

Weight Loss for Life

A Special Report By Mark R Williams
<http://NutritionAndExerciseResources.com>



Introduction

It's Never Too Late to Change Your Life!

Are you familiar with the phrase, "You can't teach an old dog new tricks?"

It implies that after a certain age, you're stuck. You cannot change your habits or learn new ideas, or ways of doing things.

No, we're not comparing you to a dog. And this phrase couldn't be further from the truth. The truth is that it is important to your mental health and well being that you do continue to learn new things, adopt new habits, and continuously strive to improve. One of the best ways you can focus on your personal self improvement is to lose weight and get healthy.

As you probably know, if you don't attend to you health, it will catch up to you eventually. I have a lot of experience in with this. You see, when I was 32 years old, I was diagnosed with Stage 3 Hodgkin's Lymphoma, a cancer of the immune system. My immune system was riddled with tumors and I was very fortunate to survive. During the 6 months of intensive chemotherapy, I learned the benefits of changing my life by changing my diet. I would juice a lot of fruits and

vegetables to maintain my energy level and it made a big difference in getting through the treatments.

I wish I could say that I kept applying those lessons after my cancer went into remission. But, in the excitement of being well again, I went back to eating poorly and not exercising. Over time, I gained 35 pounds and was disgusted with myself. I also lacked energy and motivation. I didn't want to get up in the morning and tries to cope with 3+cups of coffee a day. Finally, I had chronic inflammation in my back and went to see the doctor. She told me to take Advil for 10 days to see if it would clear up. After 12+ Advil a day for a week, I had enough. I vowed right then and there to change whatever I needed to change to feel better. I have not looked back since.

Now, I am in the best shape of my life at age 42. I am at my ideal weight and full of energy and motivation. My goal in writing my blog, this report, and everything I do at NutritionAndExerciseResources.com is to help others who are not where they want to be with their weight and health. I want to help you reach your goals, by being an inspiration, and by providing practical information and advice. So, lets review the benefits of losing weight and some practical suggestions for how to get there from here.

The Benefits of Losing Weight

When you lose weight you instantly begin to improve the quality of your life. You also begin to reduce your risk of getting some serious diseases like cancer, diabetes, and cardiovascular disease. Not to mention you also reduce your risk for other ailments like depression, chronic pain and fatigue.

You also gain confidence, an appreciation for your body, a "can do" attitude, better relationships with people and a better relationship with food.

Additionally, you'll:

- Increase your energy level
- Lower your blood pressure and cholesterol levels
- Have improved mobility
- Improve your breathing and cardiovascular system
- Sleep better

- Experience improved blood sugar levels and stop the constant cravings

And the good news is that losing weight, whether you're twelve or seventy-two, isn't about deprivation and extreme measures. If you want to lose weight, get in shape, and keep the weight off for the rest of your life the key to success rests in your habits.

Definition of a Habit

The word "habit" is defined in the dictionary as:

- A recurrent, often unconscious pattern of behavior that is acquired through frequent repetition.
- An established disposition of the mind or character.

Habits are things that you do every day without really paying too much attention to them. You get out of bed and make a cup of coffee, that's a habit. You take the same route to work every day, that's a habit. You brush your teeth with your right hand after you've washed your face, but before you've brushed your hair, that's a habit.

The fun thing about habits, whether they're "good" or "bad" habits, is that they can be changed and modified. They're not set in stone. They can change as you do and you're in control.

You decide what habits you want to keep, change, adopt, or eliminate. You control your habits. They don't control you.

Let's say you have the habit of coming home every day after work and sitting down on the couch to rest.

While that certainly isn't a "bad" habit, there are other things that you could do that would be just as relaxing and definitely healthier for you. You could come home, change your shoes and go for a walk. You could come home and meditate or unwind with a meditative activity like knitting or cooking.

A Few Concepts to Clear Up

Before we get started it's important to know what this report ISN'T about. It's not about elimination or deprivation. It's not about losing forty pounds in four days, starving yourself, or exercising for six hours a day.

It is about modifying your life and changing your habits so you can live a healthier life.

And the results will be amazing.

When you make changes to your habits and embrace a healthier and more active lifestyle, you will lose the weight and you will keep it off.

One more thing...

Earlier the word "Bad" was mentioned in reference with a habit. That is the first and last time you'll read that word. Yes, there are bad habits and you know what they are. However, from now on we're calling them "unhealthy habits," and to be honest a little walk on the wild side every now and again is probably just fine.

The goal in this report is for you to learn to identify the habits you have right now, healthy or unhealthy, and to modify them so that you're living your best life. This process will help you lose the weight once and for all and it will help you keep it off for life.

Inside This Report

Over the next twenty pages you'll discover..

- Why Losing Weight Slowly Is Better Than Rapid Weight Loss
- What Happens To Your Body When You Lose Weight Quickly
- Six Tips To Lose Weight Slowly and Permanently
- How To Set Realistic Goals
- How To Track Your Success
- Tools and Resources you can use to achieve your goals
- The Three Step Process to replace your unhealthy habits
- How to plan your weight loss success, and why it matters
- Tips for Habit Building Success
- Tried and True Diet, Fitness and Lifestyle Habits to Consider – 38 habits!
- Tips for Weight Loss Transformation and Lasting Success

How to Use this Report

This report is designed to help you make this year the year you finally lose the weight and keep it off. It discusses everything from how to choose the right goals for you - to how to successfully change your habits and why slow weight loss is the key to lasting success.

There are two potential approaches to using this report.

The first is to read it through cover to cover. Then go back and review and highlight the areas you wish to focus on first.

This is the appropriate approach if you like to read material and think on it before you take action. However, you may want to keep a notebook handy when you're reading so you can jot down any thoughts or notes.

The second approach is to read the report and take action as you work your way through it. Of course you can always take a combined approach. Take notes on some items and action on others!

Let's get started!

Part One

Slow and Steady Wins the Race

We're a society that is focused on quick, easy, and overnight solutions. We want a magic pill that makes everything better. However, it isn't usually possible, and when it is, it comes with serious and unwanted consequences.

The truth is that in most cases weight gain happens over time. A pound here, a few pounds there. It adds up and eventually, you're at a point where you know, and maybe your doctor is telling you, it's time to lose weight and get healthier.

Much of your weight gain over the years is probably due to two key things:

1. Habits
2. Your body (By this we mean that you have certain predispositions to weight gain and metabolism. For example, if you're over 40 then your metabolism is slowing down. Your habits need to reflect this change or you'll gain weight.)

In this first section we take a look at why it's so important to lose weight slowly by systematically changing your habits and adopting new ones.

Why Losing Weight Slowly Is Better Than Rapid Weight Loss

While many health and fitness experts promise you can lose weight quickly, losing it slowly is a much better strategy. Here's a common scenario that you may be familiar with.

Joan wants to lose weight. She's about fifty pounds overweight and is starting to notice the effects on her health. She reads about an amazing diet that helps you lose twenty pounds in two weeks. She thinks, "Great! That will get me almost half way there. Then I can follow up the diet and lose the rest. I'll be down to my goal weight by the time summer rolls around."

So Joan goes on this fad diet and she loses the twenty pounds that the diet promises. Of course in order to lose that weight she's been essentially fasting for fourteen days drinking nothing but vegetable broth and hot sauce.

When the diet is over, Joan is so desperate for anything that doesn't taste like vegetable broth, and who wouldn't be!, that she goes out to dinner and eats her favorite foods. We're talking about pizza, fried chicken and burgers. Within a week Joan has gained most of the weight back. She feels frustrated and defeated. She starts to believe that diets just don't work.

Of course Joan is a positive person and tries to lose weight several more times during the year. Each time she tries a different fad diet, has moderate success and then gains the weight back. At this point Joan actually weighs more than when she started.

This is a very familiar story to many people, both men and women, who are struggling to lose weight. It becomes a vicious cycle of fad diets. You lose weight, and gain it back, lose it and gain it back again. The result is a body that is exhausted and a mind that is losing hope.

What Happens To Your Body When You Lose Weight Quickly

When you lose a lot of weight very quickly it can affect your body in a negative way. Your body can go into starvation mode. That means

that your metabolism slows down so your organs don't have to work as hard and you burn fewer calories. Yo-yo dieting can actually cause you to gain more weight in the long run.

Rapid weight loss can also put many of your hormonal systems in shock. They become unbalanced and you may feel hungrier, more tired, and you may even become moody and have trouble sleeping.

Yet, when you lose weight slowly, your body has time to adapt to the changes. Your metabolism and hormone levels can improve and stay in balance. Your body becomes optimized and that's the key to keeping the weight off for good.

Lasting Change Takes Time

Just like in Joan's story, most of the time when people lose a lot of weight very quickly they gain it all right back. They often gain more weight than they originally lost. This is hard on your body. It's also hard on your motivation.

To lose weight and keep it off for the rest of your life you'll want to create a plan to steadily lose weight over time. It is possible! And it can be tremendously rewarding. Oh, you'll have days, weeks and months when you do see a significant weight loss. Those are fun times. You'll also be able to smile because you'll experience consistent weight loss.

Gradual and lasting weight loss isn't the result of deprivation or a fad diet. It is the result of cumulative lifestyle changes. Change your life and change your habits and you'll lose the weight and keep it off.

How To Lose Weight Slowly

There's a secret to losing weight slowly, actually there are a few secrets. They include:

Commitment

In order to adopt any new habit or modify an existing habit it takes a commitment. Experts say that it takes three to four weeks to make something a habit. You need to be willing to change and grow, to learn and improve. And you need to be willing to give a new habit at least

four weeks. (Don't worry, throughout this report you'll learn tips and strategies to help you succeed.)

Motivation

Why do you want to get healthier and lose weight? The answer to this question is key to your motivation. Do you want to get healthier because you think you're supposed to? That's not very motivating.

Do you want to get healthier so you can chase your grandchildren and great grand children decades from now? Do you want to get healthier and lose weight so you have energy and vitality today, tomorrow, and thirty years from now?

Now, there are tricks to finding motivation too. Exercising with friends is motivating. Doing things you love is motivating too. We'll talk more about that in a bit. However, consider this. What fitness activity do you dislike intensely? Is it running or lifting weights? Imagine an activity that you dislike. How easy would it be for you to get out of bed every morning to go do that activity?

Now imagine an activity you love. Do you love to play basketball or dance? Imagine how you'd feel getting out of bed each day to go and do that activity. It feels different in your body, right? It's much easier to find motivation to do something that you love.

Healthy Foods

There's no avoiding the fact that food plays a very important role in your weight gain and your weight loss. And no, you're not expected to give up your favorites. However, you will want to modify your eating habits. In Chapter Four we discuss an abundance of healthy food habits to adopt and consider adding to your life.

Move Your Body

In addition to helping you lose weight, physical activity helps with so many other systems. For example, scientists know that physical activity releases "feel good" hormones into your body. It improves your outlook and your ability to handle stress.

Again, in Chapter Four we'll take a look at fitness tips you can embrace and add to your lifestyle.

Modify Your Mindset

One of the wonderful benefits about starting on the path to improve your health is that as you achieve success, your mindset changes also. The more successful you are, the more successful you'll want to be.

You're about to undergo an amazing transformation. It's empowering and exciting. For now, spend some time assessing what has been holding you back from getting healthy. Are you dealing with fears and limiting beliefs?

For example, do you believe that you're too busy to get healthy? Consider creating a list or journal entry to write down what has been holding you back, if anything. How will you manage those fears and limiting beliefs now?

Learn to Set Good Goals

One of the biggest reasons that resolutions fail is that people go into them with grand ideas but no real goal or a plan to achieve it. For example, "This year I'm going to quit smoking."

Great resolution, terrible goal. A better goal might be to say, "On the path to quitting smoking, I'm going to cut back to three cigarettes a day using nicotine gum."

The same is true for diet and fitness goals. In the next chapter we take a look at how to set realistic weight loss goals, and how to achieve them.

Action Step

Take an Inventory

Spend some time contemplating your past experience with weight loss. If you've yet to have success, why not? What fears, obstacles or limiting beliefs got in your way? The important thing to keep in mind during this exercise is that these experiences are in your past. You're not rehashing them so that they get in your way again. You're analyzing them with your logical mind to explore what went wrong and what you can do about it now.

Many experts talk about the “Why” of weight gain. They say there’s often an emotional reason why someone is gaining weight. Understanding this emotional reason and analyzing it with your logical mind can help you get control over it.

For example, many times people eat because they’re stressed. It’s a habit they’ve developed and the food helps calm them down. Once you realize you eat because you’re stressed, you can begin to think about why you’re stressed and other ways to manage that stress.

So, grab a journal or a voice recorder or just call a friend who is a good listener and dig deep. If there are things that have gotten in your way in the past bring them to the surface so they don’t get in your way anymore.

Part Two

Weight Loss for Life Goal Setting

Once you have embraced the “slow and steady” mindset to losing weight, it’s time to talk numbers. It’s time to begin looking at where you are, where you want to go and how you’re going to get there. It’s time to talk goals.

First, let’s set some ground work. Most reputable health and fitness experts will tell you that the best weight loss rule of thumb is to plan on losing one to two pounds a week.

So let’s do a little math. If you want to lose 50 pounds then that’s about 25 weeks assuming you lose two pounds a week. You will probably lose zero or one pounds some weeks and three or more pounds the next week. Don’t sweat it too much. Just aim for an average of one to two pounds per week.

Twenty-five weeks is approximately six months. When you break it down and look at the numbers reaching your weight loss goal in six months is great. It’s particularly wonderful because you know that this weight isn’t going to come back.

How To Set Realistic Goals

So now it's time for you to begin looking at your own goals.

To be fair, if you have a lot of weight to lose you may very well lose quite a lot in the beginning depending on the habits you focus on. For example, if you've never exercised before and you begin introducing exercise to your body you may lose a lot of weight quickly.

That's a side benefit and it's best to think of it like that. The first step is to create a realistic goal for your weight loss. Most experts recommend establishing two primary goals. Establish an overall weight loss goal. Then also establish your weekly weight loss goal.

Your Overall Weight Loss Goal

For that initial weight loss goal, aim to lose between 5% and 10% of your body weight. That means if you weigh 200 pounds then 10% of that or 20 pounds is a realistic goal. Don't worry about when you're going to achieve this goal. Right now you're simply deciding on how much you're going to lose. (Once you've lost this weight, if you want to lose more, then you'll set another overall weight loss goal. Have you ever heard the joke, "How do you eat an elephant?"

The punch line..."One bite at a time."

That's the same way you're going to lose weight. One pound at a time.

Your Weekly Weight Loss Goal

We've already said that a good weekly weight loss goal is to lose one to two pounds each week. So if you want to lose 20 pounds then plan on it taking about three months or around fifteen weeks.

What about if you lose more than two pounds a week? As mentioned earlier, if you have a lot of weight to lose you might notice a bit more weight loss right in the beginning of your transformation.

Don't let that weight loss side track you. It's easy to think "Oh, I lost my weight for the month so I can relax and I'll pick this weight loss thing back up next month."

Yikes! That's a surefire way to gain the weight back. Then you have to start from scratch. Remember we're talking about creating habits and

lifestyle changes. If you quit or relax before something has become a habit you're going to have to start all over again.

The other thing you may think if you experience rapid weight loss is that you might expect that type of weight loss to continue. It probably won't. Don't let that deter you. On the contrary, you have a head start. When your weight loss plateaus to one or two pounds a week you're on schedule. As long as you're gradually seeing improvements you're on the right path.

How To Track Your Success

You're probably familiar with the phrase, "Knowledge is Power." This is certainly true when you're losing weight. If you don't know how many calories you're consuming or burning you just don't know where to start or how to control the process.

When you have all the information necessary to make educated decisions you can make the best diet and lifestyle decisions for your lasting health.

For example, do you know how many calories you've consumed today? If you did, you'd know whether you're on track to lose weight or if you've indulged just a bit too much and might gain weight. You'd know what you were dealing with and how to respond.

The Power to Plan

Calorie information gives you is the power to plan. For example, if you know your BMR (Basal Metabolic Rate –the number of calories you burn while your body is at rest) then you can determine how many calories you need to eat each day to lose weight.

For example, if your BMR is 1800 calories and you want to lose a pound a week you know that you can eat 1300 calories a day and lose a pound a week. (That's because losing a pound of fat requires that you consume 3500 calories less than you burn.)

You can also eat 1800 calories each day and burn 500 calories with exercise. It's your choice and the information gives you the power to make the right decisions for your goals.

There are many tools and resources available to help you learn and track your health information.

Tools and Resources

There are many ways you can track your daily calorie intake and expenditure. The key is to make it as easy to follow through on as possible. If it is a complicated process and difficult to use than you may not follow through and knowledge really is power. Here are just a few of the tools you can use to track your information:

- Fitness Journal – If you like paper then consider buying a journal or a specialized fitness journal.
- Online software or community – There are many online fitness communities and membership programs. You can sign up and track your information.
- Mobile application - Do you have an iPod or smart phone? If so, there are dozens of fitness tracking tools you can use. Many of them are free.
- Devices – Pedometers are the tip of the iceberg. They track steps. You can also find devices that help you track calories consumed and calories burned.

Action Step

Make a list of goals you might want to achieve. Don't carve them in stone just yet; the next chapter discusses healthy and unhealthy habits. You'll begin to assess your current habits and prioritize the ones you want to change. Then you can come back and revisit your goals.

Ready to take a look at your habits?

Part Three

Replacing Your Unhealthy Habits

First of all, know that everyone has "unhealthy" habits. No one is perfect. We all, each and every one of us, have room for improvement. So the first thing to remember is that this isn't about judging yourself

or being critical. This is about loving yourself and being empowered to make changes.

Got it? Ready to take this first step?

Great!

Step One **List Your Unhealthy Habits**

This may be the most difficult but also the most empowering step of the entire weight loss transformation process. Take some time, a week or more, if you need, to honestly assess your current habits. There's no judgment here. No self recrimination. Simply write down the habits you'd like to change.

For example, your list might look something like this:

- End late night eating
- Start exercising
- Eat breakfast
- Skip the fast food
- Stop snacking on carbs and sweets
- Drink less soda/drink more water

Use whatever method seems the easiest. You might simply grab a journal or a ruled notebook. You might choose to dictate your list or to type it up on a spreadsheet. You're going to be expanding on this list with a plan for each habit. If you want to keep everything in one place a spreadsheet might be helpful but it's certainly not necessary. Just use whatever works for you.

Also spend some time writing down your good habits. For example, your list might look like this:

- Drinks black coffee, no cream or sugar
- Eats high fiber cereal

- Loves to make fresh fruit smoothies
- Laughs a lot
- Meditates most days
- Enjoys taking the dog on regular walks around the block

This list helps you balance out the other list. It brings to your awareness the fact that you probably are doing something right. And it helps your all important mindset. It's important to stay positive!

Why Write Down Your Habits?

Documenting your habits helps you see where you can improve. It also helps you create a plan to change those habits. You see, often the hardest part about losing weight is the deprivation. Many diet experts and even fitness trainers preach elimination and intense exercise. They talk about getting rid of bad habits.

This is a very powerful first step. It gives you the ability to start taking action and making change. Be proud of yourself for taking this first step!

Step Two

Create a Plan to Replace Your "Unhealthy" Habits with Healthy Ones

Okay, so now you have your list of habits you want to change. It's time to plan how that transformation is going to happen. It's a process of making one change at a time.

You'll probably be tempted to try to pile on several new habits at once. Resist this impulse. Applaud yourself for the enthusiasm and motivation. However, instead of spreading your focus too thin, apply all of that motivation and enthusiasm to really making great changes one habit at a time.

Here's what happens if you try to tackle too many habits at once.

Let's go back to poor Joan. Joan decided she was going to work out every morning. She was also going to stop eating lunch at the drive through and she was going to meditate in the mornings after she

worked out. To accomplish her new morning habits she now has to get up two hours earlier.

Ouch! She needs time to work out, meditate, and pack her lunch. That's asking a lot. Her attention is going to falter quickly and she's going to struggle to make such a huge change. She's also going to be tired for a few weeks until her body adapts to the new change. So tired that she may end up going through the drive through for dinner because she doesn't have energy to cook dinner.

Joan would probably have more success if she focused on one task that only required her to wake up fifteen to twenty minutes earlier. Once she's successfully adopted that habit, she could add a new one. This gradual change allows her body to adapt.

Instead of eliminating foods from your life or getting rid of bad habits, a more successful approach is to gradually change your habits. And to change those habits one step at a time.

Step Three **Prioritize**

You're probably thinking, "okay, so where should I start? What habit on my list will have the most impact?"

Take a look at your list. What habit on your list feels as if it is the most important? For example, take a look at this example list of unhealthy habits:

- Going to bed at midnight
- Drinking too much diet soda
- Drinking cream and sugar in my coffee
- Not eating breakfast every day
- Drive through, fast food, lunch at least twice a week.
- Not enough fruits and veggies with meals (lucky if I have two servings a day)
- Too many cookies and muffins for snacks

- Allow myself to get too hungry and then make poor decisions – need to eat more frequently
- No exercise – at all.

This is a pretty typical list. Sure, there may be other things on it, but it's a glimpse into the life of the average person.

So where would you start? What would be the highest priority habit to change? It's tempting to choose more than one. However, we're talking about making lasting change here and adopting new habits. You'll likely achieve better success if you focus on one habit at a time. So where would you start?

The best place to start is probably with the exercise. When you begin to exercise you'll likely find that other good habits begin to form naturally.

For example, you may sleep better at night and thus have more energy during the day. This may mean that you have more energy to make and eat breakfast. You'll feel better and you'll automatically start taking better care of yourself.

Tips for Habit Building Success

1. Focus on one habit at a time. Put all your energy and attention into that habit.
2. Document your goal along with your plan to achieve it. If you're aware of any potential challenges, write down how you'll overcome or deal with those challenges.
3. Track your progress and hold yourself accountable for the results.
4. Get support from friends, family, or online peers. It's important to have people rooting for you and helping you heal when you make mistakes.
5. Reward yourself when you're successful.
6. Forgive yourself for mistakes. Analyze what went wrong and try again.
7. Understand what motivates you and embrace it. Use it to help you move forward and succeed.

Finally, trust yourself to succeed. You can do it and when you think positively anything is possible.

Action Step

Have you created that list of habits? If so, you've completed most of this action step already. The next step is to choose the first habit you want to focus on. Go ahead and prioritize them.

What will you focus on first?

What will you focus on second? You can change the priority later so don't worry if you change your mind.

And if you haven't created your list then go ahead and do that now. If you don't know where to start, this next chapter will help you brainstorm and get started!

Part Four

Tried and True Healthy Habits to Consider

This chapter has a slightly different format. You may want to print it out so you can simply tick off the new habits as they become part of your life.

Diet Habits

1. Eat vegetables at every major meal. Vegetables are packed with fiber and nutrients. Fiber fills up your stomach. You feel full longer and it helps combat hunger. You eat less and may therefore consume fewer calories.
2. Consume metabolism boosting foods like black pepper and tomatoes, and drink beverages like cold water, green tea, and oolong tea.
3. Start drinking water. It sounds so simple and it is. Replace juice, soda and other sweetened beverages with water. Experts recommend drinking warm water in the morning, if you don't drink tea or coffee, because it keeps you regular. Then drink ice water during the day. The cold from the ice actually helps you burn more calories.

4. Snack. Balanced blood sugar is essential for a speedy metabolism and optimal fat burning. If you normally eat two or three meals a day, start eating smaller meals and add snacks to your daily routine. Try for 5-6 small meals.
5. Drink your coffee black – no sugar, no cream. (Or use skim milk). If you drink tea, then drink your tea without any additions.
6. Add fruit to your breakfast. It adds fiber and nutrients to your day and it's low in calories
7. Eat breakfast every morning. It's the best way to fuel your body right away and get your metabolism humming.
8. Get your fiber! If you cannot get enough in your meals, take a supplement like Psyllium.
9. Replace processed foods with whole foods. Whole foods are much better for you. They contain fiber and nutrients that you just cannot get from processed foods. They're lower in salt, sugar, and fat too. The end result is that whole foods fuel your body. They fill you up and you don't feel the need to eat as much.
10. Switch to whole grains. Replace your white bread with whole wheat. Replace white rice with brown rice. Replace instant oatmeal with steel cut oats and eat whole grain cereals.
11. Reduce consumption of your favorite "Unhealthy" foods. For example, if you eat French fries several times a week, reduce consumption and eat them once a week, or less. Don't try to eliminate your favorites.

Deprivation isn't fun and it won't get you excited about changing your habits and losing weight. You can also look for replacements. For example, instead of eating fast food French fries, you might start baking oven fries or sweet potato fries.

12. Skip the salt. Flavor your food with spices instead of salt. Unlike salt which can cause high blood pressure, they have health benefits like boosting your metabolism.

13. Cut back on the fat. Replace butter with healthier fats like olive oil and vegetable oil when you cook.
14. Stock up on healthy and portable snacks. Nuts, fruit and even some meal bars can be wonderful mid day snacks. Look for snacks that have protein and complex carbohydrates so they burn slowly.

Lifestyle Habits

15. Get 20 minutes of sunshine every day or take vitamin D on days you can't. It boosts your immune system and affects your hormone levels- which in turn regulate your metabolism.
16. Laugh more! Laughter boosts your hormone levels and subsequently it affects your metabolism.
17. Sleep. Create a sleep routine that supports you getting around eight hours every night. Studies show that sleep has a very profound impact on weight loss and weight gain.
18. Eat smaller meals and eat more often. Spread out your calories so you eat every two to three hours. You'll stay satisfied, energetic and you'll lose weight faster and keep it off.
19. Make eating fun and interesting. Explore new foods. Try new recipes and embrace all the colors of the rainbow.
20. Learn about portion sizes. For example, four ounces of meat is a serving. Four ounces of meat is about the size of a deck of cards or the palm of your hand. When you can accurately estimate portion sizes you can control your calories and intake better. Your eating becomes mindful and aware.
21. Take a multi-vitamin every day. Make sure you're getting the calcium and omega three fatty acids you need too.
22. Don't skip meals! Skipping meals causes low blood sugar levels. This then leads to cravings and often it leads to poor food decisions. Generally, when blood sugar is low you crave starchy carbs and sugar.

23. Meditate. Meditation really is an amazing habit. It helps you reduce stress. It boosts your immune system. And it will help you make more conscious decisions about your lifestyle.
24. Wash your hands often, especially before you eat. When you ingest germs and bacteria your body has to fight them off. This takes energy away from your other systems. The result can be weight gain and you may retain water as your body struggles to stay healthy. Simply washing your hands, and your fruits and veggies, will prevent many illnesses.
25. Track your caloric intake and burn. Find a system that makes tracking the data easy. Know how much you need to burn each day to meet your weekly weight loss goals.
26. Get out and get social. Friends make a difference in your happiness which does affect your weight and your body's ability to manage stress and illness.

Fitness Habits

27. Walk every day. 10,000 steps isn't difficult to attain if you make small changes to your routine.
28. Move more. Sitting causes inflammation, weight gain and other health problems. If you sit for your job try to get up and move every hour. If you can, get a standing desk.
29. Find activities that make you smile and fill your heart and mind with joy.
30. Mix it up. Once you've established your initial fitness habit or activity, consider adding more activities to your life. For example, you may walk for thirty minutes each day.

You can also add home strength training to your evening television viewing hours. Do sit ups and pushups while you watch. You don't have to limit your fitness to one sport or activity. Your body, and your mind, benefit from variety.
31. Take advantage of time pockets. Time pockets are those little moments of time when you're waiting. For example, when you're

- waiting at the doctor's office you can stand instead of sitting and reading a magazine.
32. Fidget. Studies have shown that people who fidget when they're sitting burn more than 500 additional calories a day.
 33. Pace. When you're talking on the phone stand up and walk. It burns calories and helps you build a habit of moving your body instead of sitting.
 34. Park at the back. We live in a car culture and drive almost everywhere. However, that doesn't mean you have to park right next to the store. Park at the back and walk to the store.
 35. Stretch in the morning and before you go to bed. Stretching in the morning gets your blood flowing. It also puts you in touch with your body right away. The more aware you are of your body, the more you'll be inclined to improve it and enjoy moving it.
 36. Don't push for numbers, push for enjoyment and consistency. Many people get caught up in the numbers. For example, if they're running they may decide that they need to run a ten minute mile or it's just no good. Unless you're training for a competition the numbers just don't matter. What matters is that you're moving your body and having fun.
 37. Workout with friends or in a group. Working out at home is fine. Working out with friends or in a class environment is motivating. There's something fun about working out with other people and the trainer or teacher can help you improve your skills and form.
 38. Share your success! When you achieve a fitness or diet goal, share your success with others. It'll motivate you to continue and it may motivate someone else to start their own weight loss transformation.

You now have thirty eight new habits to consider and embrace into your lifestyle. Each one of these habits can contribute to your weight loss transformation. You have your goals, your list of habits, and you may know where you're going to start first. In the next and final chapter you'll find a list of tips for success.

Losing weight and keeping it off is a process. The more information you have before you begin, the more successful you'll be and that's the goal – for you to be infinitely successful!

Part Five

Transformation Tips for Success

Ready to surge forward and get started losing the weight and keeping it off for the rest of your life?

Before you begin your path to transformation Keep these six tips in mind.

1. Make It Fun!

If your transformation feels like a chore, it won't happen. Make sure you enjoy the things you're doing. That means finding physical activities that you enjoy. It means working out with others.

It also means eating foods that you enjoy and that taste good. Healthy can taste magnificent. Have fun with your food. This entire time of change should be an exciting and invigorating time.

If it's not fun, take a step back and assess why it's not fun. What can you do to make it more fun? Often, simply shifting your mindset from one of negativity to one of gratitude can make a huge difference.

For example, instead of thinking, "Ugh, I hate my thighs." Think, "I am so grateful for my body and for my amazing spirit and ability to take better care of it." That simple shift in mindset can put a smile on your face and a bounce in your step.

2. Make Changes Slowly

I know we've mentioned this a few times and even devoted an entire chapter to it. It's really important. Choose one main habit to focus on. Plan how you're going to adopt that habit or change an existing one. Then give yourself at least three to four weeks to make it a part of your life.

3. Forgive Mistakes

No one is perfect. You'll have some days that are more challenging than others. Forgive those days and start over the next day. Journaling is a wonderful way of contemplating those difficult days and finding meaning and reason behind them.

4. Replace Don't Eliminate

Elimination and deprivation causes more wanting and desires. People tend to want what they think they cannot have. If you tell yourself you cannot have chocolate you're more likely to obsess about chocolate. The next thing you know you've eaten a bag of chocolate candy and there goes the diet!

Instead of depriving yourself of the things you like, reduce your consumption of them. It's much easier to manage a lifestyle change when you know you don't have to give something up that you like.

5. Set Small Realistic Goals and Plan How You're Going To Achieve Them

Big goals are fun to set but difficult to attain. Smaller goals are easier to attain and the cumulative effects of them can be extraordinarily satisfying. Set overall goals and then create a series of smaller goals to help you achieve success. Create a plan for each smaller goal.

For example, if your goal is to exercise an hour a day, a smaller goal may be to start by exercising ten minutes a day. You may plan to reach your larger goal by adding five minutes to your workout each week. Planning helps you maintain control over the process. It also helps you adopt the habit into your lifestyle in a realistic and practical way.

6. Celebrate Each Day Regardless Of Your Success (And Then Celebrate Your Successes Even More!

It's important to celebrate and pay attention to all of the good in your life. It's so much easier to make changes if you're positive and optimistic about your life. And of course take time to celebrate your weight loss success too!

Conclusion

Losing weight in this gradual and comprehensive manner is a different approach than you may be accustomed to. It is a proven approach that will change your life in more ways than you can imagine. I want you to know that I did it. I set my realistic goals, changed my diet, and started exercising regularly, just like I am advising you. And, I want you to know that the results are worth every bit of the work that I put into changing my life. I would not go back for anything!

Don't be a stranger! Please comment on my blog posts or send me an email at Mark@NutritionAndExerciseResources.com. Also, please send me an email if you are having success implementing this advice. I would love to hear from you.

To your great health, success, and lifelong vitality!

Disclaimer: Of course, this report is not meant to treat any disease or take the place of qualified medical advise. I am not a doctor!