

A photograph of a woman's legs from the knees down, standing on a black platform scale. The background is white. A black rectangular box is overlaid on the middle of the image, containing white and pink text.

THE QUICK-START
WEIGHT LOSS
HANDBOOK FOR WOMEN

Table of Contents

Chapter 1: Welcome!.....	3
Chapter 2: The Fat Loss Search Is Finally Over	7
Chapter 3:The Fit Mindset.....	10
Chapter 4: The Mind-Body Connection.....	14
Chapter 5: Realistic Weight Loss - Fact Versus Fiction.....	17
Chapter 6: Don't Fight Food... Embrace It!.....	21
Chapter 7: Healthy from the Inside	26
Chapter 8: Your Superfood Cheat Sheet.....	31
Chapter 9: Developing a Fit & Sexy Body.....	37

Chapter 1: Welcome!

Welcome to the first day of your weight loss journey!

Weight loss is one of the most important goals that you can ever accomplish. The reasons for losing weight are as colorful and varied as the world we live in... And you probably have your own personal reasons for setting this goal, too!

People decide to lose weight for different reasons. My personal reason was that I wanted to improve my health. My family had a history of high blood pressure and diabetes... I lost more than 40 pounds so I could be fitter and more active.

What's your biggest motivation to lose weight?

We are motivated by different reasons and circumstances in life. Some people decide to shed the pounds so they would be able to look younger and slimmer. In such cases, a person's self-confidence and self-image is on the line.

Other people are advised to lose weight because of **current medical conditions** like high blood pressure, high cholesterol levels or adult-onset diabetes.

Whatever your reasons may be, know this: if your reasons to lose weight are important to *you*, then that is all that matters. **You are the most important decision-maker when it comes to your own body.** It is important that you put yourself firmly at the center of the weight loss process.

You are the biggest star in your weight loss journey!

Your commitment to the weight loss process will become stronger if you accept the fact that you are the most important person in this journey. I use "journey" to describe weight loss because you will be learning a lot of things about yourself, including how you view your body and even your relationship with food.

This eBook was designed for the modern woman who wants to lose weight and at the same time, stay healthy and happy with her body.

Too often, women are pressured by society to lose weight quickly and in whatever way possible.

Women should be careful about following crazy weight loss trends... Here's why:

Nowadays, modern society sets impossible standards of beauty. Sadly, almost no one speaks out against these standards. To cope with these impossible standards of beauty, some women are forced to extreme lengths just so they can slim down.

We are talking about unhealthy diets, weird diet pills or worse – developing severe eating disorders.

This eBook aims to show everyone that you can be slim and healthy at the same time. I want you to always remember that **healthy weight loss** is *truly empowering*.

What kind of weight loss is good for you?

I cannot stress this enough: any kind of weight loss that causes you to be sick and frail should be remedied immediately.

If you are becoming sick and malnourished from your current weight loss plan then it is not worth your time and effort. It's time to leave it for good.

Healthy weight loss doesn't take away, it gives back again and again.

It doesn't matter if you are thirty, forty or fifty. Weight loss can improve your health easily. The weight loss may not happen overnight, but it will surely be knocking on your door very soon.

This single volume will show you that you can be healthy while slimming down and you don't have to sacrifice the quality of your meals just to shed the pounds.

I admit: there is a certain uneasiness that surrounds weight loss because sadly, some people become sick (mentally or physically) because of their extreme desire to lose weight.

You don't have to be afraid of losing weight anymore.

If you are afraid of becoming sick while you lose the weight, don't be. This book is all about the *right ways* to lose weight. Stick around and you will see that weight loss is achievable and can be easy for anyone who really wants to achieve it.

Medical Disclaimer:

Always consult with your physician before beginning any physical fitness program or diet program.

If you experience pain at any point during exercise, please stop and consult with your healthcare provider.

Assumptions

This eBook assumes the following:

1. It is assumed that you have consulted with your physician and have been given the 'green light' for weight loss and that you do not have any severe medical conditions that are sensitive to changes in diet and exercise.
2. It is assumed that you are of relatively healthy stature and that you are capable of performing physical movements and exercises without putting your health at risk.
3. It is assumed that any changes in your diet will be under the supervision of your physician and that any information that you learn from this book will be considered only as supplemental knowledge to any professional medical advice that has been given to you prior to your acquisition of this eBook.

Chapter 2: The Fat Loss Search Is Finally Over

So you have already spent countless hours researching about weight loss and you feel a little bit desperate (or maybe, more than that) about losing all the pounds that are causing you grief.

Well, let me tell you... **The search is indeed *finally over!***

All your days of searching are done because you now have in one *compact volume* all the essentials of fat loss minus the misinformation and the hype.

It's time to leave the exhausting hype behind.

No one likes hype. Hyped-up information can reduce your focus and can even misdirect you. Setting worthy goals can be difficult enough. Things can get more complicated if you are misdirected by the wrong type of information.

How do you know that weight loss information has been exaggerated?

Here are a few telltale signs:

1. There are claims that *this* particular approach will blow other systems out of the water and it is **100% guaranteed to work for everyone**. If it were that simple then there would be no obesity epidemic *anywhere* in the world.
2. The information **does not outline concrete steps** that will help you lose weight. You would have no clue as to how the weight loss would occur or the process is only vaguely described. Be careful of 'secret formulas', too! A good weight loss system or guide should at least provide a concise blueprint of the weight loss process.
3. There is a fixed timeframe for the weight loss to occur. Unless you are in a weight loss facility with 24-hour monitoring and a dietary service that will serve you food, a fixed timeframe simply isn't realistic. We will talk about realistic weight loss later on in this book.

Why do these details matter?

It's very important that you develop a realistic mindset about weight loss before you begin trying to lose the extra pounds.

It can be doubly difficult to achieve something if your mindset is not aligned well with what is realistic and achievable. I would like for you to steer away from thinking that there are 'magic bullets' that will let you lose weight instantly, without any effort.

There are no ‘magic bullets’ in weight loss.

The truth of the matter is that losing weight, like *gaining weight*, requires the investment of time, energy, and resources. People do not become overweight overnight, so it also follows that you cannot lose weight instantly.

This is not to discourage you but rather, to *empower* you: **you can lose weight!** You can become fit and sexy, whatever you want to be. You can be the svelte image that you have been dreaming of all this time.

Why should you believe that you can lose weight?

Because weight loss and physical fitness isn't just for celebrities or athletes. You can achieve great results by just being you. You don't have to change your identity to become sexy and fit - you just need to make changes to your current lifestyle.

Your lifestyle plays a huge role in weight loss.

Fortunately, the changes that you will have to make will only affect a portion of your total lifestyle.

And the best thing about all of this is...

The small, permanent changes that you can make on your lifestyle (especially in the ‘diet department’) can also become the permanent solutions that will produce positive results on your health for years to come.

Chapter 3: The Fit Mindset

Every journey begins with a single step.

Are you ready to take that first baby step towards achieving permanent weight loss?

Weight loss is an exciting journey filled with ups and downs. Sometimes, people give up because they don't see results overnight. Like we have discussed before, it is incorrect to assume that your extra weight will melt away in a matter of days or weeks.

If you are ready for the long haul and you *really* want to be **healthy** and **fit** at the same time, then I'd like to share with you the 4 Cornerstones of Healthy Weight Loss:

The 4 Cornerstones of Healthy Weight Loss

1. **I Choose to Exercise** - For many years, medical science has taught us that successful weight loss has two main parts: diet *and* exercise. You can't choose one over the other. You need both of them!

And while it is true that there are now other options such as gastric band surgery, in the long term, diet and exercise are still considered the 'major movers' in terms of maintaining your weight.

If you want to be healthy, sexy and fit, you need to accept that exercise will now be part of your new lifestyle. Congratulations on your choice to become healthier!

2. **I Choose to Eat Smart** - Healthy eating isn't centered on calorie counting or avoiding food. *True* healthy eating is the result of understanding how your body functions and why type of food it needs to become stronger *while losing weight*.

Healthy eating also takes into account your current nutritional requirements, especially if you have a set goal in mind, such as losing weight. If you are already working out in the gym or at home, it doesn't mean that you can eat anything you fancy.

Exercise without the right type of diet will not result in significant or permanent weight loss.

The **amount of calories** or *energy* stored in popular treats and flavored beverages are often much higher than what a person can burn off easily through his/her daily activities or even during an intense workout.

What should you do to avoid excess calories?

Instead of putting yourself through the ordeal of having longer workouts in the gym because you indulged in foods that are high in calories, it would be best to just watch what you eat.

You need to start snacking on *healthy treats*!

If you are like 80% of all women, you probably like sweet treats like chocolates and candy bars. You can substitute your Snickers for low-fat, soy-based beverages and snacks that have the same flavor but not the same amount of energy stored in them.

Do you love potato chips and other fried commercial chips?

These snack items are filled with sodium which causes water retention. Water retention can have a negative impact on your weight *and* your heart. Make your own potato chips at home and hold the salt, please! There are countless healthier snack alternatives out there. Many of these snack alternatives can be prepared in the comfort of your home. *Neat!*

3. **I am Ready to Switch to High Gear** - I hear this all the time from TV shows: you can lose plenty of weight even if you don't touch weights. Or worse: weights can make you lumpy and manly!

There is so much inconsistency with commonly available information that I had to set some things straight.

First of all, **resistance training** is actually a *vital component* of exercise. Why? Here are three good reasons:

a. Resistance training gradually strengthens your cardiovascular and respiratory systems. Your **heart, lungs, and blood vessels** all become stronger and they become more efficient as you continue exercising using resistance training methods.

b. The **beach body** that you've always loved to have is actually the result of *muscle firming* which occurs when you lift weights.

The female body doesn't become bulky because it doesn't naturally have high levels of testosterone, the male hormone responsible for exponential muscle growth.

When a woman lifts weights, muscle becomes firmer in the right places. Hate sagging bottoms? Me too! That's why I lift weights to beat the effects of aging and so should you.

c. Lifting weights transforms the body into a **natural fat burning machine**. The body shifts from low gear to *high gear* in terms of clearing the body of excess energy.

Your muscles are metabolically altered and your body is just burning off calories like a true champ. Don't you want this wonderful advantage all to yourself? If you do... I'll show you how later!

4. **I Choose to be Consistent** - Consistent weight loss is almost always permanent weight loss. Why? Because you gave your body enough time to adapt to your new eating patterns, food choices and exercise regimens.

Don't be discouraged if the pounds are slow in melting away because eventually, all those tiny pounds that you have shed will amount to a big number and you will be very happy with the results.

Medical Disclaimer:

Always consult with your physician before beginning any physical fitness program or diet program.

If you experience pain at any point during exercise, please stop and consult with your healthcare provider.

Chapter 4: The Mind-Body Connection

Is your mind supporting your weight loss goals?

It is unfortunate that many people believe that there isn't any substantial connection between what goes on in the mind and what takes place in a person's body.

If you want to speed up your weight loss success story, then you definitely have to create a much stronger **mind-body connection**.

The principle of the mind-body connection is pretty simple: the condition of your mind (including your thoughts, ideas, and emotions) affect your physical performance.

Your thoughts and emotions can become a problem.

One of the biggest hurdles in losing weight is overcoming your resistance to change. You will have a tougher time losing weight if your mind is not supportive of your decision to change some aspects of your lifestyle.

How can you condition your mind-body connection for weight loss?

Here are some secrets of the mind-body connection that I have learned through the years:

1. We can easily feel when we have **tension** in our bodies. This tension can be caused by many things, including stress, poor posture, overwork, unaddressed anxieties, and worries, etc.

While it is not possible to address every little thing that causes tension, it *is* possible to find solutions for the **most destructive** ones. Weight loss is something that will require a lot of energy and you can't spend as much energy on your weight loss goals if your stressors are draining it away.

My simple advice would be to **focus on stressors** that are causing the most tension in your life and try to find a way around them or better yet, try to solve them completely. This is done to prepare your mind to take on new challenges that come with losing weight.

2. What takes place in the mind has a direct impact on the body. Inversely, what is done to the body can have lasting effects on the mind as well.

If your mind is exhausted and fatigued, you can allow it to rest and relax through *physical relaxation*. There are plenty of resources on relaxation out there in bookstores and on the Internet.

Try one or try them all – find a method that suits you and gives you mental and physical relaxation.

Different methods of relaxation should be performed alongside dieting and exercising, to ensure that your mind is not overwhelmed with tension and stress.

Losing weight can be very stressful to some people so it makes sense to add relaxation to the repertoire that will keep you on your feet as you shed the pounds.

3. I encourage every woman to **engage in physical activities** that allow physical and **mental tension** to dissipate continuously. Every woman has unique needs so there is no ‘perfect’ activity for each one of us.

Each woman has her own special tension buster.

Some ladies prefer **running** because they really get into the rhythm of the run and the activity allows them to think in peace.

I have also met a dear lady who spends as much free time as she can swimming. She says that swimming calms her down and she feels more in control of everything when she is in the water.

What is your stress-releasing activity? Find it and enjoy it!

Chapter 5: Realistic Weight Loss - Fact Versus Fiction

The world of weight loss can be extremely confusing at times.

There is such a **clamor for a good solution** to the problem of losing weight that literally thousands of books, journals, and magazine articles have been published since the late seventies.

If you have tried reading through some of the more recent publications on weight loss, you may have come across differing point of views. Some would recommend pure dieting while others emphasize long periods of exercise.

Why is the world of weight loss divided by so many views?

Often, conflicting information comes from personal (as in a personal advocacy) or commercial intentions (e.g. selling particular food supplements or diet programs).

My approach to weight loss is based on the current developments in physical fitness and is focused on more **natural methods of losing weight**.

This way, you will not be limited to a single view of how weight loss can be achieved. In this part of the book, we are going to dive into the science of weight loss and clear common misconceptions as we go along:

Misconception: It's the small things that count. Even the smallest steps will allow you to lose many pounds a year, like walking a few minutes a day.

Fact: I do not wish to undermine physical activities such as walking or gardening. They are indeed part of a healthy, active lifestyle. However, if you are going to limit yourself to just one activity for the whole year, you will not get the best results.

Significant, healthy weight loss is a result not just of a healthy diet, but a **sensible amount of exercise** and daily physical activities. You need a **variety** of exercises to condition your body to burn calories and build muscle. You also need to focus on other important factors that affect your weight, such as your emotional wellbeing and how you are coping with stress.

Misconception: Fast weight loss is a clear sign of success. If you are only dropping a few pounds a month, you're doing it wrong.

Fact: Weight loss of one pound a week is considered ideal. Any more than this and you cross over to the sensitive world of accelerated weight loss, where things can go wrong really fast.

Also, weight loss that is accomplished too quickly is most likely unsustainable because your body simply isn't used to the new you.

Our weight is the result of our lifestyle, inclinations and most importantly, our beliefs on how we should nourish and maintain our bodies.

Your weight is not just a number – it is an expression of your mindset.

If you are going to make changes to your diet and lifestyle, these changes have to take place gradually so that your entire body (including your organs such as your heart, lungs, and liver) will be accustomed to the demands and requirements of your new weight.

The human body is an organic machine that is a hundred times more complex than any man-made machine. It needs time to adjust – so give it the time that it needs and you will really enjoy the results of all your efforts.

Are there any other weight loss options?

There are established medical procedures that have been known to cause a significant drop in a person's weight without much dieting and exercise.

Medical procedures such as **gastric band surgery** have been known to shrink morbidly obese individuals quite rapidly by physically controlling the amount of food that can be handled by the stomach at any one time.

These procedures are carefully carried out by medical professionals and patients are monitored closely by their physicians over a period of time.

A specific diet and physical fitness plan is also recommended for patients who undergo gastric band surgery because the *weight can return* if the proper changes in one's lifestyle and eating habits are not implemented.

Like other forms of weight loss, even gastric band surgery does not carry a 100% success rate. If the person who has undergone surgery does not conform to his specialized diet and exercise program *after* the procedure, the excess weight can return!

Misconception: If you don't reach a certain weight loss goal by a certain date, there's something wrong with you.

Fact: If you have a sensible diet and exercise plan, a weight loss goal within a general timeframe (e.g. six to eight months) sounds good.

However, if you are just exercising a few times a week and eating whatever comes to mind, then logically, you will fail to reach milestones.

In short: don't expect weight loss miracles if you aren't exerting enough effort!

Misconception: You will look manly/masculine if you hit the gym.

Fact: This misconception has gained a lot of traction these past few years because of the increased exposure of amateur and professional bodybuilders on the Internet.

But like I said before unless you are *specifically* taking supplements to **develop muscle mass**, you *won't* look like the Hulk. Hitting the gym and using resistance training techniques such as weighted squats will not only tone your legs and other commonly problematic areas but will also contribute to making your whole body healthier.

Misconception: You really have to limit your food intake in order to lose weight.

Fact: This statement can be interpreted in a variety of ways and unfortunately, many people interpret it as "I'm going to start skipping meals."

If you skip meals, you will lose weight *but* at the cost of sickness and malnutrition. There will definitely be a **caloric deficit** when you skip lunch or dinner but as you continue skipping meals, your metabolic rate slows down and this will have an impact on your overall ability to utilize calories efficiently.

Skipping meals can also lead to various forms of malnutrition, including vitamin and mineral deficiency. These nutritional deficiencies can cause severe health issues including organ malfunction and hormonal imbalance.

Proper nutrition is *your* doorway to fitness and beauty!

The healthier approach to cutting back on calories is to *increase* the number of your meals while paying attention to what you are eating and *how much* you are eating in every meal.

Some experts like to believe that weight loss is simply a mathematical equation (calories in versus calories burned). But from experience, this is almost never applicable in real life because it is hard to keep track of calories. So instead of over-focusing on the calories, I want you to **focus on the quality of the food** that you are eating every day. Why? Because healthy, whole food doesn't make you heavier - it actually helps in reducing your weight!

Chapter 6: Don't Fight Food... Embrace It!

Having a healthy, sensible diet is the cornerstone of long term and sustainable weight loss. I wouldn't want you to lose weight by starving yourself or by filling your body with unhealthy food supplements and food substitutes that are simply inadequate when it comes to nourishing your body.

Not all forms of weight loss deserve your time and effort. In the end, you need to be able to lose weight and stay healthy at the same time. This part of the book will cover the essentials of what I would like to call "*fit eating*."

Fit eating is for everyone!

Fit eating is all about choosing the best foods that will not only help you lose weight but also help nourish your body from the cellular level.

What's in a healthy diet? A healthy diet ideally contains the following components:

Carbohydrates

Protein

Fats

Vitamins

Minerals

Water

These **six essential elements** of a healthy diet should be present in most of your meals. Let's talk about each of these elements to see why they are important to losing weight.

1st: Getting Energy From Carbohydrates

Carbohydrates provide raw energy to the body. The body transforms carbohydrate-rich foods into glucose, a usable form of carbs that can be directly used by the body's tissues. Recent medical studies show that having too many carbohydrates in your diet can cause weight gain.

The impact of consuming too many carbohydrates can be equal or even more than the impact of consuming animal or vegetable fat. Health experts recommend consuming foods that are rich in **complex carbohydrates** to aid in weight loss.

Where can you get complex carbohydrates?

Foods rich in complex carbohydrates like brown rice and oatmeal are almost always rich in fiber too, so that's an added benefit. Complex carbohydrates provide the body with a form of carbs that are *gradually* utilized by the body so the body has a depository of energy that it can use for a longer period of time.

You feel fuller, longer and that can be a blessing when you are struggling against your appetite. If you feel full from eating complex carbs, you won't feel the urge to overeat anymore. Isn't that great?

2nd: Building Muscle with Protein

Protein is actually a group of interrelated nutrients that aid the body in its **physical development**. If you want strong, firm muscles, you need protein in your diet. Doctors recommend both vegetable and animal sources of protein.

Animal protein is considered *complete protein* so when you consume it, the body has all of the *amino acids* it requires to build and repair its cells and tissues.

Vegetable protein is often *incomplete* and you would have to consume a variety of protein-rich vegetables to obtain the right mix of amino acids for optimum use by the body.

3rd: Balancing the Body with Vitamins & Minerals

Vitamins and **minerals** are considered *trace nutrients* that are only needed by the body in small amounts. Here is a short summary of vitamins and minerals and what they contribute to the body:

1. **Vitamin A** - Vitamin A is needed for healthy eyes, skin, and bones.
2. **B-vitamins** - The B family of vitamins are used by the body to maintain homeostasis, a healthy nervous system and a multitude of other biochemical processes that take place every second in the body.

3. **Vitamin C** – Vitamin C is required for the proper development of skin, hair, nails, bones, gums and teeth. Vitamin C also protects the body from infections by stimulating the immune system.
4. **Vitamin D** – Vitamin D promotes proper growth of bones and has also been found to ward off cancer.
5. **Vitamin E** – Vitamin E has potent antioxidant properties, which can directly help delay aging due to increased free radical damage. Premature cellular death from free radicals can cause a person to age more quickly.
6. **Vitamin K** – Vitamin K performs several important functions in the body, including the proper formation of clotting elements in the blood.
7. **Calcium** – Calcium is needed by the body for normal growth of teeth and bones. It is also used in small amounts by the heart to maintain normal beating and delivery of blood to all parts of the body.
8. **Iron** – Iron is needed by the body for normal functioning of the circulatory system. Deficiency in this mineral can cause iron deficiency anemia, a treatable form of anemia that is common in both children and adults.
9. **Boron** – Boron is used by the body to facilitate the utilization of other important nutrients such as calcium. It can be found in foods like almonds, walnuts, and leafy veggies.
10. **Chromium** – Chromium helps the body utilize insulin, the stuff responsible for balancing blood sugar levels.

4th: Staying Hydrated with Water

Pure water does not provide vitamins or minerals but it is one of the most essential components of your diet.

Why does water matter to human health?

The human body is more than **60% water** and it needs to rehydrate properly in order to function well.

The body only needs pure, clean water. Don't be fooled by expensive beverages in the market that promise to 'truly hydrate' your body. Often, these beverages are full of preservatives, artificial flavors, and too much sodium.

Never substitute water for any other beverage!

How much water do you need to drink daily?

For several decades, eight glasses of water per day was the standard recommendation for both adults and children. However, modern medicine today states that this might not be the case at all. Doctors now recommend drinking water *immediately* when you feel thirsty. Pay close attention to your body and respond to it when it tells you that it is feeling thirsty.

What about the '8 glasses a day' rule?

The eight glasses a day rule may be applied to individuals who habitually grab soda or don't drink water at all in the course of a day, to ensure that they do not suffer from dehydration.

Dehydration is a real medical condition and you should make it a point to drink water regularly unless your doctor is limiting your fluid intake because of an existing medical condition.

5th: Fiber

Fiber provides the following benefits to the body:

First, it expands to fill the stomach, which helps prevent overeating.

Second, fiber prevents a percentage of cholesterol (fat) from being absorbed into the bloodstream. Fiber coats the lining of your small intestines, which is a major site of nutrient absorption in the body.

Third, fiber is also capable of 'sweeping' your colon, which improves your bowel movement.

If you have enough fiber in your diet from natural sources such as fruits and vegetables, common bowel issues may be alleviated.

You can easily obtain a sufficient amount of dietary fiber from consuming vegetables, especially green leafy vegetables. Start stocking your vegetable box with a *rainbow* of vegetables for a healthier colon!

The USDA recommends eating **4 to 6 servings of fiber-rich fruits and vegetables** every day. This recommendation is also echoed by countless medical associations around the world.

You really can't go wrong with eating more veggies!

Medical Disclaimer:

Always consult with your physician before beginning any physical fitness program or diet program.

If you experience pain at any point during exercise, please stop and consult with your healthcare provider.

Chapter 7: Healthy from the Inside

Does diet play a major role in weight loss?

Experts that maintaining a healthy, balanced diet constitutes **about more than 80% of the total effort** needed to accomplish your weight loss goals.

This is why it's very important that you know how to *eat to lose weight*. Here are some essential guidelines to get you started on the right track:

1. **Dealing with Fast Food** - People often become dependent on fast food because it's fast, convenient and unfortunately, it supports the couch potato lifestyle.

Should you cut out fast food from your lifestyle?

My answer would be *no*. If you have had fast food for years, your body probably feels that it is already part of your 'natural diet.' Remember the mind-body connection? You need to harmonize both the body and the mind to **decrease resistance** to the changes that you want to happen.

So fast food is part of your diet. What should you do now? The secret is to *eat fast food just once a week*. If you used to eat fast food on a daily basis, gradually cut down the frequency until it becomes a once-a-week treat.

When you consume fast food (either alone or with family/friends), you should make a conscious effort to choose food items and beverages that are low in fat, sugar and only have a moderate amount of carbohydrates (especially if the carbohydrates come from refined sugar and/or HFCS/high fructose corn syrup).

Some fast food items such as pizza can actually be healthy fare. For example, instead of ordering a seven-cheese pizza with four different types of meat, try ordering pizza topped with lots of mushrooms and vegetables.

Grilled meats are also better fast food choices because grilling does away with deep frying. Frying is generally bad news for people who want to eat healthy because it adds unnecessary quantities of oil/fat to food. Deep fried food is the worst offender when it comes to having additional fat or oil.

Now, when you order grilled meats, make sure that you also eat vegetables. Grilled meat has been known to be hard on the body because the cooking process often generates byproducts in food that are unhealthy when ingested. Vegetables contain vitamins, minerals, fiber and antioxidants that can help clear food byproducts.

2. **Striking a Balance with Soda** – Soda has been around for so long that it outsells all other types of beverages by a mile at any time of the year. However, regular soda (the ones with sugar added to them) should be viewed as a definite no-no if you are trying to lose weight.

Soda is packed with sugar!

Even if you don't see sugar floating around in your soda, it's there and the sugar that people willingly consume in large quantities *will* cause weight gain.

Each serving of regular soda typically adds anywhere between 100 to 150 calories to your total calorie intake for the day. This doesn't sound like much, but if you drink soda several times a day and most days, those empty calories will pile up and increase your weight.

If you drink regular soda daily, try to find a healthier substitute such as chilled tea and leave regular soda in the dust. The type of sweetener used in regular soda nowadays has been shown to interfere with the body's natural metabolism, so there is really no benefit in consuming it anymore.

Is diet soda any better than regular soda, just because it doesn't have sugar?

Aspartame, the common sweetening chemical added to most diet sodas, has also been shown to disrupt normal biochemical processes in the body. Some studies have also pointed at the possibility of aspartame disrupting how the body responds to insulin, which is absolutely essential for normal blood glucose levels.

3. **Make Breakfast Count** – When you are out grocery shopping, check the label of your favorite cereal brand. Next, determine how much fiber you are getting with each *serving* of the cereal.

If you are getting only 2 or 3 grams of dietary fiber with each serving of cereal, leave it on the shelf. Try to find a cereal brand that provides more than 3 grams of dietary fiber so you will really benefit from the fact that you are eating whole grain cereal.

Breakfast is important for weight loss because the quality of your breakfast dictates how your body will be working for the rest of the day. Your body needs ‘quality fuel.’ Make sure that it receives the nourishment that it deserves.

What are the benefits of having a good breakfast daily?

Having a **wholesome breakfast** will help improve your energy level throughout the day. If you are suffering from metabolic issues such as type 2 adult-onset diabetes, breakfast will help regulate your blood glucose levels because it will introduce just the right amount of nutrients after a good night’s sleep.

4. **Increase Your Protein Intake** – Protein provides essential amino acids and a sufficient amount of energy when you consume it. Instead of consuming snacks that have been filled with sugar and fats, choose protein-packed food or beverages such as trail mixes and soy milk.

Egg whites are also an awesome source of protein and can be mixed with different snacks. There is a reason why bodybuilders love egg whites. Egg whites are truly *protein superstars!*

5. **Throw Alcohol Out the Window** – With the exception of having an occasional beer or a serving of red wine, alcoholic beverages do not offer any real benefits to people who wish to lose weight.

Why should you avoid alcohol?

Alcoholic beverages are packed with calories and can even contribute to *fatty liver disease*. If you are a social drinker, limit your drinking to once a week and even then, further limit your consumption to one or two servings at a time.

I know – it can be tough!

However, that doesn't mean you can't do it. Cutting down your calorie intake by abstaining from alcoholic beverages can mean a lot to your total weight loss effort. Just think of it as an investment in your future, healthy body.

6. **Skyrocket Your Consumption of Fruits and Veggies** - Fruits and vegetables are the rock stars of the weight loss world and these food items are widely available in supermarkets and organic markets, too.

How much fruits and vegetables should you consume?

The ideal number of meals *per day* for someone who is trying to lose weight is **five to six meals**. If you can add even just one serving of vegetables to each of those meals that would mean you would have had five to six servings of vegetables at the end of the day!

That is a lot of vitamins, minerals, and fiber in just 24 hours - perfect for someone who wants to rehabilitate their metabolism and improve their overall health. Again, weight loss is not an isolated process and as you lose weight you are also going to improve other aspects of your health.

Medical Disclaimer:

Always consult with your physician before beginning any physical fitness program or diet program.

If you experience pain at any point during exercise, please stop and consult with your healthcare provider.

Chapter 8: Your Superfood Cheat Sheet

Superfoods are extremely nutritious food items that have garnered a well-earned popularity in the USA and worldwide for their ability to provide holistic nutrition to the human body.

Instead of going through endless books (as I have), I am going to share with you my very own personal “cheat sheet” of the most wonderful superfoods that you can eat on a daily basis. Many of these natural food items have moderate amounts of calories so that you won’t have to worry about gaining weight by overeating any of them.

Superfood	Benefits
<i>Wild-caught fish</i>	<p>Fish like tuna and salmon are rich in omega 3 fatty acids that beef up your natural defenses against high blood pressure and clogged arteries.</p> <p>If you eat too much pork or beef, integrating fish into your diet may solve your protein intake issues.</p> <p>Fish naturally contains lots of protein and even bodybuilders consume fish to bulk up their muscles.</p>
<i>Beans</i>	<p>Dry beans offer not only carbohydrates but also vegetable proteins and dietary fiber, which is good for your colon.</p> <p>Instead of noshing on regular pasta and non-whole grain bread, beans are definitely a better choice.</p> <p>Beans can also be helpful in slowing down the “sugar spike” that occurs after a meal.</p> <p>This is especially helpful for people who are suffering from the effects of having unstable/high blood glucose levels.</p>
<i>Lentils</i>	<p>Lentils are a natural source of folic acid, which is necessary for normal, day-to-day metabolism.</p> <p>Folic acid is also highly recommended for pregnant women as it greatly reduces the chances of an unborn child developing spina bifida, a debilitating inborn condition that</p>

	<p>affects the baby's natural physical development.</p>
<i>Oatmeal</i>	<p>The humble oatmeal can help improve your circulation and can also help prevent the clogging of your arteries by stopping LDL or low-density lipoproteins from sticking to the walls of your blood vessels.</p> <p>It can't stop all of the cholesterol from wreaking havoc in your circulatory system, but over time, regular consumption can help improve your blood lipid profile. Ask your doctor about the potential benefits of eating oatmeal every day!</p>
<i>Quinoa</i>	<p>Quinoa is now celebrated as a wonder food by athletes, bodybuilders and weight loss enthusiasts because it contains lots of nutrients, fiber, and protein!</p> <p>It is considered a type of grain (even if it is technically and structurally a seed) and you should try it if you want to replace your usual carbohydrate sources with something more healthy.</p>
<i>Cayenne pepper</i>	<p>Cayenne pepper is part of the Master Cleanse Diet, but that is not the reason why I included it in this list.</p> <p>Cayenne pepper offers a host of natural benefits, including the ability to raise your immune system's natural robustness against infections.</p> <p>Recent studies have also discovered that eating cayenne pepper can produce measurable increases in a person's basal metabolic rate - a boon in today's world where people walk around with really low metabolisms due to inactivity and poor food choices.</p>
<i>Dark cocoa</i>	<p>Dark chocolate tastes great and can almost instantly quell hunger because of its butter content.</p> <p>Dark chocolate can aid in your weight loss efforts by replacing less healthy snack items</p>

	<p>such as chocolate bars that have been overloaded with sugar.</p>
<i>Garlic</i>	<p>Garlic is one of the most powerful superfoods in existence. It can ward off viral infections, bacterial infections, and even fungal infections.</p> <p>The natural compounds found in garlic help protect your cardiovascular system, which is important if you are engaging in exercise for the first time.</p>
<i>Green leafy vegetables</i>	<p>Green leafy vegetables such as lettuce are power-packed with dietary fiber, vitamins, minerals and natural compounds called antioxidants. Antioxidants protect the body by preventing premature cellular death due to the presence of free radicals.</p> <p>The body needs antioxidants to disarm free radicals.</p> <p>Free radicals are chemical byproducts of cellular activity (technically speaking, free radicals are the cell's unwanted trash).</p>
<i>Green tea</i>	<p>Green tea is an excellent substitute or replacement for regular soda and if you are not hyper-acidic, you can drink it daily.</p> <p>Green tea has been associated with a lower risk of developing stroke (this applies to both men and women) and is also recommended for weight loss warriors because its natural compounds increase the body's metabolism while protecting the body from the effects of free radicals.</p>
<i>Olive oil</i>	<p>Olive oil contains monounsaturated fats, which do not harm the cardiovascular system. It is a good option when you are cooking fried foods.</p> <p>Extra virgin olive oil is highly recommended for people who wish to lose weight as it contains additional nutrients that support a healthy cardiovascular system and metabolism.</p>
<i>Kelp</i>	<p>Kelp is a form of edible algae that is widely</p>

	<p>available in almost every country.</p> <p>Kelp is especially useful for people who wish to lose weight as it naturally contains protein, which helps in controlling a person's hunger and appetite.</p> <p>Manufacturers regularly add kelp to weight loss formulations as it provides a direct means of regulating a person's appetite.</p>
<i>Chia seed</i>	<p>Chia seed contains omega 3 fatty acids, which offers excellent protection to the heart.</p> <p>Omega 3 fatty acids have anti-inflammatory properties and provide inflammation protection to the whole body, not just the heart.</p> <p>Chia seed also contains protein and dietary fiber which are recommended for any natural weight loss effort.</p> <p>The body metabolizes chia seed gradually which makes a steady, long-lasting source of energy for daily activities and exercise. Snacking has never been this healthy!</p>
<i>Wheatgrass</i>	<p>Wheat grass has really high levels of chlorophyll, a natural compound in plants that makes leaves green.</p> <p>When you consume chlorophyll, your blood becomes healthier (your red blood cells can carry more oxygen to different parts of your body) <i>and</i> as a result, you will feel more capable of handling physical activities such as exercise.</p> <p>Integrating superfoods such as wheat grass is a smart way to prepare for regular exercise.</p>

Medical Disclaimer:

Always consult with your physician before beginning any physical fitness program or diet program.

If you experience pain at any point during exercise, please stop and consult with your healthcare provider.

Chapter 9: Developing a Fit & Sexy Body

Regular exercise will ensure that your body will always be in top condition to burn off those excess pounds. The minimum amount of exercise to keep your heart healthy is at least 30 minutes of cardio exercise *per week*.

However, if you want to burn off excess calories and become fitter, you need about 30 to 45 minutes of exercise *per day* (cardio and resistance training) coupled with at least one other physically challenging activity (e.g. sports like tennis).

Exercise is not effective if you are not eating well, so mind what you eat and be sure balance what you are eating with the amount of physical activities you will be engaging in for the day.

Here are some top exercises that you can try in the gym or at home. These are five-star workouts that will improve your **strength, stamina, and endurance**.

Push-ups

2 sets x 10 reps

Set a yoga mat on the floor and get into the push-up position. Extend your legs and keep them straight, minding not to let your shins or knees touch the floor.

Your arms should be shoulder-width apart. When you lower your chest to the floor, avoid over-exerting with your arms. Use your chest muscles to move up and down.

You know that you are performing this movement correctly when you feel a pull on your chest muscles.

Breathe in as you move up and breathe out through your nose as you move down. Speed is not your goal! A slow, steady movement will help build your endurance to your new exercise.

Burpee

2 sets x 1 minute per set (as many as you can do!)

The burpee is considered the supreme endurance builder because it engages all of the muscle groups at the same time in one fluid motion.

To perform a burpee, stand up straight with your hands at your side. Jump up and as you move down, quickly fold your knees and get into a push-up position.

Quickly extend your legs so that your body is perfectly straight. When you are able to create the target form in the first phase of the movement, fold your knees quickly toward your chest and stand up again.

As you stand up, jump and repeat. You can perform this movement slowly at first but as your stamina and endurance improve, I suggest moving more quickly in your future exercise sessions.

Lunges

2 sets x 15 reps

Lunges are great for balancing your core muscles and upper body (postural improvement) and are also a killer leg workout.

To perform a lunge, stand with your feet shoulder-width apart. Move forward with one leg and stretch so that your other knee almost touches the ground (but don't bang your knee).

Hold for a split second before popping back to your neutral position. Perform the same movement with your other leg and you have the formula for sexy toned legs.

If you want to make this exercise more challenging, try holding small weights. Just hold the weights at your sides as you perform the lunging movements. The extra weight will activate your core muscles, which means your abdominal area will get a good workout too.

Squats

2 sets x 10 reps

Do you detest the idea of having saggy buttocks? Well, I do too! That's why I choose to perform squats whenever I can to make my calves, legs, and backside firmer. Regular squats can help sculpt a shapely backside while strengthening and toning your entire body.

There are several ways to perform a squat. The simplest way is to stand with your feet shoulder-width apart and slowly lowering your body like you were sitting down on a really low stool. Mind your knees when you perform a squat. Your knees should never ever travel past your toes when you perform a squat.

Over-extension of your knees can tear ligaments and this can put you out of action very quickly. If you want something more challenging, you can try a variation of this exercise called the goblet squat.

The goblet squat can be performed with any type of weight, but I do recommend kettlebells as they are more challenging to work with and they really engage your abdominal/core muscles.

To perform a goblet squat, hold a kettlebell/medicine ball/dumbbell in front of you (you can also raise the weight overhead) while performing squats.

The tricky part is holding the weight/resistance at a consistent level while performing the movement. As a safety tip, avoid using weights that are too heavy as you will not be able to perform the movement properly. Sweat it out with squats!

High-Intensity Treadmill

15-30 minutes

Some people use the treadmill and nearly fall asleep while doing so because the speed is just too low to make an impact on the body. Instead of choosing just one low setting, I recommend alternating your usual treadmill pace with a speedier pace and then lowering it again to your usual one. By alternating the intensity of your run, you will improve your chances of directly influencing your metabolism so you can burn fat more quickly.

Swiss Ball Planks

2 sets x 30 seconds to 1 minute per set

The Swiss ball is another great fitness tool designed to challenge all of your muscle groups, which makes for an interesting workout. The plank is a traditional core muscle workout which activates abdominal muscles as the weight is transferred to the front of the body.

To perform the Swiss ball plank, get a medium-sized Swiss ball and stand in front of it. Place your elbows on the Swiss ball and stabilize yourself as if you were going to perform a push-up on the Swiss ball. Gently roll forward on the Swiss ball, taking care to balance yourself on top of the Swiss ball as you do so.

Use your arms to move forward once your head is past the surface of the ball. Continue rolling forward until your feet are comfortably balanced. Now straighten your body and push yourself upward, keep your stomach and back straight and flat. Hold this position for 30 seconds or up a minute if you can manage it. Do not hold your breath in when you perform the plank!

Medical Disclaimer:

Always consult with your physician before beginning any physical fitness program or diet program.

If you experience pain at any point during exercise, please stop and consult with your healthcare provider.

How to reclaim your body, your beauty, your physical and mental health, and your life, in just 12 weeks!

Let's face it, we live in a material world.

The age of the selfie, and a never ending supply of airbrushed, photo-shopped magazine models, has put a lot of pressure on women (and men) to look good.

But unrealistic ideals shouldn't be your motivation to lose weight.

Sure, looking good is great, but feeling amazing is much better... and when you lose 10, 20 or even 50lbs of unhealthy fat, you change just as much on the inside as you do on the outside.

We know we need to move more, but why don't the popular celebrity fitness DVDs ever work out for us?

There are actually 3 reasons.

[Find out what they are, right here!](#)

Your physical and mental health, wellness, confidence and even your love life are suffering, but it really doesn't have to be this way. You really can transform your body, and it's faster and easier than you think when you know how.

It's time to stop calorie counting.

Stop the miserable deprivation.

Stop working hard and getting nowhere.

Because now there's a much more effective way to get the body you deserve, and it's having a profound effect on thousands of women all around the globe.

[Learn more here!](#)