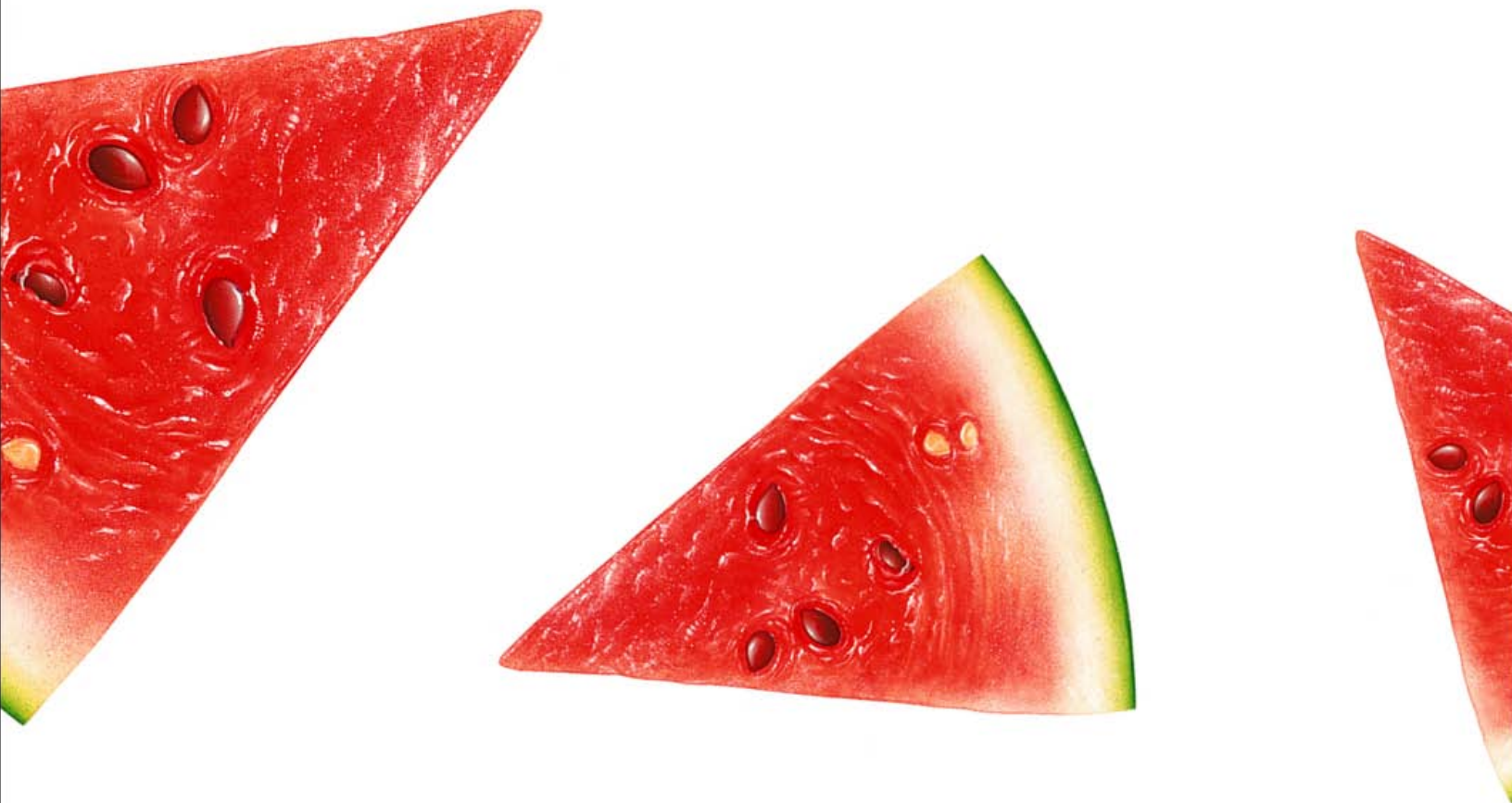
With over 100 options to choose from, first time eDieters may find themselves overwhelmed and unsure as to which meals they should try. However, eDiets is designed to not only offer the best meal plans for weight loss but plenty of assistance from professionals to help people create the ideal custom meal plan for their goals.

Instead of leaving you to figure out which meal plan to order, eDiets uses a free profile tool to evaluate what your needs are. By filling out a simple electronic form, eDiets will suggest the most suitable meal plan, based on the information provided. Some of the questions that appear on the form deal with how much weight you are hoping to lose, what your activity level is, if there are any problem areas you want to target, as well as what your favorite types of food are, to name a few. The profile form also takes into account your age, current weight and height.

Once you find out which eDiet is right for you, simply customize your meal plan by choosing the options offered according to the eDiet recommended. After you begin receiving and enjoying your meals, your involvement with the program doesn't end there. To get the best results, you'll also have access to an expert support system, made up of certified and registered dietitians as well as fitness professionals. These individuals are here to help and provide support in any way, shape or form that you need it. There is also an online networking community, filled with fellow eDieters and mentors to help you remain focused and motivated on reaching your weight loss goals. Should you have any questions or concerns about your meal plan, there is a toll-free number you can call.

Because optimal results are achieved through proper exercise as well as better eating habits, eDiets offers customers a customized fitness plan to work hand-in-hand with your meal plans. Whether you rarely work out or make it a point to stay physically active, the fitness plans created are unique to your needs and lifestyle. The eDiets fitness plans cater to both individuals that prefer to implement an exercise regimen from the comfort of their home as well as those who would rather take their new plan and try it out at their local gym.

Save **25%** on eDites



Chapter 4

Take Control

How to Lose Weight Using Sensa & eDiets

The fight to lose weight is not an easy one. After all, if dropping excess pounds was easy, then everyone would be doing it. The best way to approach this obstacle is to not only find a method that works for you but involves a combination of effective approaches. Very rarely can a person experience desirable results using just one weight loss method alone. For example, the traditional combination of eating the right foods and exercising has remained the perfect duo for weight loss. However, with new program options, such as Sensa and eDiets, an individual can use both of these approaches to his/her advantage to make the most and gain maximum results.



When done right, combining Sensa and eDiets is a great way to transform your body into something you won't be afraid to show off during the summer months.

As explained previously, the Sensa weight loss program merely requires a person to sprinkle the Sensa flakes onto each meal before eating. eDiets rely on the method of customizing meal plans and having the food items delivered fresh to a person's home. These two weight loss solutions have the ability to work hand-in-hand together. For example, an individual hoping to lose "X" amount of pounds within a set time frame (let's say 5-6 weeks) can turn to eDiets to find out exactly what type of meal plan would be right for their current height, weight, age and other lifestyle factors. Once the person begins receiving the meals at home, the Sensa flakes can then be sprinkled onto the meals, which prevent overeating and curbs hunger pangs by telling the brain when to signal the body to stop eating.

Using this particular combination gives a person the opportunity to not only learn how to eat healthier and stick to a more nutritional diet but also incorporates the ability to control eating habits. Between the two, dropping the weight is possible and when each program is followed properly, an individual has the chance to experience significant weight loss over a period of time that does not involve using any unhealthy methods or quick fix solutions.

Additional Ideas for Weight Loss

Relying solely on a weight loss program or system is not the only way to slim down. There are a score of other alternatives that can act as supplemental efforts to increase one's chances for success. While some people have no problem meeting their weight loss goals, others need much more support and extra effort to be successful. If you want to make sure that you've exhausted all options, the following ideas below are worth looking into. Keep in mind, the key to losing weight and keeping it off must only incorporate actions that are healthy for the body. No shortcuts...no exceptions!

➤ Educate Yourself

No one says you have to be a weight loss and fitness guru in order to understand what it takes to lose weight, but when you take the time to be your own mini expert on these topics, you'll find that the steps you take in your own efforts will make much more sense. Don't just research ways to lose unwanted pounds, either. Amp your knowledge on this subject by educating yourself about how human metabolism works, what factors make it perform optimally and which factors cause it to slow down and result in weight gain. Read up on the importance of nutrition—find out which food items you must have in your daily eating regimen and which ones to avoid. All of these aspects, among others, will contribute to your weight loss efforts in a positive and effective way.

There are tons of online information and resources available that describe weight loss concepts in a very easy to understand way. All it takes is one simple online search and within seconds you'll have a bounty of search results at your fingertips. From general, informative articles and forums to online communities and medical websites, there are a variety of ways to go about obtaining the answers to your questions.

The Internet isn't the only resource that contains information and insight about weight loss and how to control your eating habits. Head to the local library or bookstore and find out what the latest books are that deal with this topic. There are a number of fitness and health experts that have penned very informative and educational content to help motivate people to get into the best shape possible. Many of these titles even contain detailed meal plans, exercise routines and other in-depth guides that you'll be able to begin implementing into your lifestyle.

When all else fails, talk to your doctor. He/she would know better than anyone what your next steps should be when it comes to weight loss. Find out if your doctor can refer you to a dietician or nutritionist, who has the ability to help you lay out a specific plan to follow so that you've got all your bases covered. When talking to these experts, ask any and all questions you may have. Don't leave until you have a complete understanding of the information given to you.

➔ **Develop a Support System**

Losing weight is hard. Even dropping those first 5-10 pounds is a struggle for many and the journey to get from point A to point B can become very frustrating and stressful. What better way to guarantee that you stay motivated and encouraged than by having a strong support system behind you? No one says you have to go about this process alone. When tackling this obstacle, confide in your friends, family members and other loved ones. Let them know that you want to do right by your body and what your weight loss goals are. It is vital that the people in your support system truly have your best interest at heart and will only provide positive reinforcement. If you have anyone in your life that tends to second guess, criticize or provide a strong opinion about the decisions you make, do not include these people in your support group.

The buddy system continues to be one of the most effective ways of improving the odds of success in terms of weight loss. Find one or two people that are willing to be by your side every step along the way. For example, surround yourself with people that will remind you to "eat this, not that" and help you stick to healthier choices when dining out, preparing meals at home and grocery shopping. Since exercise plays another crucial role in weight loss, find a friend that

will make the time to work out with you. You don't have to be an avid gym goer, either. The buddy system for exercise can qualify as taking a brisk walk around the neighborhood or during a lunch break at work.

In addition to having your own support system readily available at home, there are also online support groups, where you can connect one-on-one with others that are going through the same experiences as you are. Having this type of connection not only allows you to come into contact with others that know where you are coming from, it also gives you the opportunity to share your story and celebrate each milestone met with others that know firsthand the importance of such accomplishments.

➔ Create a Food Diary

There is a right way and a wrong way to keep a food diary. For the best results, use your diary to discuss your feelings and experiences as well as keeping track of the foods you've eaten that day. Many people abuse food diaries by filling the pages with an obsessive list of the calories they've consumed and charting how much they weigh throughout the day. Instead of this approach, use your food diary to talk about how you're feeling from day to day. Include instances where you may have skipped out on a meal, chose to eat something unhealthy or simply had a binge-fest. However, don't bash yourself about these occurrences—simply write about how you will do better and what actions you need to take in order to make sure those mistakes don't happen again.

At the end of your weight loss journey, go back and read what you've written. This is a great way to see how much progress you've made and the way your outlook on life and your self esteem overall has improved.

➔ Little Lifestyle Changes

The goal of losing weight is not just limited to dropping the pounds but keeping them off as well. Making little lifestyle changes is often necessary to motivate you maintain your results. After all, you didn't go through all that trouble and hassle just to gain the weight back, right? Because the thought of changing a person's daily routine can be very intimidating, the key here is to make small changes and/or adjustments along the way.

One of the easiest ways to accomplish this is by making better choices when grocery shopping. Stock up on fresh fruits and vegetables. Sure, you may have heard this over and over since childhood but incorporating more fruits and veggies really is the simplest way to turn your eating habits around for the better. Indulging in these food items as snacks in between meals not only keeps you full, it supplies your body with much needed levels of vitamins, minerals and other essential nutrients that keep you in tip top shape on both the inside as well as the outside. Instead of reaching for soda, coffee, energy drinks and other sugary beverages, learn how to make water your best friend. For a little flavor, choose fruit juices that contain natural ingredients and little to no artificial flavoring.

Become your own personal chef by making it a habit to prepare your home cooked meals from scratch, instead of those in a box. You don't have to be Julia Child to get this done, either. Pasta, roasts, sandwiches, salads and even desserts can easily be put together using a variety of ingredients that don't require much prep or cooking time. Preparing meals in this way is much healthier for you because the fresh ingredients ensure that you're consuming the highest levels of nutritional benefits contained in each one. Boxed meals may include vegetables and/or fruit but typically lose the majority of its nutritional value during the processing stage.

Aside from lifestyle changes involving the foods you eat, you can also make changes in other areas, too. Squeezing exercise into a person's schedule isn't always easy, especially if an individual is already dealing with a hectic routine. However, this shouldn't be used as an excuse to skip out on staying physically active in some shape or form. Even those that spend the majority of their time in a cubicle have the chance to keep their bodies in peak condition. Do you tend to spend most of your time hunched over in front of your work computer? Schedule mini breaks every 2-3 hours, where you physically get up from your desk and take a brisk walk around the office. Or, if you'd prefer to not leave your work area, you can do a series of easy stretches right in your work space. This not only gets your body up and moving, it gives your eyes a break from staring at the screen. Giving your body a mini workout frequently throughout the day is great for preventing soreness, stiffness and strain that is typically experienced by those that work a 9-5 job in an office environment.

Another way to implement exercise into your workday includes choosing the stairs over the elevator. Instead of spending your entire lunch hour at a sit-down or fast food restaurant, devote half of this time to eating and the other half to taking a brisk walk around the facility outdoors. Get your other coworkers to join in and schedule a daily or weekly lunchtime walk. Bring a change of shoes, if needed. Setting up this type of event gives you the ability to fit exercise into your busy schedule—not to mention the chance to gossip with your coworkers about the latest happenings in their lives.

Food Selection & Meal Plans

Because food plays a huge role in losing, gaining and maintaining weight, it is vital that a person



understands how to make the right choices when dealing with the foods they eat. When you know which foods are a must in your daily eating regimen and which ones to only indulge in occasionally or eliminate altogether, this makes it much easier to continue losing weight in a way that is healthy and provides long-term results.

➔ Foods for Natural Weight Loss

Believe it or not, certain food items have the natural ability to help a person lose weight. Knowing what these super foods are should be among one of your first steps in changing your eating habits for the better. The following foods are among the many that effectively burn fat as well as encourage an optimally functioning metabolism.

Pumpkin: Traditional, canned pumpkin is loaded with high levels of fiber, which are ideal for weight management purposes and only contains 40 calories. For those that enjoy eating

fresh pumpkins, virtually every part is rich in nutrients. Pumpkin seeds in particular, contain iron, magnesium and phosphorus, while the pulp is high in vitamin A, B6 and C.

Grapefruit: This tart fruit has the ability to fight fat and even has medical studies to back up the findings. Studies show that eating half of a grapefruit (it is best to choose real grapefruit over grapefruit juice or capsules) before eating a meal resulted in noticeable weight loss over time. Additionally, this super fruit has the power to fight cancer due to its high levels of lycopene and liminoids.

Beef (Grass-Fed): The keyword here is “grass-fed.” Instead of being afraid of beef, consuming this type is perfect for weight loss because the protein in the beef has the ability to stimulate the metabolism, which prevents the tendency to overeat and allows a person to feel fuller longer. As an added benefit, grass-fed beef does not have any hormones, antibiotics or steroids, making it a much safer and healthier choice.

Oatmeal: Oats work in very much the same way as grass-fed beef in the sense that eating this particular food item will cause you to feel full by digesting slowly in the body. As simple as this action may seem, indulging in foods that keep you fuller over time means you’re less likely to reach for unhealthy snacks or consume larger portions than are necessary.

Wild Salmon: As you probably already know, wild salmon is rich in omega-3 fatty acids. But what does that have to do with losing weight? The answer is a lot. Eating salmon aids in building muscle naturally within the body as well as decreasing belly fat. When it comes to burning calories effectively, the more muscle you have, the better.

Chiles: Like your foods spicy? Then add some Chile peppers—they’re great for boosting anyone’s metabolism, which results in natural weight loss. The heat causes what is known as the “thermogenic effect,” which allows the body to burn even more calories compared to eating traditional foods. In fact, consuming Chile peppers can burn additional calories for as long as 20 minutes after the food has been digested. That’s pretty powerful!

Tarragon: A lot of weight gain is due to excessive salt intake, which often results in bloating. To keep this issue in check, switch your salad dressing and marinades with tarragon. This herb

is an excellent salt substitute that will prevent high sodium intake and bloating. Its sweet flavor makes it ideal for use in salads and for adding flavor to bland meals.

There are many more food options available that pack a punch in terms of fighting weight gain and are perfect for turning your daily eating routine from fast food to gourmet quality.

➡ Meal Plans: No Longer 3 Square Meals a Day

In case you aren't aware, eating the traditional three, square meals a day is so 2005. These days, it's all about eating more often in the effort to shed pounds—you read right—eating smaller meals frequently throughout the day are better for achieving weight loss. How is this possible? It has to do with the metabolism.

The metabolism plays a huge role in terms of weight gain, loss and maintenance. Anytime we eat or drink something, the metabolism instantly goes to work absorbing nutrients, fostering tissue development and growth, expelling waste and even overseeing the various messages to parts of the body that deal with surpluses, hunger, deficiencies and satiation. Sounds like a pretty hefty set of responsibilities, doesn't it? That being said, can you imagine the consequences that can result when the metabolism is jeopardized in some way? For example, lack of physical activity and maintaining poor eating habits can cause the metabolism to slow down, become sluggish and allow for excessive weight gain.

What makes the 5-6 meal routine so effective is the fact that it propels the metabolism into overdrive, pushing it to continue burning calories around the clock. When this occurs, weight loss is much easier to achieve. The more food you provide your body with, the more "fuel" the metabolism has to keep productivity high. Sticking to a consistent eating regimen made up of healthy snacks in between breakfast, lunch and dinner and reducing the portions of major meals is a surefire way to curb hunger pangs, prevent unhealthy snacking and overeating. In a sense, changing over to this type of meal plan manipulates the metabolism, but in a good way.

What does an example of such a meal plan look like? The following is one of many ways you can learn how to squeeze in more meals and snacks into your daily eating routine:

Breakfast (Meal #1)	Protein shake or bowl of cereal/oatmeal.
Snack (Meal #2)	Yogurt or a handful of fresh fruit (strawberries, mandarin orange segments, blueberries, cherries)
Lunch (Meal #3)	Hearty salad or chicken/turkey sandwich.
Snack (Meal #4)	Soup with chunky vegetables.
Dinner (Meal #5)	Slices of steak with green beans and/or mashed potatoes.
Snack (Meal #6)	A few spoonfuls of cottage cheese before bedtime.

[Check out Your HCG for more information about food and diet plans!](#)



The Role of Exercise

Without exercise no one's weight loss goals can be completed. Including moderate exercise on a regular basis isn't just to keep the body in shape physically—it also helps with weight management and control. Exercise

provides a score of benefits—namely, the ability to prevent disease and improve an individual's overall quality of life. Did you know that if you include the right amount of exercise into your life, you've got the ability to prevent your chances of



developing heart disease and stroke, osteoporosis, high blood pressure, back pain and diabetes, among many others? It's true and if you want to make sure you're on the right path with your weight loss efforts and your health overall, exercise has to play a role in your lifestyle.

What causes many people to shy away from the concept of physical exercise is the misconception that in order to successfully workout, a person has to spend hours sweating their brains out at the gym. Others rely on the excuse that they do not have enough time to work out because of their busy schedule. However, if you truly want to get rid of the excess weight you're carrying around, there are ways to fit your exercise efforts into your schedule conveniently. The idea is to simplify things and not become intimidated.

The first misconception that must be addressed is the belief that only by being in the gym for hours on end, can a person really achieve results. This could not be farther from the truth.

While the gym environment works for many people, it is not mandatory for everyone. There is no rule that says in order to be considered physically fit, you have to sign up for a gym membership. If the gym is not a place where you feel comfortable exercising, create a workout

regimen in your home. This option is particularly ideal for stay-at-home parents and those that work from home.

A second misconception that is related to the idea of working out from home involves the idea that a person has to invest a small fortune into purchasing a home gym and special equipment. Again, not true. While there is the opportunity to buy this type of equipment, there are many more exercises that can be performed in the home without these items. For instance, leg lifts, stretching, squats, pushups and other similar exercises can be done using a sturdy chair, couch or even the wall and floor. Additionally, there are also smaller workout items that can be purchased and used in the home, including small barbells, exercise balls and resistance training bands. These particular items are available for sale at any sporting goods store and are typically very affordable, even for those on the tightest budgets.

A third misconception that tends to discourage people from becoming actively fit is the notion that true exercise is attained through hours of working out. In reality, moderate exercise only consists of 30 minutes of physical fitness in some shape or form at least once a day or every other day. That's right—30 minutes is all it takes. On a related note, exercise doesn't have to *feel* like exercise. Instead of thinking your 30 minutes should involve jumping jacks, pushups or some other strenuous activity, you can easily get your body moving and shaking by dancing to your favorite CD, taking a brisk walk around your neighborhood, going up and down the stairs in your home and even playing a quick game of basketball or flag football with your friends. Do you happen to have a pool in your backyard or access to one? Then schedule a few times a week, depending on the weather, to swim a couple of laps. Participating in these activities all contribute to physical fitness and when you don't feel like you're exercising, it makes accomplishing this task on a regular basis much easier to do.

➔ **Easy Exercises That Can Be Done At Home**

As stated earlier, there are many exercises that people can do in their homes, which do not involve fancy equipment or take up a block of time in your schedule. Below are a few examples:

Standing Calf Raise:

1. Stand about 6 inches away from any wall in your house, with your feet placed hip-width apart. Facing the wall, put your palms on the wall, keeping them at the same level as your shoulders.
2. Exhaling, lift your heel off the floor slowly. Make sure to keep your knee extended and do not rotate your feet. Hold that position for a few seconds, while keeping your palms on the wall for support.
3. Inhaling, lower your heel slowly back to the floor, again making sure to not rotate your feet in the process.
4. Switch feet and repeat.

Pelvic Tilts (Supine):

1. Start off by lying on your back on the floor. Both feet should be flat on the floor and your knees bent. Extend your arms out to your sides, palms up.
2. Flatten your back against the floor, while exhaling and hold the position for a few seconds. Your abdominal muscles should be contracted during this time.
3. Slowly inhale and arch your lower back, while keeping your butt, hips and feet firmly flat on the floor. Hold this position for a few seconds and relax your abdominal muscles in the process. Repeat as needed.

Squat Jumps:

1. Start with your feet hip-width apart, with your arms by your sides.
2. Slowly lower your body, bending at the knees, towards the floor until you're at a comfortable squat. You can push your arms behind you to brace yourself for the next step and to maintain balance.
3. Using your ankles, knees and hips for power, jump upwards quickly, extending your arms up towards the ceiling.
4. Land softly, mid-foot, while rolling the weight of your body towards the heels of your feet. Make sure you push your hips backwards in order to absorb the impact of your

landing. Your torso should be leaning forward slightly. Keep your back/spine flat and your head facing forward. Repeat.

➔ Tips for Success at the Gym

For those of you that have no problem joining the local gym, take note of the following information, which will help maximize your results and allow you to get the most out of each gym experience:

Join a Class: There are more workout classes than one can shake a stick at. Pick a class that interests you, such as yoga, spinning, kickboxing, aerobics and dance, to name a few. Taking classes is great for staying motivated and having an instructor is useful in making sure you are performing the exercises properly. It also gives you the chance to make new friends with others who share the same fitness and weight loss goals that you do.

Hire a Personal Trainer: These fitness experts are at the gym for a reason. With the right personal trainer, you'll have professional assistance that involves creating a customized workout plan that you can use both in the gym as well as at home. One-on-one help gives you the chance to really learn how to exercise properly to target problem areas, as well as how to maintain weight control. Your personal trainer will motivate and push you to reach your goals, which is half of the battle.



**Need more information?
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The Bottom Line

Although there are plenty of ways to go about dropping the pounds drastically through negative means, there are even more positive alternatives available. Slow and steady wins the race and regardless of your body type, weight, age, lifestyle or weight loss goals, setting realistic milestones, changing poor eating habits by making wiser food choices and implementing physical fitness on a regular basis are all that is needed to experience significant weight loss that will last for years to come. Not only will following the higher, healthier path be more beneficial for you in the long run, you're guaranteed to feel much better about yourself and your efforts, too.

