

11 Easy Ways to Kiss 10 Pounds Goodbye Forever... Without Pain and Suffering

Lisa J. Lehr
©2008

www.FitnessSolutionsforYou.com

www.fitnesssolutionsforyou.com/wordpress

This e-book offers eleven easy, practical strategies for dropping unwanted pounds quickly and permanently. All of them are simple lifestyle adjustments that begin with simple attitude adjustments.

How many of them you do, how consistently and for how long, is totally up to you.

If you happen to be the one person in ten thousand who absolutely cannot lose weight because of an untreatable medical condition, this book won't help you. If you're like most people, however, who could lose weight if they really tried, you can do these suggestions—consistently—lose weight and *keep it off*.

Additionally, there's nothing special about the "10 pounds" figure. You could easily lose many, many times that.

You'll need no special training or equipment. The time you'll spend doing these things will be regained countless times over by an increase in energy and productivity. You only need to believe that you are in charge of the choices you make. And then make good ones.

You have received this e-book free from FitnessSolutionsforYou. You are welcome to print it, share it, e-mail it, offer it on your own website, and pass it around as you like—provided it is kept intact. No page or part of it may be reproduced without the author's written permission, except for reasonable-sized quotations with credit given to the author.

Contact the author at lisa.justrightcopy@gmail.com

Disclaimer: the author is not a medical doctor or healthcare professional. Use the advice in this e-book at your discretion and, as always, discuss your health concerns with your healthcare provider.

1. Enjoy your food.

It seems obvious, but it isn't.

Americans are notorious for eating without enjoying their food.

In his book *The Culture Code*^{*}, Clotaire Rapaille says, "Americans say 'I'm full' at the end of a meal because unconsciously they think of eating as refueling. Their mission has been to fill up their tanks; when they complete it, they announce that they've finished the task."

Observe the settings in which we often eat:

- ✓ in the car
- ✓ at our desks
- ✓ in meetings
- ✓ in movie theaters
- ✓ in front of the television
- ✓ standing up over the sink
- ✓ hurriedly while we're doing something else

The objective here is clearly not to savor our food. Indeed, eating in these settings distracts us from even thinking about the fact that we're eating.

In contrast, "In France, the purpose of food is pleasure, and even a home-cooked meal is something diners savor for a long period."* Surprise! In France, obesity is rare.

Some will argue that they wouldn't have time to eat at all if they didn't multi-task eating with some other activity such as working, driving, or watching TV.

Some will argue that they wouldn't have time to eat at all if they didn't multi-task eating with some other activity such as working, driving, or watching TV.

Nonsense.

Nonsense. When eating without enjoyment so obviously leads to such poor choices in food quality and quantity, we have nothing *but* time to slow down and fully enjoy what we're eating.

Hint: eat sitting at the table. If you eat alone, listen to music or read the newspaper. If you eat with others, make conversation, and talk between bites.

^{*} *The Culture Code* ©2006 by Clotaire Rapaille, published by Broadway Books

2. Just say no.

The answer is no.

So what's the question?

Well, it takes a variety of forms, but the question is always essentially the same: are you willing to spend a little more money for a significantly greater serving of food or drink than you were planning to consume?

Whether you're at the fast-food counter, the doughnut shop, or the upscale espresso bar, be prepared for this question:

"Would you like to super-size that?"

"Would you like to upgrade to a large for 35 cents more?"

"Would you like a pastry with your coffee?"

Keep in mind that they're not offering you more food or drink to make you happy. They want you to buy more because they're in the business of selling food.

Think about it. If you upgrade your drink from 16 ounces to 20 ounces, that's a 25% increase in size and a corresponding increase in calories. If you purchase this item five times a week, that's a lot of extra calories. And that's not counting the pastries.

Go in knowing what you want and be prepared to say no to the rest.

Keep in mind that they're not offering you more food or drink to make you happy. They want you to buy more because they're in the business of selling food.

Hint: if you're going to a place you visit frequently, you know how much your favorite item costs. Have the needed amount out of your wallet and in your hand before you order. Reaching into your purse or pocket for more will seem like an inconvenience.

Just say no to more food or drink than you really want or need.

3. Eat breakfast.

Eat breakfast!

The age-old wisdom that breakfast is the most important meal of the day isn't just old—it's true.

Examine the word *breakfast*. Break + fast = breakfast. When we've fasted eight, ten, or twelve hours—maybe longer, if we tend to eat an early dinner, have a morning exercise routine, or both—it's time to break the fast. If we don't, and start burning calories before taking in any more, we soon go into "survival mode."

Our bodies sense it's been too long since we've eaten and protect us from starvation by lowering metabolism and conserving resources—otherwise known as *storing fat*.

Skipping breakfast also leads to mid-morning fatigue, over-eating at lunch, afternoon drowsiness, and a host of other things that interfere with your plans. Eating breakfast is a simple way to avoid these problems.

Often it comes back to "I don't have time." Also nonsense. When you consider the five to ten minutes it would take to consume something nutritious, the energy you'd reclaim would surpass the lost time many times over.

Here are a few ideas for quick, high-energy starters:

- ✓ bottled smoothie
- ✓ protein shake
- ✓ yogurt
- ✓ energy bar
- ✓ cereal bar
- ✓ trail mix
- ✓ fruit
- ✓ a mocha or latte
- ✓ two or more of the above

When you consider the five to ten minutes it would take to consume something nutritious, the energy you'd reclaim would surpass the lost time many times over.

Eat breakfast. It really is the most important meal of the day.

4. Don't allow it in the house.

This one also seems too easy, but you simply ban junk food from the house. If you don't have it in the house, you can't eat it. Shop from a list. Make the list before you leave home, and buy only what is on the list.

Perhaps allow yourself the occasional "impulse" buy; sometimes you see something on special that you're going to need anyway, so go ahead and get it when you see it. Being too rigid with the "only buy what's on the list" rule can backfire.

But going into a store without any preconceived idea of what to buy is definitely a bad idea, because things will catch your eye and you'll toss them into your cart. Grocery store layouts are strategically planned to make shoppers buy certain items—with their bottom line, not your health, in mind.

Grocery shopping on an empty stomach is also a bad idea, so try to avoid shopping while hungry.

Okay, so you don't have junk food items on your shopping list, and you don't buy them on impulse. If you need "quick" foods for snacking purposes, choose nutritious things to fill the void. Quick food needn't be junk food.

You now have no junk food in your house, and when you go looking for a meal or snack, you find only nutritious, low-calorie foods.

Okay, so you don't have junk food items on your shopping list, and you don't buy them on impulse. If you need "quick" foods for snacking purposes, choose nutritious things to fill the void. Quick food needn't be junk food.

Live with someone else—kids or partner—who'd never go along with your "no junk food in the house" rule? Give him/her/them a personal shelf in the cupboard and in the refrigerator. What's on that shelf, you cannot eat.

Also give them a copy of this e-book (you have my permission) and suggest signing up at:

www.fitnesssolutionsforyou.com or
www.fitnesssolutionsforyou.com/wordpress

5. Keep a food journal.

Here's another easy trick that works: write down everything you eat and drink.

Keeping a food journal accomplishes several things:

- ✓ It makes you aware of exactly what you eat. (If you write it down, you have to think about it.)
- ✓ It makes you accountable. (Nobody lies to their diary.)
- ✓ It makes you think twice about eating something you shouldn't. (You're going to have to write it....)
- ✓ It serves as tangible evidence that there's a correlation between what you eat and any changes in your weight.
- ✓ You can refer to it when making your grocery list.

Bonus tip: expand your food journal to include these factors:

- ✓ where you were
- ✓ what you were doing
- ✓ what you were feeling

Were you hungry? Or were you eating for one of these other reasons:

- ✓ boredom
- ✓ stress
- ✓ nervousness
- ✓ fatigue
- ✓ habit (you always eat at that place/time)
- ✓ social stimulus (someone else was eating)
- ✓ some other emotional factor?

Observing the relationship between what you eat, when, why, and how you feel about the whole experience will help you identify the triggers that make you eat.

And finally, how did you feel after you ate? Satisfied? Stuffed? Angry or disappointed with yourself?

Observing the relationship between what you eat, when, why, and how you feel about the whole experience will help you identify the triggers that make you eat.

6. Get a doggie bag.

News flash: doggie bags aren't for dogs.

Since dogs shouldn't be eating human food anyway, there's no shame in taking food home from the restaurant and eating it yourself. So those bags, boxes, and Styrofoam® containers that your server brings you to put your leftovers in are really "people bags."

Plan ahead. Whatever you order, decide ahead of time that you're going to eat half of it at the restaurant and half for your next meal at home. You may even be able to get your server to place half in the take-home container before it arrives at your table, so you're not tempted.

Another idea: share with someone. Many restaurants will split the meal into two servings before it comes to your table.

The good news is that restaurants are very aware of the desire many people now have to eat more healthfully, and are willing to work with you.

Same goes for dessert. If you really enjoy eating dessert as part of the restaurant experience, you don't necessarily need to deprive yourself of this occasional pleasure. Just take half home, or share it with someone else at your table.

Other ideas to limit your intake at a restaurant meal:

- ✓ Order a main dish salad or light soup, and split a main dish with someone.
- ✓ Order a main dish salad or light soup, and have an appetizer as a main dish.
- ✓ Forgo the second margarita. Restaurant drinks tend toward the huge side. Better yet, drink wine, or mineral water with a slice of lemon.

Decide ahead of time that you're going to eat half of it at the restaurant and half for your next meal at home. You may even be able to get your server to place half in the take-home container before it arrives at your table.

Eating out needn't mean disaster to your weight control plan. Take charge of what you eat and drink—and enjoy the experience.

7. Drink more water.

We need to drink water in order to avoid being poisoned by our own waste products. Drinking water is also important for weight control.

"Proper water intake is a key to weight loss," says Dr. Donald Robertson, medical director of the Southwest Bariatric Nutrition Center in Scottsdale, Arizona. "If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat adequately. Retaining fluid also keeps weight up."

Here are three ways drinking more water can encourage you to eat less:

- ✓ Thirst signals can be misinterpreted as hunger signals. If you feel hungry, try drinking some water first and see if the hunger pangs go away.
- ✓ Water can make you feel full. If you drink a glass of water, you won't have as much room for food.
- ✓ Drinking water is important for general health. Not drinking enough water can lead to ailments including headaches, fatigue, and digestive difficulties.

Carbonated water is even more effective for making your stomach feel full, so keep mineral water on hand to drink before a meal so you'll eat less.

Important: when we say water, we mean water, as in H₂O. The following beverages are all diuretics, which will cause you to excrete more water than they contain:

Important: when we say water, we mean water, as in H₂O. Coffee, tea, cola-type drinks, alcohol, and sugary drinks are all diuretics, meaning that they cause you to excrete more water than they contain.

- ✓ coffee (including iced coffee)
- ✓ tea (including iced tea)
- ✓ cola-type drinks
- ✓ alcohol (including beer and wine coolers)
- ✓ sugary drinks (including lemonade)

Unfortunately, these drinks are the ones people usually reach for when they're hot and thirsty, and drinking them does more harm than good. Water is one of your best tools for quick and easy weight loss.

8. Add mini- workouts to your day

Old game: circle around the parking lot until you find a spot really close to the door.

New game: park at the far end and walk.

If we're honest, we'll realize that the motivation behind searching for a parking space close to the door is not usually because we're in a hurry, nor because we don't like walking across the parking lot.

It's a game, isn't it? A treasure hunt? A conquest? Don't we feel like we've "beaten the system" when we find an open space near the door?

Decide right now that it doesn't matter anymore. You'll park at the far end of the parking lot because it's an easy way to build some exercise into your day.

Instead of moving the car from one end of the mall or downtown to the other, park once and walk.

Added up, it could mean significant weight loss, especially when combined with these other mini-exercise routines:

- ✓ Stand up (better yet, walk around) while talking on the phone.
- ✓ Take the stairs instead of the elevator or escalator.
- ✓ Walk down the hall to talk to your colleague instead of using the phone or e-mail.
- ✓ Around the house, return items to their proper places as you come across them, instead of making a "pile" of things to take all at once.
- ✓ Get up from your desk and walk around every half-hour.
- ✓ Give the remote controls a vacation.

If we're honest, we'll realize that the motivation behind searching for a parking space close to the door is not usually because we're in a hurry, nor because we don't like walking across the parking lot.

Try wearing a pedometer and see how many steps you typically take each day; aim for 10,000. Add 500 steps per day into your daily routine until you get there, and see what a difference it makes to your weight and your overall fitness.

9. Get enough sleep.

It may not be obvious, but getting enough sleep is another critical factor for maintaining proper weight.

One recent study by Case Western Reserve University in Cleveland, Ohio found that, on average, women who sleep less than five hours per night are 32% more likely to gain weight and 15% more likely to be obese than those who get at least seven hours.

If that weren't scary enough, the dangers of sleep deprivation go beyond weight issues.

"[F]ailing to get enough sleep or sleeping at odd hours heightens the risk for a variety of major illnesses, including cancer, heart disease, diabetes and obesity, recent studies indicate," says the *Washington Post* in an article by Rob Stein, Sunday, October 9, 2005.

We've all heard the joke, "I'll catch up on my sleep when I'm dead." It isn't funny.

Here are some tips for making the most of your resting hours:

- ✓ Get at least 7 hours of sleep per night. (Some people need more.)
- ✓ As much as possible, go to bed and get up at the same time every day.
- ✓ Avoid caffeine 6 to 8 hours before bedtime.
- ✓ Finish exercising at least 3 hours before bedtime.
- ✓ Eat your evening meal at least 2 to 3 hours before bedtime. Going to bed on a full stomach can lead to heartburn and disrupt sleep.
- ✓ Keep your bedroom as cool and quiet as possible.

One recent study by Case Western Reserve University in Cleveland, Ohio found that, on average, women who sleep less than five hours per night are 32% more likely to gain weight and 15% more likely to be obese than those who get at least seven hours.

Most importantly, don't take sleep lightly. It's a vital element of your overall health and wellbeing.

10. Discover guilt-free pleasures

Most of us eat for emotional reasons, to some extent, at least some of the time. Yet we can break the tie between emotions and eating by recognizing the connection and consciously choosing other activities that give us pleasure.

Make a list ahead of time, when you're *not* under the influence of an emotional trigger. When you have the urge to seek food, choose something else from the list.

Here are some ideas to get you started:

- ✓ listen to music
- ✓ enjoy a good movie
- ✓ watch comedy re-runs
- ✓ exercise
- ✓ look at a book with beautiful pictures
- ✓ read a book of jokes
- ✓ write, call, or e-mail a friend
- ✓ exercise
- ✓ write in a journal
- ✓ smell something good
- ✓ plan a vacation (even if you never take it)
- ✓ exercise
- ✓ do a craft project
- ✓ get a massage
- ✓ spend time with your pet
- ✓ exercise
- ✓ ask if anyone needs help with anything
- ✓ learn about an alternative health practice
- ✓ Surf YouTube. No kidding! Almost anything under the sun can be found on YouTube, from concert videos going *way* back, to cute pet and little kid antics, to motivational and inspirational material, to amazing feats of artistry, athleticism, and daring. It's easy to get lost in the world of YouTube.
- ✓ exercise

Have fun doing something else you like besides eating, and you may soon forget that you wanted to eat. Soon you will break the connection between the trigger and the urge to eat.

Have fun doing something else you like besides eating, and you may forget that you wanted to eat. Soon you will break the connection between the emotional trigger and the urge to eat.

11. Make conscious choices

So you can't start the day without a whole-milk latte. Decide that you're going to allow yourself this "guilty" pleasure, indulge, and cancel the guilt trip.

To compensate, you may need to cut back in some other area. Substitute every other scone with dry toast. If that whole-milk latte makes you happy, you'll be more productive, and your overall wellbeing will be better than if you deprived yourself and then spent the day feeling sorry for yourself.

Feeling sorry for oneself is an emotional trigger that leads to overeating and poor choices, thus perpetuating the cycle.

Determine what's important to you and what you can live without. Then enjoy what you've decided to keep in your life.

In conclusion...

Decide here and now that you are in control of your health. You decide what you eat. You decide how much you exercise. You decide how much you sleep and what you do with your free time.

There's nothing magical about the "10 pounds" figure. You could easily lose considerably more if you choose just a few of these tips and actually do them consistently. The thing that should impress you about the strategies in this book is that they're all extremely *doable*—easy and inexpensive, with no special equipment or training required.

You are not a victim of your genes. You are not a victim of your busy schedule. You are not a victim of your family, friends, or coworkers.

Decide what's important to you and what you can live without. Then enjoy what you've decided to keep in your life.

"11 Easy Ways to Kiss 10 Pounds Goodbye Forever...Without Pain and Suffering" is the first in an ongoing series. What other topics are you interested in? Go to www.fitnesssolutionsforyou.com/wordpress and comment on any of the posts, telling us what you'd like the next e-book to be about.