

# Losing weight

Firstly before we start we just want to exclaim that we are not promoting one specific eating plan or diet. We are simply giving you guidelines to aid you to find the perfect lifestyle for you.

## Getting Started with Weight Loss



Making the decision to lose weight can be a tough one - and all the diet plans and exercise programs available can make it an overwhelming one, too. Start your weight loss journey by knowing your metabolic rate. This gives you an idea of how many calories you can consume and still lose weight; avoid that 'one-last splurge,' and start small with exercises like walking. Simple things like buying smaller plates for portion control and gradually changing your food choices are also steps in the right direction

## Weight Guidelines



People ask all the time when they begin weight loss, "How much weight is okay to lose?" Unfortunately, there's not one blanket answer for everyone. Factors like your body mass index (BMI) and metabolic rate all factor into determining what your healthy weight loss number should be.

### **Setting Weight-Loss Goals**



Looking for another great weight loss tip? Try goal setting. It's hard to get any perspective on losing weight if you aren't setting attainable goals for yourself. Goals are powerful, concrete things that keep you on track – whether it's creating a diet plan or walking 3 times a week with a friend, these small things provide you with tangible steps that lead to your healthy weight. And take the time to write those goals down. It makes them real and keeps them in the forefront of your mind, making them much easier to reach.

### **Nutrition and Weight Loss**



You've probably heard 'you are what you eat' at least a hundred times, but next time you do, don't dismiss it. Nutrition and weight loss are inextricably linked and without the proper diet plan, it won't matter how much exercise you do. Some foods, like hemp seeds, cinnamon and curry leaves are nutrient-dense and can help bust belly fat, while other seemingly healthier choices like 100-calorie bags of chips and boxed granola bars can sabotage weight loss. The key is to arm yourself with information.

### **IFS Healthy Fat Loss Reference Guide**

Eating better for health and fat loss begins with FOCUS. Try these tips for 30 days and feel the difference in your energy, vitality, strength and focus. Incorporate them for life and watch who you can become!

There are no tricks, just consistent application of proven fundamentals. Stick to the basics, be consistent and become healthy and fit!

#### **FOOD: (Energy In)**

- Increase water by drinking up to eight, 8oz. glasses of water a day.
- Decrease saturated and trans fats by limiting processed, fried and fatty foods.
- Increase fiber by choosing complex carbohydrates as well as fruits and vegetables.
- Eat four or five small meals three to four hours apart to increase your metabolism and help prevent hunger.
  - Moderate sodium intake to help prevent water retention and bloating.
- Have a balanced post workout, recovery shake with Protein and Carbohydrates in it.
  - Balance meals by having protein, carbs, and healthy fats in every meal.

- Eat, don't drink, your calories. Eliminate regular soda and excess juice to help reduce caloric intake.
  - Eat slowly to help prevent overeating.
- In order to lose weight, it is important that you are burning more calories than you are consuming each day. Think of your calories as a bank account. If you make even small deposits in the bank and never withdrawal any calories, you will gain weight over time. The idea is to have a slightly negative balance (up to 500 calories) each day. This does not necessarily mean that you need to cut 500 calories from your diet. You could also burn an extra 500 calories through exercise or a little bit of both.
  - Some eating strategies that may help you to lose weight are the following:
    - 1. Eat breakfast. When cutting calories you do not want to cut out entire meals. Breakfast is a very important meal to rev your metabolism which will cause you to burn more calories throughout the day.
    - 2. Drink plenty of water. Sometimes you feel hungry and really you are just dehydrated.
    - 3. Consume high fiber foods such as whole grains and fruits/vegetables. Fiber contributes no calories but does add bulk to your food leading to earlier satiety. You will stay full longer on the same amount of calories.
    - 4. Use a smaller plate. Plate sizes have grown 25% since the 1970s to over 12 inches in diameter. Use a smaller plate (10 inches or less) and you will serve yourself 22% less calories. This could add up to a 2 lb weight loss per month.
    - 5. Eat lower calorie foods first. Fill up on salad or vegetables or fruit at the beginning of your meal. This will cause you to eat less of the higher calorie side dishes.
    - 6. Eat 5-6 smaller meals per day. This will help you to maintain a higher metabolism. Aim to eat every 3-4 hours.

### Emotional Eating



It's easy to go for that bag of chips when we're stressed and not think much of it. But emotional eating is serious detriment to weight loss as well as your overall health and well-being. People tend to binge eat the most when they're lonely or stressed. This can set the stage for eating disorders and food addiction because we start treating food like medicine. Luckily, there's help for emotional eaters, in the form of community support, stress management techniques and in some cases, therapy.

Stress can definitely have an effect on your waistline. Two of the main ways stress adds on the pounds is through inflammation of the body and increased appetite. Both can lead to unwanted, extra pounds and a series of illnesses like diabetes and heart disease.

Inflammation is part of the body's natural defense system to heal and protect itself. It is a standard reaction but when chronic stress hits, inflammation can go beyond what is normal.

In fact researchers from Ohio State University, the University of California, Los Angeles, Northwestern University and the University of British Columbia found that chronic stress affects gene activity of immune cells. They found that immune cells are already ready to fight infection or trauma before they enter the bloodstream and even when there is no infection or trauma to fight. This causes even more inflammation.

High levels of the stress hormone, cortisol, can fuel your appetite and increase your cravings leading to weight gain. It's that craving we have for chocolate or potato chips when we are feeling stressed, overwhelmed or upset and reaching out for food for relief.

Your cortisol levels may go up because your boss yelled at you, you're upset with your partner, or work feels overwhelming. Picking up that bag of chips or eating something yummy just feels easier than dealing with the real problem. It brings comfort and relief. Sound like you?

The good news is you can beat stress eating. It's all about tuning into yourself and experiencing your emotions head-on, rather than covering them up with food. Try the below steps throughout your day to conquer stress eating.

### **What to do when the urge to eat (junk) strikes:**

1. Ask yourself if you are truly hungry. If not, tune into the feeling that you're feeling. For example you may be feeling stressed. Where do you feel it? In your chest? In your stomach?
2. Be specific about the feeling -- the more specific the better. It helps you deal with your underlying emotion. Do you feel overwhelmed? Do you feel hurt or sad by what someone said or did not do? Do you feel undervalued versus just feeling stressed?
3. Experience the feeling. Let the feeling wash over you. Let it come instead of sweeping it under the carpet. Feelings are natural and normal. It's ok to feel what you feel. Remember it's

important to deal with it. You may need to take a break for a few minutes or more. Give yourself time and space to recover. Be easy on yourself.

4. Do something that makes you feel good instead of reaching out for food. Read a great book, watching your favorite movie or talking to your best friend on the phone.