

# Steps to Weight Loss

By David Blair

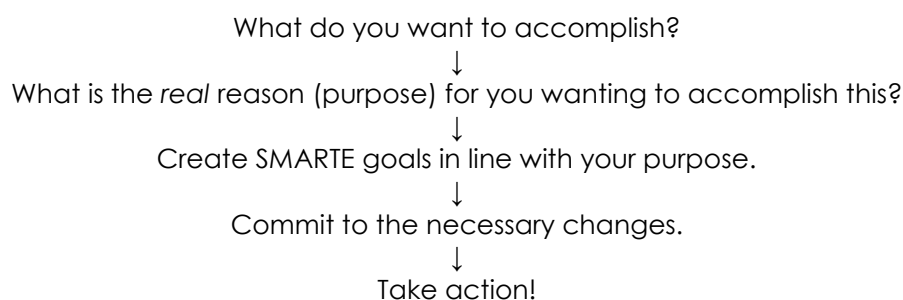
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## 1. What is it you really want?

Your attitude towards weight loss is far more powerful than the plan you put in place. With the right education and an effective sustainable program, this book will provide you with the tools and support to reach your weight loss targets. Your attitude, however, is the key! You will need a strong desire and willingness to do whatever it takes to change the habits that have caused you to gain weight.

This first section is the key to your success.



### Purpose

The first and most important part of any weight loss program is finding strong reasons to stick to the task. Ask yourself, what is the real reason that you want to lose weight? If the answer is for your partner or another person, then you are not likely to succeed. Far too often, people start things because they think they should rather than really wanting to. It needs to be for you!

It might be for health reasons, to improve the quality of your life, to increase your energy to play with the kids, to feel more comfortable with yourself or it might be for a special event. If your purpose for weight loss is a special event, such as a wedding, ensure that you have a definite plan in place to maintain your results after that special event, as all too often, the event passes and the commitment is lost. Fear is often a strong motivator to lose weight although not so effective in maintaining weight.

Whatever the reason, you need a strong motive and purpose so that when times get tough you can use that strength of purpose to keep on going. An element of emotion attached to your goal will also help drive you to your purpose. Without a strong purpose it is very difficult to maintain your focus and therefore create action. Inconsistent outcomes are due to an inconsistent focus. If you do not have a strong desire to succeed, maybe now is not the time to begin!

The solution is to begin with the end in mind. Once again, what is it that you really want? Whatever your commitment, it needs to be sustainable for life.

For the past two years, I hadn't exercised or played any sport, was unfit, overweight and had been put on blood pressure medication. Although this still didn't make me realise that I needed to make a change in my lifestyle, this came at the beginning of this year when I tipped the scales at 90kg. This made me realise that I needed to do something about my weight for my health. Nearly five months on I have lost nearly 20kg, I have dropped a couple of sizes, and I'm feeling great about what I have achieved so far. My Body looks totally different, my fitness level has improved and is at the best it's ever been. Most of all I feel great and I have more confidence. - Natalie Sproule

Not having a vision of what you want is like going on a trip without any consideration to where you are going or what you want to do or see. You will end up somewhere but probably not where you want and spend a lot of time getting there and wandering around aimlessly once you arrive. With a clear vision of where you are going, your trip will be more direct and have a greater likelihood of achieving the desired outcome.

## Goals

The mind is a 'goal-seeking mechanism'. Whatever you desire, with sincere intention, will be delivered to you. Unfortunately, most people use this energetic power to their detriment, focusing on what they don't want rather than what they do want.

An example of a positive goal is: *On the 30<sup>th</sup> June 20XX, I am at 18% body fat and I am a size 12; as opposed to I need to lose 12 kg of body fat/ weight by 30<sup>th</sup> June 20XX.*

If you link a goal to your purpose, there is a far greater chance of success. A goal without purpose is like a spur of the moment, 'New Year's Resolution' with little chance of success.

We don't get what we want, we get what we expect. Focus on the positive outcome, not on what you don't want.

Your goals must be SMARTER:

**Specific** The goal needs to have clarity and be specific. Describe exactly what you will see, feel, hear, (and to a lesser degree) taste or smell when you have it. Unless you ask specifically for what you want, you are unlikely to get it. Use specific numbers if possible. What will this outcome get for you or allow you to do?

Note: In most cases, it is better to set a body fat percentage goal rather than aim for a particular weight. If you're obese, then weight goals are best, but if you have less weight to lose, continual focus on your weight will mess with your head, distract you from the real issues and is more of a hindrance than a help. How your clothes fit or your body fat percentage is a far better indicator of progress.

**Meaningful** The goal needs to create a strong, heart-felt desire for you to accomplish. Write down what inspires you about this goal and make a list of your personal reasons for needing to accomplish this goal. This should be in line with your purpose and be for you!

**As if Now** Your goal should be written in Present Tense but with a date in the future, e.g. 'It is now 30 June 20XX and I am at 18% body fat and am a size 12'.

**Realistic** The goal needs to be realistic. Your goals should be challenging but achievable. Nothing breeds success like success. It is disempowering to strive for goals that cannot be reached. For example, your weight as a 17 year old may not be attainable. Set a target. Maybe the target needs to be an interim target to enable you to reach a shorter-term goal and then re-assess to continue further or not. This enables you to focus more easily now on what needs to be done in order to reach the larger goal. The best strategy for successful lifestyle change is to set these small, achievable goals that fit your lifestyle.

**Tangible** The goal needs to be tangible and therefore measureable. You need to be able to explain it or see it. Write down how you will measure your progress. Set a target of a clothing size, specific weight, body fat percentage, etc. It is advantageous to also set non-weight loss goals that will help in your weight loss endeavours, e.g. to run a fun run.

**End Step** Describe the final thing (scene) that has to happen for you to know you have accomplished the goal. Step outside of the goal and see the final scene. Describe exactly what you will see, feel, hear, (and to a lesser degree) taste or smell when you have it.

*My initial goals were to lose some weight and improve a physical problem, resulting from a knee injury. Within 4 months I had achieved my desired weight loss in time to feel good about myself and my image at my 50<sup>th</sup> birthday party.*

*During the following period I set new goals to work on my upper body strength and continue to remedy my knee problem. My recent assessment was my best ever and the major changes I have experienced from this personal training include feeling physically and mentally stronger; being able to move more confidently and receiving lots of compliments about the new me. - Moira McDade (Kelvin Grove)*

Goals are like sign posts on your journey. They allow you to keep 'on track' and moving in the direction toward what it is you want.

## **Obstacles**

Until you set a goal there are no obstacles. Think about that! If you do not have a goal to pursue, there will not be any obstacles to stop you. The act of creating a goal causes obstacles to present themselves. That is the way it is meant to be. Your commitment level will be tested. It will come down to how strong your purpose is in the goal you have created.

Expect obstacles!

## **Action Steps**

- Decide what it is you really want (purpose)
- Set SMARTER goals in line with your purpose
- Make a commitment to the process and the necessary changes

## 2. What are you thinking?

### Change your Thinking – Change You!

Your success is influenced by the communication you have with yourself. You become what you think about including how you think about your body weight and shape. The more that you can maintain a positive focus and remain motivated the more success you will experience.

Your thinking is largely influenced by your beliefs. Beliefs are not right or wrong, **they are effective or not**. If you have a belief that is not supportive of you, you need to find a way to change the belief. The first step is to become aware of your beliefs and how they impact on your thinking.

Your thought processes are not only what you say to yourself (self-talk) but also include the pictures, sounds, smell, feelings and tastes that you experience. In order to create change, positive self-talk is not enough, all 6 components (taste and smell to a lesser degree) of focus should be positive. Consider what it will feel like to be like this. How will you move, play with the kids, what will your energy levels be like .....

Your thoughts are like energy with varying frequencies. This energy will attract other energy with a similar frequency. If your thoughts and actions are positive, you will attract positive support and outcomes.

### Action Steps

- Identify your beliefs and how they impact on your thinking
- Create visualisation scenarios
- Become aware of your thinking. Monitor your thoughts and replace negative thoughts with positive where necessary
- Implement positive self-talk and visualisation
- Implement the change

### 3. What will help?

In this section we will look at means to assist you in accomplishing your goals.

**Gain Support → Keep a Diary → Monitor your Progress → Reward Yourself**

#### Support

It is important to do what you can to control your environment. One of the keys to acquiring a new habit is to create an environment of support, i.e. surround yourself with people that will help you in whatever way you need and ensure you have suitable food available, especially snacks.

Ask for help! You do not have to do it alone. There are people who will help if you'll just ask.

Form a circle of support around you. Ideal people to provide this support include family, friends, co-workers and/ or a coach. They are generally people that want to help but sometimes may not know how.

Identify what support you want or need and from whom you want that support. Give **specific** requests for assistance from your circle of support. This may be to:

- maintain a positive attitude
- provide encouragement
- comment on your progress (or lack of)
- ask about your progress
- allow you to discuss openly your challenges at any particular time
- keeping the living environment relaxed (stress-free)
- forgiving lapses
- assisting with meal preparation
- be an exercise partner

You will find that different people will be able to provide support in different ways based on their abilities and strengths, and their relationship to you. Select supporters to fit your needs and their strengths and be as specific as possible in ensuring that 'all bases are covered'.

Be aware that friends and partners can keep you in a negative 'holding pattern', sometimes without even knowing they are doing so. Be careful to surround yourself where possible with people who will support you in a positive way.

*With the support and encouragement of my family and friends and my great personal trainer – I'm determined to keep going to reach my goal weight and continue to be healthy and active! - Dayna Andreussi*

Imagine trying to start a business without the assistance or support of an accountant, lawyer, educators and other people who have already done what you want to do. It is possible but it is so much easier to surround yourself with people who can help and support you in your quest.

*Participants that regularly attended support sessions lost more weight than those who didn't. Dieters who attended sessions over 2 years lost about 10 kg of weight as compared to the average weight loss of 4.1 kg. These findings suggest that continued contact with participants to help them achieve their goals may be more important than the macronutrient composition of their diets. F Sacks & et al. Diets that reduce calories. Harvard School of Public Health (2009)*

## Keep a Diary

A diary can support you in your efforts to reach your goals. It has been shown that people who keep food diaries lost twice as much weight as those who did not. The main reason being that people tend to eat less when they are recording what they eat and it helps uncover patterns and behaviours that may be counter-productive.

It is recommended that you maintain a diary for 2 week periods at least every 6 weeks. This will help:

- create an awareness of the amount and quality of food that you eat
- uncover eating or food triggers
- look for high risk situations that trigger eating
- establish eating times and any other patterns that may be present
- create an awareness of your level of activity and exercise

## Monitor your Progress

Measurements and other means of monitoring your progress should be taken consistently to help keep you accountable and provide encouragement. Select a set time and day that you can check your progress each week. Some indicators, for example, body fat measurements or items of clothing, may be checked less regularly.

Examples of means of measurement include:

- Items of clothing, e.g. jeans, belt, dress.
- Body measurements, e.g. Body mass Index, Waist-to-Hip ratio, Body Girths, Body Composition (Body Fat %), Body Weight.
- A photograph

If at any time, whether during the weight loss phase or thereafter, you find you gain weight, respond immediately. Return to your plan that helped you gain the results in the first place. It may be necessary to monitor your eating and exercise/ activity regime for another 2 weeks to ascertain the reason for the weight gain.

**Reward yourself** – reward yourself with non-food related incentives along the way with each (& any) goal you reach. Congratulate yourself. Be nice to yourself. You deserve it – you've earned it.

Put the reward in place from the outset, e.g. a new dress, a weekend away or a massage are great rewards.

## Action Steps

- Create a circle of support – Ask for help
- Maintain a diary for at least 2 weeks out of every 6 weeks
- Monitor your progress
- Reward yourself for your achievements

## 4. What's Stopping You

### Sabotage Factors

Weight loss can be affected by factors in your beliefs, emotions, attitudes and environment that sabotage your efforts. Once a sabotage factor has been identified, set about putting a plan in place to counteract the sabotage factor.

Self-sabotage happens when the sub-conscious mind is not congruent with the conscious mind, i.e. there may be factors within your sub-conscious that are not in-line and supportive of what you want. You will have problems because your conscious and sub-conscious minds are not in rapport, e.g. If you imagine that the Captain of a ship is your conscious mind and the Crew of that ship are your sub-conscious mind, there will be mutiny if both parties do not work together.

It is sometimes extremely difficult to deal with sabotaging factors as they are often beliefs that have been held since childhood. If you are a self-saboteur, get support from someone who is aware of this tendency and who is willing and able to assist.

Examples of sabotaging beliefs include:

- I don't deserve it
- I don't have time
- I'll never amount to anything
- I'm not as good as .....
- I'm not good enough
- I won't try because I always fail
- I'm not worth it.

### Eating Triggers

90% of why we eat is behaviour-related (psychological hunger). It is not because we are hungry. It's because we are for example, sad, angry, depressed anxious, bored or simply it is 'time to eat'.

Psychological hunger is when you want to have something to eat or drink without physical symptoms such as an empty feeling in your stomach. Once you have identified that you are experiencing psychological hunger, you can identify specifically what the eating trigger is and develop a strategy to deal with it.

To help establish what your dominant eating triggers are, keep a diary of what causes you to eat in certain situations. Examples of triggers include:

- Working at your desk
- Cooking
- Feeling depressed
- Happiness
- Feeling stressed
- Being alone
- Parties
- Time-related (e.g. late in the afternoon)
- Location-related (e.g. at the movies or a restaurant)



Once you have identified your eating triggers, replace the action of psychological eating with another action, e.g. take a bath, call a friend, exercise or meditate.

Other examples that cause eating triggers and options for counteracting them include:

- Boredom                                      Phone a friend, read a book or exercise
- Watching television                      Eat something different, e.g. vegetable sticks
- Being depressed or Sad                 Play uplifting music, dance or phone a friend
- Tiredness                                     Take a shower, exercise or meditate

Often, there will be a specific food associated with a particular trigger, e.g.

- At the Movies –                            eating a choc-top ice cream
- In a Restaurant –                        eating bread as an entre
- Drinking Alcohol –                      eating chips or peanuts
- Drinking Coffee or Tea –                eating biscuits

If everyone ate only when they were hungry, and only enough to satisfy their needs, then no-one would ever have a weight problem (excluding cases of medical conditions causing weight gain). One of the key skills for permanent weight loss is to establish what your triggers for eating are and to find a way to effectively deal with the trigger.

### **Success Tips**

- Maintain a Food Diary
- Remove tempting foods from your house
- Have emergency healthy snacks available at all times.

A saboteur is like a person in a boat who with one hand fixes a hole in the boat and with the other hand creates another hole.

### **Action Steps**

- Identify your sabotage factors
- Identify your eating triggers.
- Implement the necessary plan for creating change.

## 5. How much do you really need to eat?

If you eat exactly the number of calories your body needs for your basal metabolism and physical activity, your weight will remain stable. Weight gain will occur when you consume more calories than your body burns. These extra calories are converted into fat and stored within your body. Approximately 50% of fat is stored under the skin. Conversely, if you use more energy than you take in, you will lose weight. To lose, 1 kilogram of weight, you need to expend 7700 calories more than you consume.

Firstly calculate what your daily requirements are and then manage your eating intake (e.g. food choices, portion sizes and frequency of meals) accordingly. If the energy consumed is not used, the balance will be stored as fat.

You can assess how many calories your body requires by calculating your Basal Metabolic Rate (BMR). Your BMR is the amount of energy (calories) that your body needs to function and maintain itself. You can then use this information to ascertain how many calories you need to consume to lose weight or maintain a weight. For fat loss, the aim is to expend more calories than you consume. To achieve a weight loss of ½ kg per week the deficit needs to be 550 calories per day. The aim should generally be a deficit of 500 – 1000 calories per day. This will be in the higher range for someone needing to lose more weight. Minimum calorie intake should be 1200 for women and 1600 for men. This will be dependent upon your size.

Note: Calorie restriction (without exercise) may lead to greater fat storage. During moderate caloric restriction, exercise helps maintains your BMR.

You can use the formula below to calculate your BMR.

### Formula for BMR

$$\text{BMR} = [9.99 \times \text{weight (kg)}] + [6.25 \times \text{height (cm)}] - [4.92 \times \text{age (yrs)}] + S \times \text{activity factor}$$

where S is +5 for males & -161 for females.

### Activity Factor

- 1.2 Sedentary (little or no exercise, desk job)
- 1.375 Lightly active (light exercise/sports 1-3 days/wk)
- 1.55 Moderately active (moderate exercise/sports 3-5 days/wk)
- 1.725 Very active (hard exercise/sports 6-7 days/wk)
- 1.9 Extremely active (hard daily exercise/sports & physical job or 2X day training)

Consider your body to be a furnace. A small furnace is not going to require as much fuel as a large one. It is also important to place fuel into the furnace intermittently rather than all at once as the furnace cannot use all of the fuel all at once.

*Reducing calories achieved weight loss regardless of which of the three macronutrients was emphasized. – F Sacks & et al. Diets that reduce calories. Harvard School of Public Health (2009)*

## Portions

The key to long term maintenance of a healthy eating plan is balance. A balanced daily diet should include:

- 2 serves of fruit and 5 serves of vegetables
- 1 serving of meat, fish, poultry (or a protein alternative)
- 2 servings of dairy
- 4 servings of breads, cereals, pasta, rice, etc.
- 0.033% of body weight in water

Note: The amount of water that you need not only depends on your body size but also environmental conditions and exercise performed. (See chapter 10 for further information on water intake)

## Standard Portion Size Examples

- 1 Serving of fruit = the size of a tennis ball or 125ml of fruit juice (½ glass).
- 1 Serving of meat = the size of the palm of your hand (including thickness)
- 1 Serving of salad = 1 cup
- 1 Serving of vegetables = ½ cup (cooked) or 1 medium potato
- 1 Serving of Dairy = 200g tub of yoghurt or 250ml of milk or 40g of cheese.
- 1 Serving of Bread = 2 slices or 1 medium roll
- 1 serving of cereal = 1 1/3 cup of packaged cereal or 1 cup of cooked porridge or ½ cup of muesli
- 1 serving of cooked rice, pasta, noodles or couscous = 1 cup

## Eat 4-6 Meals per Day

It is necessary to eat small regular meals, 4 – 6 per day for optimal metabolic function – feeding the body to provide enough energy to utilise stored fat for energy and keep the metabolic 'furnace burning'. Eating every 3 - 4 hours resets your body's metabolism and turns off its 'starvation mechanism'.

Consuming frequent meals can also assist your appetite regulation. This will allow you to eat smaller meals at your main meals. For example, you could divide your lunch in half, eating half for lunch and the other half during the afternoon.

Your food intake should be distributed throughout the day with an aim to have your larger meals earlier in the day (breakfast and lunch) and a smaller meal at night.

As a general rule, listen to your body - it will tell you when to eat again. I mean *really* listen to your body - not your head. When it comes to food, many people confuse cravings for hunger. One is a want, the other is a need. If you eat a 600 calorie piece of chocolate cake at eleven o'clock, your body isn't going to need a pre-set twelve thirty lunch. You will need to alter your plan to account for this 'slip up'.

As you generally don't have fixed calorie expenditure each day (due to the amount of activity/ exercise in your day and/ or environmental factors), your calorie intake should also not be fixed. Adjust your calorie intake according to your activity levels.

## Snacks

In order to maintain regular eating (4 – 6 meals per day) it is necessary to add snacks between your main meals. These additional snacks should not add to your overall calorie intake but rather spread your food intake throughout the day. You should consider your calorie target in preparing your food plan.

### Meal/ Snack ideas

<b>Food choice</b>	<b>Serving Size</b>	<b>Calories</b>
• Canned tuna in spring water	70 grams	76
• Canned salmon in spring water	70 grams	75
• Protein bars (Positrim)	60 grams (1 bar)	249
• Fruit	Various	Various
• BBQ chicken (no skin or stuffing)	¼ chicken	220
• Sliced turkey	100 grams	109
• Vegetable soup (low sodium varieties)	300 grams	100
• Baked beans (salt reduced)	220 grams	192
• Yoghurt (natural, plain)	200 grams	168
• Rice crackers (wholegrain)	6 crackers/ 11.5 grams	45
• Egg (hard-boiled)	1 x 50 gram egg	57
• Raw or roasted nuts (unsalted)	20 grams	120
• Strawberries	1 cup, 150 grams	33
• Blueberries	½ cup, 75 grams	39

### Action Steps

- Calculate your BMR
- Set a weight loss calorie intake target (consider your level of exercise)
- Calculate your ideal macronutrient breakdown
- Start the day with a substantial healthy breakfast
- Plan your day to allow food intake every 3 - 4 hours
- Have snacks prepared, ready and available
- Eat low GI options
- Have a treat day (1 or 2 meals)

## 6. Is fat good or not?

Many people eat too much fat and this can lead to an increase in body fat (as well as health problems such as heart disease and diabetes).

20 – 30% of daily nutritional requirements come from fat. That equates to 35 - 53 grams of fat for a 1600 calorie daily eating plan. Note: Many Australians have over 40% of their energy intake from fat.

The process of storing fat on the body from fat in food is very efficient and there is an unlimited storage capacity for fat in our fat cells. Only 3% of the energy ingested from fat is burned in the process of storing fat from fat. Also, fat has a greater calorie density.

Note: Carbohydrates are far less efficient at being stored as fat. 23% of the energy ingested from carbohydrate is burned in the process of storing fat from carbohydrate.

A certain amount of fat however, is required for good health as it provides fat-soluble vitamins (A, D, E & K) and essential fatty acids.

The amount of fat consumed is not the only concern but also the type of fat consumed.

### **Saturated fat**

Saturated fats are found in dairy products, fatty meats, egg yolks, coconut & palm oil, biscuits, cakes, pastries (due to the butter used in cooking). These can all lead to an increase in cholesterol.

Note: If you read 'vegetable fat' on a food label, you can generally assume that it is palm oil and therefore not a good choice.

### **Monounsaturated Fats**

Monounsaturated fats are found in olives and canola oils, avocado, macadamia nuts, almonds. These can help lower LDL Cholesterol.

### **Polyunsaturated fats**

There are two types of polyunsaturated fats:

- Omega 3, e.g. oily fish such as mackerel, salmon, sardines, trout & tuna, walnuts, linseeds.
- Omega 6, e.g. Sunflower, safflower, soy bean.

Many people eat too much omega 6 and not enough omega 3 polyunsaturated fats.

Omega 6 can also help reduce LDL-cholesterol, but a high intake of omega 6 polyunsaturated fats can also lower HDL-cholesterol at the same time.

Omega 3 similarly helps reduce LDL-cholesterol, but does not lower HDL-cholesterol.

## Trans Fatty Acids

Trans Fatty Acids (TFA) occur naturally in small amounts in animal fats, e.g. butter, meat & poultry. The large majority of TFA results from the processing of vegetable oils to increase their solidity at room temperature. They are also formed when vegetable oils are hydrogenated to produce margarine. TFA are often found in margarines, biscuits and cakes. TFA may have an adverse effect on your health. TFA behave like saturated fat in the body by increasing LDL cholesterol levels in the blood.

*... a 2% increase in energy intake from trans fats that were substituted for either polyunsaturated fats or carbohydrates was significantly associated with a 0.77cm waist gain over 9 months. An increase of 12 grams of fibre per day was associated with a 0.65cm decrease in waist circumference. Study of the associated changes in dietary intake – P.Koh-Banjeree et al.*

You can compare the fat that you consume in your diet to the oil you put in your car engine. If there is too little, your car engine will not operate efficiently to the point the engine may cease and not work at all. If you have too much oil in your car engine, the engine compression will decrease causing inefficient operation of the engine and with even more oil; the excess will run into other areas of the engine causing very sluggish performance.

## Action Steps

- Ascertain your daily requirement of fat (20 – 30%) from your BMR calculation
- Increase Omega 3 intake (food and supplement)
- Limit saturated fats from your diet
- Delete (as much as possible) Trans Fatty Acids from your diet.

## 7. Carbohydrates are not the enemy!

### The Importance of Carbohydrates

If you don't include enough carbohydrate in your diet, you may experience:

- A lack of energy and therefore not be able to maintain your exercise regime
- Mental fatigue due to low blood glucose levels (This in turn can lead to a decrease in burning of body fat)
- Inadequate intake of vitamins and minerals

*Only carbohydrate consumption naturally stimulates production of serotonin, a chemical that elevates mood and suppresses appetite. J Wurtman et al. Research Centre at the Massachusetts Institute of Technology (2003)*

Carbohydrates are found in:

- Breads, cereals, rice, pasta, noodles
- Fruit
- Vegetables
- Legumes (dried peas, beans)
- Dairy

The GI and fibre content should be considered in deciding what options in each of the food categories above is the best option.

Carbohydrates for the brain are like a battery for your laptop computer. Without re-charging the battery, the laptop will eventually stop working. So it is with your brain, without a constant supply of carbohydrate, your brain will not operate efficiently.

### The Glycaemic Index (GI)

Because low GI foods are more slowly digested and cause a slower rise in blood sugar than high GI foods, they help to prevent the spikes in blood sugar that can cause food cravings and weight gain. A lower glycaemic response also equates to a lower insulin demand, better long-term blood glucose control and a reduction in blood lipids.

On the other hand, high GI foods are more quickly digested and cause a faster rise in blood sugar. To adjust for the rapid rise, the pancreas secretes the hormone insulin into the bloodstream which then lowers the levels of blood glucose.

The problem is that insulin is essentially a storage hormone, evolved to put aside excess carbohydrate calories in the form of fat in case of future need. So the insulin that's stimulated by **excess** carbohydrate aggressively promotes the accumulation of body fat.

Having more low GI foods in your diet can help you to feel more satisfied for longer and help avoid the 'crashes' that people experience during the mid to late afternoon. This will help efforts to lose weight.

GI values can be interpreted intuitively as percentages on an absolute scale and are commonly interpreted as follows:

Classification	GI range	Examples
Low GI	55 or less	most fruit and vegetables (not potatoes, watermelon), grainy breads, pasta, legumes/pulses, milk, products extremely low in carbohydrates (e.g. fish, eggs, meat, nuts, oils)
Medium GI	56 - 69	whole wheat products, brown rice, basmati rice, orange sweet potato
High GI	70 and above	corn flakes, baked potato, watermelon, most white rice (e.g., jasmine), croissants, white bread, extruded cereals (e.g. Rice Bubbles), straight glucose (100)

Choose low GI foods within a food category for the best choice for everyday consumption.

*Low-glycaemic index (GI) foods are capable of inducing modest weight loss without specific caloric restriction. One hundred and nine (91%) patients completed the study; after 24 weeks the average weight loss was 8.9 kg (98.6 vs. 89.7 kg;  $p \leq 0.0001$ ). There was a significant (15%) decrease in fat mass (42.5 vs. 36.4 kg;  $p \leq 0.0001$ ) and a decrease in lean body mass of 5% (56.1 vs. 53.3 kg;  $p \leq 0.0001$ ). Summary: In this 6-month study, a low-fat, low-GI diet led to a significant reduction of fat mass; adherence to the diet was very good. Title: Low-fat, high-carbohydrate (low-glycaemic index) diet induces weight loss and preserves lean body mass in obese healthy subjects: results of a 24-week study. Authors: Bahadori, B., et al Department of Internal Medicine, State Hospital, Muerzzuschlag, Austria.*

To maximise GI benefits and blood sugar regulation, all meals and snacks should combine carbohydrate with protein, e.g. a piece of fruit and a glass of skim milk; a banana and yoghurt; natural popcorn with a handful of nuts.

## Fibre

Dietary fibre is the part of food that cannot be broken down by our digestive enzymes. It is only found in plant foods and primarily in the cell walls of plants. Fibre retains its structure during the passage through the digestive system. It is therefore not absorbed into the bloodstream and passes through our gastrointestinal tract. This slows down the emptying of food from the stomach, which helps to decrease hunger (increase satiety). It also helps to reduce blood cholesterol levels by inhibiting the liver from producing LDL cholesterol.

### Tips for Increasing Fibre

- Eat 2 pieces of fruit + 5 servings of vegetables each day
- Eat the skins on fruits and vegetables, e.g. potatoes in their jackets, the skins on apples, pears and kiwi fruit
- Add dried beans, dried peas, barley, brown rice or lentils to soups and casseroles
- Thicken soups and casseroles with bran or wholemeal flour
- Choose wholegrain rolls and sandwiches or fresh salad or fruit when ordering take-away food.

### Action Steps

- Ascertain your daily requirement of carbohydrate from your BMR calculation
- Select low GI options within a food group
- Include a minimum of 2 servings of fruit and 5 servings of vegetables per day
- Ensure an intake of at least 30 grams of fibre per day



## 8. Protein – How much is enough?

### Why do we need Protein?

Protein is converted to amino acids which are used for cell growth and repair, or they may be oxidized to produce energy. There are no storage sites in the body for excess protein. Once all of the primary needs have been met, the remaining amino acids are converted to either glucose or triglycerides (fats).

Maintaining muscle mass is like repairing and maintaining your home. If you don't repair and maintain your home as required, it becomes more costly and difficult at a later stage. So it is with protein. Without sufficient protein in your diet, the cell growth and repair that protein allows will not take place as required and you will start to suffer from the associated consequences of a decreased metabolism, i.e. gaining body fat, together with the development of postural problems.

### Protein provides 3 important benefits in the weight loss process.

#### 1. Protein helps boost energy expenditure

Dietary Induced Thermogenesis, i.e. the increase in heat production by the body after eating due to both the metabolic energy cost of digestion and the energy cost of forming tissue reserves of fat, glycogen, and protein. It can be up to 10-15% of the energy intake. Protein costs more to digest, absorb and store than carbohydrates & fat.

#### 2. Protein Helps Build Muscle

Diets often cause a loss in muscle mass. Adequate protein from your diet can reduce the loss of muscle mass during calorie-restricted diets.

Maintaining or increasing metabolically active muscle tissue increases the amount of energy requirements to maintain that muscle at rest in addition to the amount of extra energy required during exercise.

1kg of muscle burns 10 grams of fat per week (approximately ½ kg per year).

#### 3. Protein helps Suppress Appetite (Increase Satiety)

Eating more protein can help you feel fuller for longer and therefore lower your energy consumption. Therefore, you will experience higher satiety and lower hunger levels on a higher protein diet.

To maintain muscle mass, protein intake should be 1.05 grams / kg/ day. \*1

Also, simply adding protein after initial weight loss may help prevent fat regain. In one study, slightly increasing protein from 15% to 18% (of total energy requirements) during weight maintenance resulted in a 50% lower body weight regain, which consisted entirely of lean body mass. \*2

\*1 Krieger, J.W., et al., *Effects of variation in protein and carbohydrate intake on body mass and composition during energy restriction: a mega-regression 1. American Journal of Clinical Nutrition*, 2006. 83(2): p. 260

\*2 Westerterp-Plantenga, M.S., et al., *High protein intake sustains weight maintenance after body weight loss in humans. Int J Obes Relat Metab Disord*, 2004. 28(1): p. 57-64

## **Sources of Protein**

Protein is found in animal products such as red meat, chicken, fish, eggs and dairy products. It is also found in plant foods such as breads and cereals, soy, beans, lentils, legumes, nuts and seeds. Protein from animal sources is called 'complete protein' as it contains the eight essential amino acids in the appropriate amounts and proportions. Proteins from plant sources are present in smaller amounts and are called incomplete proteins, as they don't contain all of the eight essential amino acids.

Choose protein from a range of sources including lean red meat, poultry, fish and other non-meat protein foods such as dairy. To consume all essential amino acids on a vegetarian diet you need to eat a combination of incomplete proteins each day, preferably at the same meal.

## **Action Steps**

- Calculate your daily protein requirements (Aim for 1.05 grams of protein per 1kg of body weight)
- Select a variety of protein sources

## 9. You Can't Burn Fat when Alcohol is in Your System!

Alcohol contributes to daily calorie intake with no nutritional value (empty calories) and can lead to weight gain or negatively affect weight loss.

The liver which is responsible for metabolising both alcohol and fat cannot metabolise anything other than alcohol when alcohol is in your system, i.e. all excess fat, protein and carbohydrate will be stored as fat whilst there is alcohol in your system. The liver can metabolise only a certain amount of alcohol per hour, regardless of the amount that has been consumed. Therefore, the more alcohol that is consumed, the longer it will be until fat can be metabolised. The rate of alcohol metabolism depends in part, on the amount of metabolising enzymes in the liver, which varies among individuals and appears to have genetic determinants. \*1

For the average person, the liver requires approximately 2 hours to metabolise each unit of alcohol consumed.

\* 1 *Bosron, WF & et al. Genetic Factors in alcohol metabolism and alcoholism. Seminars in Liver Disease 13 (2):126-135 (1993)*

Alcohol has the same affect on fat burning as riding a bike with your legs tied together – it just can't do it!

Adding to the problem is the fact that alcohol is a depressant. This can ultimately have a negative effect on you when you are trying to lose weight.

### 1 Standard Drink

30 ml nip of spirits  
100 ml glass of wine  
285 ml full strength beer  
375 ml mid-strength beer

### Success Tips for Limiting Alcohol

For those people unwilling to give up alcohol, the following hints can help you limit the amount of alcohol consumed.

- Make your first drink a glass of water
- Avoid getting in to a 'shout'
- Alternate alcoholic with non-alcoholic drinks
- Drink slowly
- Choose low-alcohol options
- Plan ahead for social situations that may trigger an increase in alcohol consumption
- Use low-calorie mixers with spirits
- Have a minimum of 2 alcohol-free days per week
- Have no more than 2 standard drinks per day

## **Action Steps**

- If you must drink alcohol, limit intake to 2 standard drinks per day (with at least 2 alcohol-free days per week).
- Plan ahead and ensure you include the alcohol consumed in your total calories plan.

## 10. Water – Can you drink too much?

Dehydration is one of the major causes of fatigue and a large number of people are dehydrated most of the time without realising. Drinking more fluid can help you feel better and train with greater energy levels and therefore allow you to burn more energy (body fat).

The human body is made up of on average, 57% water. When body water levels drop, our body systems are unable to function effectively. Daily fluid losses for most adults are between 1 - 2 litres. High temperatures, humidity, exercise and air-conditioning will significantly increase these fluid losses.

Note: You can drink too much water. Excessive amounts of water can cause a lack of salt in the blood which can lead to illness. In saying that, most people do not drink enough water. Aim for 0.033 litres of non-caffeinated fluids for each kilogram of body mass.

### Water during Exercise

Aim to drink 100 – 250ml for every 15 minutes of exercise in addition to your regular daily intake. This will offset the fluid losses from exercise.

Note: This will vary according to the conditions and the level of effort. The more you sweat, the more fluids you need to replace.

### Recommended Types of Fluid

Water is the preferred drink to provide fluid required. Add a small amount of juice (e.g. lemon or lime) to water to aid absorption and digestion.

Avoid energy drinks as they often have high levels of caffeine or guarana (herbal form of caffeine). Caffeine is a diuretic and will increase dehydration.

Sports drinks are suitable during and *after longer (e.g. greater than 90 minutes), higher intensity* exercise sessions as they contain electrolytes to aid fluid absorption.

### Success Tips

- Drink room temperature water as it is kinder to your gastro-intestinal tract
- Don't drink more than 500 mls of any fluid just before, with or for a reasonable amount of time after a meal. You will over-dilute your digestive juice, rendering it less effective to break down your food
- Have a little lemon or lime in your water to aid with digestion

### Action Steps

- Calculate your water intake requirements
- Drink a glass of water (with lemon juice) upon rising in the morning.
- Be organised and carry a water bottle with you to work, exercise workouts, etc.
- Drink one glass (250 ml) of water with each meal
- Drink an additional 100-250 mls of water for each 15 minutes of exercise. The amount will be dependent upon the intensity of exercise and the environmental conditions.

## 11. It's time to sweat a little

Aerobic exercise (also referred to as cardio-vascular exercise) is important in controlling your level of body fat and will help you increase the strength of your heart and lungs. It is recommended that you perform 270 minutes of aerobic activity per week to help weight loss. For body fat loss, consider what your calorie deficit requirement is and use a combination of your eating and aerobic exercise plan to accomplish this.

To burn more calories you need to expend more oxygen. More energy is consumed during exercises involving greater muscle mass.

Aerobic exercise requires fuel (energy) and oxygen just like a fire. The bigger the fire and the longer the fire burns the more fuel that is consumed.

*Although we reaffirm that diet restriction is effective for reducing obesity, our findings also demonstrate that 12 weeks of approximately 60 minutes daily exercise without caloric restriction is associated with substantial reductions in body weight (7.6 kg).*

*R.Ross et al. Reduction in Obesity and Related Comorbid Conditions after Diet-Induced Weight Loss or Exercise-Induced Weight Loss in Men. (2000)*

*Exercise enhances long-term maintenance of weight loss. Kayman S. et al. Maintenance and relapse after weight loss in women. Am j Clin Nutr. 1990; 52: 800-7*

### Aerobic Exercise Prescription (FITT)

Frequency:	Ideally daily but the more days the better (One day is better than none at all).
Intensity:	On a scale of 1 – 10 (1 being low and 10 being high), exercising at a level 6 - 7 is considered moderate and suitable for longer duration (20+ minutes) activities. Another means of monitoring your intensity is the Talk Test whereby for moderate exercise, you should be able to maintain a conversation although not comfortably. <u>Note:</u> You should vary the intensity of your activity as you become fitter between low-intensity, longer duration workouts and high intensity, short duration workouts. This causes the body to have to continually adapt, therefore increasing the amount of energy required.
Type:	A variety of exercise is recommended for your aerobic activity. These exercises should involve large muscle groups and be rhythmical in nature. Examples include running, walking, cycling, boxing, dancing, etc.
Time:	Ideally 270 minutes per week (although less is better than none at all). If necessary, exercise can be performed in shorter periods, e.g. 10 minute intervals.

### Hints for Exercise

- Create variety in the exercise that you do
- Do exercise that you enjoy
- Higher intensity exercise is best for a longer metabolic effect.
- Gain support in your exercise endeavours, e.g. personal training, training with friends.
- Create a routine for your exercise workouts which will help with time management
- Cool down and stretch after exercise to help your body return to its resting state

## Incidental Activity

It is not only the organised activities you do that count. The incidental activities such as walking up stairs, cleaning, playing with the kids and gardening all make a difference and should not be underestimated. In addition to your regular exercise, try to increase the amount of this incidental activity that you do. It is common for people to reduce their incidental activity in order to conserve energy for their exercise session or because they feel they don't need extra activity due to their scheduled exercise session. Both scheduled exercise and incidental activity are both very important and will go a long way in helping you achieve your weight loss goal.

In order to measure your daily activity, it is helpful to measure your daily steps. This can be monitored by the use of a pedometer. A guide to your level of activity is:

Up to 5000	Sedentary
5000-7500	Low activity
7501-10000	Moderately Active
10001-12500	Active
12501+	Highly Active

## Exercise Intensity & Fat Utilization

Although you will utilise a greater proportion of fat as energy with low-intensity exercise, the total fat burned is greater with a higher intensity of exercise, because of total energy output.

It is necessary to consider your fitness level in determining your intensity. An intensity of 70% of MVO<sup>2</sup> for one person will be very different from another person.

As a general rule, when commencing a new training program, gradually increase the volume and intensity of your exercise, e.g. walk → jog → run.

Note: If you perform less exercise on a particular day, less food should be consumed.

### Disclaimer

- *Has your doctor ever said that you have a heart condition?*
- *Have you been mostly sedentary during the last 5 years?*
- *Do you feel pain in your chest when you exercise?*
- *Do you become dizzy when you exercise?*
- *Do you have a bone or joint problem that could be made worse with physical activity?*
- *Are you on prescribed medication for your blood pressure or heart condition?*
- *Is there any other reason why you should not do physical activity?*

*If you answered yes to any of the above questions, you should consult a doctor before commencing an exercise program.*

I had never been a big runner, but decided I would train to complete a half marathon and at the same time reduce my body fat. I put together a training plan where I increased my cardio training from twice a week to 5 sessions a week and also included 2 days a week of resistance training. Not only did I see a huge improvement in my aerobic capacity but I was also losing approximately 1% of body fat per month and my body shape was changing rapidly. I feel a lot more athletic and can actually see muscle definition now which I have never seen before. – Jodi Ince (Croydon)

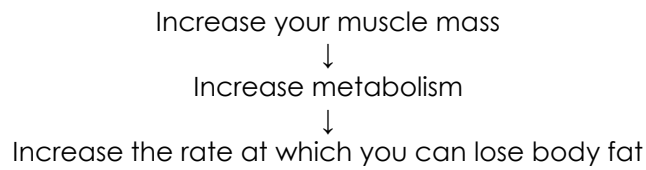
## **Action Steps**

- Consider your BMR calculation and your daily calorie deficit target.
- Aim to do 270 minutes of aerobic exercise per week. Create a routine.
- Vary the intensity (a heart rate monitor will help) and type of exercise that you perform.
- Utilise a pedometer to monitor your daily activity.



## 12. Is that heavy enough?

Resistance training which is also referred to as weight training, will help you: maintain and/ or increase your body muscle mass which in turn increases metabolism, therefore increasing the rate at which you can lose body fat.



Adults who replace muscle tissue through sensible weight training use more calories all day long, thereby reducing the likelihood of fat accumulation.

### How does Weight Training help Fat Loss

1. Resistance training will maintain or increase your metabolic rate which in turn helps you to maintain or decrease your body fat levels. Lift weights to lose fat: one of the biggest mistakes people make when starting an exercise and nutrition program is not including a weightlifting program with their cardio-vascular exercise and eating regimen. This is unfortunate because when you cut calories without exercise, you can lose muscle as well as fat. And when you lose muscle, your body becomes a lot less efficient at burning fat. However, when you gain muscle, you can actually condition your body to burn more fat ..... 24 hours a day!
2. Improve glucose metabolism. Researchers have reported a 23% increase in glucose uptake after 4 months of resistance training. Because poor glucose metabolism is associated with increasing body fat and adult onset diabetes, improved glucose metabolism is an important benefit of regular weight training.
3. Helps neutralise age-related muscle loss. Most adults that do not do weight training lose between 2.3 and 3.2 kg of muscle per decade. This equates to a decrease of 2 – 5% in metabolic rate every decade. At rest, 1kg of muscle requires 13 calories per day for tissue maintenance, and during exercise, muscle energy utilisation increases dramatically.
4. Increase your strength in order to more efficiently deal with daily activities. Increased everyday, **functional strength**: Weight training does wonders to help you with activities of daily living; Housework, yard work, moving furniture, and carrying bags of groceries without gasping for air and tiring within minutes. If you have a medical condition such as arthritis or multiple sclerosis, lifting weights can be a great help. You can rely on weightlifting to keep you strong where once all your strength was gone. Increased strength can lead to greater efficiency in activities which can increase the use of body fat.

## Weight Training Exercise Prescription (FITT)

**Frequency:** Minimum twice per week per body part. This can be accomplished by training your entire body on each of your training days or training different parts of your body on different days, e.g. upper and lower body on 2 days each.

**Intensity:** Vary your training so that you use a variety of rep ranges (e.g. 4-6 reps, another with 8-12 reps, another with 15-20 and even as high as 40 reps) from workout to workout, or from phase to phase (for example, 3 weeks heavy, 3 weeks light, 3 weeks moderate). It's the mix of repetition ranges and loads that will provide the best metabolic effect meaning that maximum muscle usage and, of course, energy usage occurs. To gain optimal benefit, ensure that you use the maximum weight possible for the rep range being used.

***Safety Note:*** Heavier weights should only be used after a reasonable period of training and after gaining a reasonable level of experience. Even then, it is advisable to gain assistance in performing some exercises.

**Type:** Resistance training may be performed with weights, resistance bands or your own body weight. It is important that you vary the type and intensity of your training in order to cause your body to adapt. Examples of variations of weight training include the type of exercises, order of exercises, rest periods between exercise sets and speed of repetitions.

**Time:** 20 + minutes per session

Imagine that your body is an automobile. Your muscles release energy and produce movement (like an engine); absorb impact forces that otherwise could destroy your bones, connective tissue and joint structures (like shock absorbers); and provide the framework that enables you to function physically (like the chassis). Just as mechanics know that proper maintenance keeps your car in good shape, researchers are finding that strength training plays a vital role in keeping your muscles well tuned.

I believe my success is also due to the varied and individual programs. I had previously done a bit of cardio work but never weight training. I think the combination of weight training and cardio work has helped me not only lose my excess weight quickly, but keep it off. It also helps me to get stronger and leaner without the bulking up many associate with weight training. – Kasey Drayton (Lilyfield)

### Action Steps

- Train each body part (chest, back and legs) twice per week. Note: All body parts may be trained in a single session.
- Change the intensity and the exercises of your weight training program consistently (ideally every 3 – 4 weeks).

### 13. Chill-out!

When stressed, many people use food as a “tranquilizer”. Although you may temporarily feel better when you do, the long term results of using food as a coping mechanism can be disastrous. Stress management tools such as mental training exercises, a walk, and massage all help provide immediate relief from cravings by naturally modifying your biochemistry.

Stress is created when a perceived situation is considered to be threatening. This brings about a cascade of physiological reactions. Adrenaline and cortisol pump through our blood vessels, moving energy away from non-essential processes such as digestion, and directing it to the muscles. Our heart rate increases, our blood sugar and fat levels rise, our senses sharpen, and we are ready for action.

The only concern is often the stressor does not require a ‘flight or fight’ response and in current lifestyles it is often chronic and unrelenting, e.g. continual deadlines, limited finance, relationship challenges, etc. These hormones, if not used up, keep us in the cycle of stress leading to cravings, the deposition of fat and being consistently reactive.

In the moment of feeling overwhelmed, one of the best things that you can do is use up that adrenaline and cortisol; clear those fats and sugars from your bloodstream. If time is limited, perform a short burst of exercise such as some pushups or squats, or maybe run up a flight of stairs. This will prevent you from experiencing the sugar and resultant insulin surges which lead to insatiable cravings and a drive for foods high in fat and sugar.

#### Action Steps

- Identify what causes your level of stress to increase.
- Take at least 10 minutes to relax each day, e.g. meditation, yoga, taking a bath.
- Give your body adequate rest between intense exercise sessions, i.e. 24 hours for aerobic exercise and 48 hours for resistance training of each individual body area.

## 14. Sleep

Sleep deprivation causes changes in metabolism and hormone functioning, which can affect how the body burns and stores fat.

There is also a particular link between sleep loss and obesity because a lack of sleep lowers leptin, an important hormone that tells the body when it has eaten enough food, and increases ghrelin, the opposite hormone that tells the body to eat more food. The two combined can set the stage for overeating, which in turn may lead to weight gain.

Ghrelin and leptin are both produced in the body. It has been found that thinner people have higher levels of ghrelin production during certain night-time hours which is lacking in people who suffer from obesity. People who fail to sleep properly over-stimulate their ghrelin production which increases the desire for food. Simultaneously, lack of sleep reduces the production of leptin which is the body's appetite suppressant. So, if you don't get enough sleep, the hormones in your body get all out of whack and you think that you're hungry when you really don't need the food.

Getting the right amount of sleep can be the first step to making sure that you're getting the ghrelin and leptin balance that your body needs to naturally maintain a healthy weight. You should also be getting sleep at the right times, i.e. not going to bed excessively late or not sleeping only a little one day and then a lot the next day to make up for it. You should endeavour to sleep between 6 – 8 hours each night if you want to naturally balance your ghrelin and leptin levels.

Studies have shown that those who slept less than eight hours a night not only had lower levels of leptin and higher levels of ghrelin, but they also had a higher level of body fat. What's more, that level of body fat seemed to correlate with their sleep patterns. Specifically, those who slept the fewest hours per night weighed the most.

Food cravings increase as the body seeks an immediate source of energy to compensate for the sleep deprivation.

Also, people who are well rested are more likely to engage in physical activity or exercise and have a more positive attitude.

We often turn to food when we are feeling unwell or are tired. Sleep restores and re-builds the body which leads to an increase in metabolism.

## 9 Tips to Help You Sleep

1. Lie down to go to sleep only when you are tired. Don't go to bed early to 'catch up' on lost sleep if you're not tired. Learn to recognise waves of sleepiness which come every 60 – 90 minutes, and go to bed then.
2. Avoid spending non-sleep time in bed. You should associate bed with sleep.
3. If you can't fall asleep within 30 minutes get up and do something relaxing like listening to music or reading. When you're sleepy again, go straight back to bed. If you wake in the night, do the same as above rather than lying in bed worrying. You should also recognise the benefit of resting peacefully – this is nearly as restorative as sleep.
4. Get up about the same time each morning. Sleeping in too long throws out your body clock leaving you feeling as tired as if you had too little sleep.
5. Avoid taking naps during the day. Even a brief nap during the day can take the edge of your sleepiness at bedtime.
6. Avoid exercising close to going to bed in the evening; this stimulates your body and makes you more alert. Try to exercise earlier in the day.
7. Avoid thinking and worrying in bed. Try techniques such as writing a 'To Do' list or meditate to help clear your mind.
8. Don't become sleep obsessed and count hours of sleep daily – this focuses your mind on the problem and amounts to telling yourself that you should feel exhausted, so you probably will. Try to just get on with your day instead.
9. Maintain a healthy diet. Limit caffeine and alcohol intake, particularly immediately before sleeping, as it impairs sleep quality.
10. Create a relaxing, dark environment in which to sleep.

I have lost 25kg so far. I can buy slim fit shirts and not look like the Michelin Man. My resting pulse and blood pressure are way down. I sleep better. I FEEL so much better than I ever did and in turn continue to lose weight. - Andrew Eden

### Action Steps

- Go to bed at a consistent time each night
- Get up each morning at the same time

## 15. What now?

Once you get to the maintenance phase (when you have reached your desired level of weight/ body-composition), then those eating, exercise and lifestyle habits which got you there, should be maintained - they should happen naturally and automatically. This is certainly the time to celebrate, just **not** with unhealthy food. Continue with the guidelines that helped you reach this point, gradually increasing your food intake until you have a calorie intake/ usage balance.

Although you may be in a maintenance phase with your food, you should always be in some type of adaptation phase with your training. This is accomplished by continually making changes to your exercise program. That may be a change in the type or intensity of cardiovascular training or a change in the number of reps and intensity of your weight training program.

The vast majority of people who lose weight regain it, and most people who get fit, get unfit. Holding on to what you've achieved ALL comes from your mindset. If in the past you have not maintained the results that you have achieved, you need to discover why you have self-sabotaged in the past - and only you know that. Referring back to your food diary or observing eating triggers may help you identify the reasons.

It is imperative that you identify these factors so that you can effectively maintain lasting physical change and all of the associated benefits.

If at any time, whether during the weight loss phase or thereafter, you find you gain weight, respond immediately. Return to your plan that helped you gain the results in the first place. It may be necessary to monitor your eating and exercise/ activity regime for another 2 weeks to ascertain the reason for the weight gain.

Achieving your weight loss goal is not the end. Your relationship with food and exercise is an ongoing process. The key to your ongoing success is in the maintenance of the changes that you have made. And it is not all about your weight. It is also about your health, the way you function and your performance in your everyday activities. Maintain a focus on the quality of your life – your weight is just one part of that.