
Eat Well *to* Lose Weight



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Part 1: Eating For Health

Introduction

Everyone knows that there is something that they could change in their life to become healthier. For most people, it's getting more exercise and eating a healthier diet. But how do you know if you are eating healthy or not? There are so many different diets and strategies on the market, how do you know what to do?

This eBook is designed to provide you with some guidelines to becoming a healthy eater as well as giving you tons of tips on little things you can do to change your habits and lose weight. For example, breakfast is incredibly important and many people don't give it its due. You need to eat breakfast to literally "break the fast" – but you don't necessarily need to eat it the moment you get up in the morning. Unfortunately, many people skip breakfast completely and they are so hungry by the time lunch comes around that they eat like they've never eaten before. Then they have a slump and want to take a nap. Give your day a good start with a healthy breakfast.

Being a healthy eater requires that you become educated and smart about what you put in your mouth. You really are what you eat, so if you eat a lot of fats, well, you know what happens. However, being food smart doesn't mean that you have to spend every minute counting calories. Healthy eating is about balance and moderation.

This eBook will show you how you can eat healthy, lose weight and begin to have a better overall feeling of wellness in your life. This doesn't mean that you have to give up your favorite foods. Instead, you will learn how to make your favorite foods part of a healthy lifestyle.

Chapter 1

Eating For A Healthier You

Most people know that they need to improve their diets in one way or another. They also recognize how difficult this is when they drive down the street and they see a McDonald's on every corner or a line of fast food restaurants, or go to the supermarket and see all the shelves full of quick and easy fattening foods. Our lives have become all about convenience and in exchange for convenience we have become the most obese people in the world. With our instant gratification lifestyles we also know that eating healthy can be a challenge. However, it doesn't have to be this way and there are steps that you can take to balance out your life so that you can enjoy a Happy Meal with the kids on occasion.

Making your everyday diet healthier will allow you to improve the way you think, as well as the way you look and feel. It's never too late to change your eating habits, you just have to have the motivation.

Is Your Diet Healthy Enough?

Everyone wants a healthier diet, but with all of the conflicting nutrition information in the media it is hard to determine what type of diet is healthy. There are many factors that contribute to a healthy diet. It is important to evaluate the current diet that you eat before you embark on a plan to become a healthier eater.

Begin by asking yourself these simple questions:

- ❑ **Do I eat a variety of different foods?** Variety is one of many important parts of a healthy diet. If you find yourself eating the

same thing almost every day then it may be time to adjust the way you eat.

- ❑ **Do I eat fruits and vegetables?** It is important to choose from a variety of different fruits and vegetables. In fact, you want to get all of the different colors of these foods in your diet because each offers their own unique vitamins and minerals that are essential to your diet. Eat dark greens, reds, oranges and yellows.
- ❑ **Do I eat breakfast?** The absence of breakfast is a good indicator that you are not eating very healthy. If you don't eat breakfast you need to begin working on that aspect of your diet, as your body may think that it's starving. If you don't feel hungry first thing in the morning, wait an hour or two and eat your breakfast when you arrive at work or during a morning break. Fruit makes a good breakfast.
- ❑ **Do I choose low fat foods over high fat foods?** There are low fat alternatives in a variety of foods including all dairies and meats. A great way to avoid a lot of fat is to prepare your own meals instead of eating prepared foods such as TV dinners.
- ❑ **Do I drink a lot of water?** Water is the foundation to life. Your body needs plenty of water and is important for maintaining a healthy diet. If you drink a lot of soda or coffee, you may be dehydrating yourself.
- ❑ **Am I able to maintain my ideal body weight?** Gaining weight without trying is a sign of a poor diet. Following a healthy diet and getting regular exercise is the best way to lose weight and keep it off. If you really want use exercise to fight the fat, look at this program- [How to lose belly fat](#)

- ❑ **Do I limit the amount of salt, sugar, alcohol and caffeine that I consume?** A lot of people use these in excessive amounts. These four elements can wreak havoc on a healthy diet.

Variety – The Spice of Life

This saying is certainly true when it comes to eating a healthy diet. Many people get stuck in ruts where they eat too much of one type of food. This leaves their body with excessive nutrients in one area, and none in another. No one likes to eat the same thing everyday, but sometimes we do for the pure convenience of it.

There are a variety of foods that you can add to your diet to keep it from becoming stagnant and boring. There are hundreds of fruits and vegetables available at the average grocery store. Think about also using different grains, instead of the same old corn, rice or pasta.

Variety is one of the things that nutritionists stress the most. They say that variety is important for both nutrition and psychological reasons. A varied diet is essential for a person to maintain good health and to maintain a good psychological well-being. Feeling deprived of your favorite foods can cause you to give up a healthy lifestyle. Variety allows you to incorporate your favorites with healthy foods and offers the chance for you to develop new favorites as well.

It is important that you continue to eat foods that you like, but in moderation. Instead of giving up bacon, have it as occasional treat. The same is true for desserts.

For most people, it is important that people eat from the five major food groups each day. The USDA identifies these food groups as:

- ☐ Fresh fruit
- ☐ Vegetables
- ☐ Meats
- ☐ Whole grains
- ☐ Dairy products

By combining the food groups, you are ensuring that your body is receiving the necessary nutrients that these items contain. This helps to ensure proper levels of nutrition.

Simply eating from these groups is not enough. There are a variety of foods in these groups that would not necessarily be considered healthy such as ice cream or candied yams. The five food groups may be represented, but they don't do you much good if they are coated in sugar. Choosing the best foods from these groups is important as well.

A lot of people are lactose intolerant, that is they have trouble digesting dairy products as they grow older. People whose genetic history comes from hot countries may not need dairy products after the age of around 4 or 5 years. Others may begin having trouble with milk as adults or in middle age. Try avoiding all milk products for a week and then have 2 or 3 servings in one day. If you have diarrhea the next day, headaches or other symptoms, you may be lactose intolerant and you should ask to be tested.

Choosing healthy means that you want to look for foods that are not supped up with excess fat or sugar. It also means choosing meats from the lean section and removing the fat and skin from chicken. By doing this, you are eliminating unnecessary calories and excess fat.

When you choose breads and cereals, it is important not to choose those that are loaded with sugar or overly refined. Choose whole grains. Many of these

whole grains are also fortified with additional vitamins and minerals. This insures that you are receiving these extra nutrients, but you should not rely on fortified foods alone. It is important that you get these nutrients in their natural form as well. Many foods are also supplemented with calcium and folic acid. These help to ensure that bones and teeth stay strong. Folic acid is essential in preventing birth defects.

If you can substitute healthy foods for those that are less healthy, you will be on your way. For example, you can substitute skinless white meat chicken for dark meat drumsticks. This is a good way to maximize nutrition without losing good food options.

Foods Working Together

It is important that you choose a combination of foods that provide you with optimum nutrition. This means combining foods such as meats, beans, dairy and vegetables and whole grains to form a well-rounded meal. All of these foods combined together will provide you with the different nutrients that your body needs.

Most foods are obviously healthy. However, it may be difficult to know whether some items are healthy or not. In this instance, you will want to look at the nutritional labels. Labels are required on all packaged foods and can be very helpful to those who are looking to eat a healthier diet. Not only do the labels tell you how many calories and fat grams are in the food, but they also provide detailed information on the vitamins and minerals as well.

When choosing healthy foods, small changes can make a big difference. When you exchange fresh and low fat meals for high fat meals you will feel more energetic because you are not being “weighed down” by the high fat you were consuming in the past. You feel full without feeling bloated. You should also notice an increase in energy levels.

By replacing highly processed grains for nutritious whole grains you will find that you are consuming more nutrients. Many highly refined foods are stripped of the nutrients and they do you little good in terms of a healthy diet. They also make you want to eat more before you feel satisfied.

Cooking techniques are also important. If you want to cook with oil, use olive oil. This is a monounsaturated fat with good preservation qualities.

If you cook vegetables too long, you may actually be cooking away significant amounts of nutrients. Take broccoli as an example. If you over boil it and then slather it in butter and cheese, you are cooking away nutrients and replacing them with fat. To prepare vegetables, you are often better off steaming them. If you boil them, cook them in as little water as possible, but use enough to keep them from becoming scorched.

When you cook potatoes, it is a good idea to include the skin. The skin contains a lot of fiber, nutrients and minerals. You can also cook a baked potato in the microwave or grill to give it a better flavor. By using these methods, you will make the skin soft and minimize the need to load it with butter, sour cream, cheese, bacon, etc. In fact, healthier alternatives would include a little bit of non fat cottage cheese or non fat yogurt.

Take a look at this program - [Strip that Fat](#)

Chapter 2

Planning Healthy Meals

Planning healthy meals can be difficult, especially if you are cooking for a family stuck in a rut of unhealthy meals. With some basic nutrition knowledge, however, you can have your family eating healthy without them even realizing it.

The key to creating healthy meals is to plan. Plan your week's meals ahead of time and ensure you have all of the necessary ingredients. Don't lose the chance to prepare a healthy meal because you don't have a tomato. Plan your meals before you go grocery shopping. While shopping it is important to get only the foods that are on your list and stay away from the cookie and ice cream aisles to limit temptation. This will also allow you to keep your food costs to a minimum because you are buying less expensive whole foods instead of processed foods.

Huge time savers such as slow cookers are also helpful. A slow cooker will allow foods to cook all day while you are at work. When you get home, you have a delicious and healthy meal waiting for you.

On the weekends you can prepare meals ahead of time and put them in the refrigerator or freezer. When you have busy nights such as evenings that are full of sports games or practices with your children, all you have to do is reheat their healthy meal. These are also good if you are a single person living alone and have a hard time cooking for just one person. Divvy up the meals for the rest of the week.

When you are planning meals for the week, create a chart of each day's meals and your daily schedule. This will help you decide which days are best

for certain meals. For example, maybe you have time to cook something extra special on Friday nights, but the rest of the week is so hectic you don't know if you are coming or going. You can place those special recipes you have been wanting to try on Friday and then come up with healthy alternatives for your busy days.

Getting the Family Involved

Eating healthy is a family affair. It is important to get your spouse and your kids involved. This allows you to ensure that each day someone has something that is his or her favorite being served. This may mean that Friday nights are special pizza nights, but the rest of the week is healthy. It is important to plan meals with everyone's input to ensure that everyone's tastes are involved. You do not want anyone to feel as though they are being deprived.

It is an even better idea to get everyone involved in cooking. This allows the children to learn their way around the kitchen and what foods are healthy for them to eat.

Get Prepared

Cooking in large quantities is an excellent way for you to have healthy foods at your fingertips. Cooking large amounts of soups, casseroles, and chilies will save you a lot of time during the week. You can even make double or triple batches of certain staples in your diet.

When you freeze your leftovers, be sure that you label your containers with freezer tape and permanent marker. This will allow you to rotate items wisely and keep the older foods near the top. This also allows you to avoid waste by not having to throw out foods that have expired.

Stock up on meats when they are on sale and then divide them up into individual serving portions for your family. For example, if you buy 5 pounds of ground beef, separate it out into 5 one-pound servings for your ground beef recipes. You can also divide up your chicken breasts, turkey, steaks, roasts and pork chops. If you are going to have pork chops one night, all you have to do is pull them out of the freezer and allow them to thaw while you are at work. When you get home you can cook them up on the grill and sauté up some fresh veggies.

A well-stocked pantry is also important. Keep a good supply of the staples such as canned and frozen veggies, fruits, soup stocks, etc. These will help you prepare your meals much more quickly, especially when combined with your stocked freezer. This also allows you to save time and money.

Other items that you can stock up on include:

- ☐ Brown rice and other whole grains
- ☐ Tomato sauce
- ☐ Baked beans
- ☐ Canned salmon
- ☐ Tuna
- ☐ Whole grain breads

Eating for Maximum Nutrition

In the past several years there have been a lot of fad diets hit the market. This is mainly because people are recognizing that it is time to start eating better and living a more healthy lifestyle, and they are looking for an easy way to do it. We all know that you need to eat fruits and vegetables, but we are far too often choosing the wrong items. For example, avocados may look like a healthy food, but they are actually full of fat and calories. Bananas may seem healthy, but they have a lot of sugar. Both of these are fine in

small quantities, or if you don't have a lot of other sources of fat and sugar in the diet. It is the healthy balance of these items that we are looking for.

The key to changing your diet is to recognize the areas that you need to change and then work on those areas. For instance, some people simply need to add veggies to their diet and cut back on meats. Others need to cut back on sweets and add fruits and vegetables. Some people could do themselves a lot of good by eating a breakfast so that they do not overeat later in the day. These are little changes that can be made if you get motivated to do it. The key is to make small changes so that they are seamlessly incorporated into your life.

Eating healthy also means different things to different people. A person who runs a 5K every other weekend doesn't have the same nutritional requirements as an office worker who sits at a desk all day and needs to lose 20 pounds.

A good place to start is by adding variety. Have your favorite high calorie foods once a week instead of once a day. Make smarter choices when shopping and try to avoid the sugary temptations that lurk in the grocery store. If you eat out a lot, you can still make better choices. Ask for salad dressing on the side so you can control how much you have, and order more veggies and skinless chicken. It is also a good idea not to eat your whole plate but to take a portion of it home with you for later.

Eat more highly nutritious foods rather than high calorie foods. Focus on foods that are high in fiber. Have 2 or 3 times your normal serving of vegetables, with less sauce. You will be amazed at the difference this can make at your first sitting. Most fatty foods are full of empty calories. This means you are eating foods that have a lot of calories but they don't fill you up. By eating foods that have calories you use, you are feeding yourself useful energy without overeating on unhealthy foods.

Don't be afraid to try new things. Your tastes change as you grow older. You actually begin to like foods that you despised as a child. Some people think that they don't like foods, but they have never eaten many of what they say they don't like. Produce is relatively cheap. So you are not losing too much money if you buy some fresh spinach for a salad and find out you still don't like it. If you do like it, then you found something healthy that you don't mind eating and it's relatively inexpensive. Talk about a win-win situation!

You don't have to give up your Saturday night steak. Just work on it a bit to make it healthier. Cut off the excess fat that you don't need and don't slather your potato in all the "fixins." Try a little bit of butter or even a little cottage cheese.

Healthy Snacks

It never fails, there's a pang that hits our stomach around 2:30 or 3:00 in the afternoon. This little bit of hunger is easily overcome by a healthy snack. Instead of reaching for those chocolate chip cookies, why not some apple wedges with a blended banana poured over them? Or, how about a glass of milk or cup of cottage cheese? Whole grain products make good snacks as well. Wheat bread or bagels with just a little spread can make you a nice little snack to hold you over until dinner.

For the kids, consider having some carrot sticks already peeled and sliced for them when they come home from school. You could even have a little bowl of broccoli florets, green peppers and carrots in a bowl with a little side of low fat salad dressing for dipping. These are much better snacks than Jell-O, Fruit Roll-Ups, Pop Tarts or candy bars.

Here is a little quick recipe that you can whip up in no time:

- ☐ Can of mandarin oranges (unsweetened)
- ☐ Cut up banana
- ☐ Apple
- ☐ Nectarine
- ☐ Strawberries
- ☐ Blueberries
- ☐ Raisins

Mix all of the fruit in the juice from the oranges and serve. This is a delicious little fresh fruit salad that you can use as a snack or even a healthy dessert.

Keeping a bowl of fresh fruit around on the table also encourages you to grab an apple or orange instead of a handful of M&Ms.

Milk and dairy products are also important. If you are a whole milk drinker, consider dropping down to 2%. You will be amazed that the taste is very similar to whole milk, but with less fat. It is also not as watery as skim milk. You can also have some low-fat or nonfat yogurt, puddings, cheeses and cottage cheese around.

Lunchmeats can also make a great snack. Get some healthy turkey, chicken or ham. Pregnant women should be sure to heat these thoroughly to kill off any bacteria before eating them, just to be on the safe side. Use tuna that is packed in water, not oil. Sandwiches that are made on whole grain bread with low calorie mustard instead of butter can be a good snack.

You can also pair your fresh fruit with non fat plain or vanilla yogurt. Add fruit to cereal or use fresh fruit and juices to make smoothies as a quick snack or breakfast.

For bagels that are getting a little stale, toast them and spread a little bit of peanut butter on them. You could also use a low fat cream cheese.

Taking Your Lunch With You

When you are a career person, it can be difficult not to eat out everyday for lunch. It is possible to take your healthy lifestyle on the go. You also never know what they are serving in school cafeterias these days, especially when it comes to older kids in middle school or high school. If you all brown bag it, then you can still create healthy lunches for your whole family.

The most important decision to make is what you are putting in those lunchboxes. It is very important that you choose foods that are healthy, yet quick. If you are able to include a favorite food in each lunch, then there is less of a chance of your child hitting a vending machine to get a candy bar.

When you are packing lunches, be sure to choose at least three of the following:

- ☐ 1 fruit or vegetable (fresh, canned or frozen)
- ☐ Whole grain product
- ☐ Milk or dairy products (especially for smaller kids)
- ☐ Meat, fish, poultry, eggs, peanut butter, legumes or hummus

It is also a good idea to get the family involved in fixing their lunches. Have a little session each night where everyone gets to choose some of these healthy items to put in their lunches. Lie out all of the healthy food options and let everyone decide what they want to take with them the next day. If they want milk to drink, it is a good idea to give them milk money, as it is difficult to keep milk cold at school.

Kids will love to fix their own lunches. You might even have a special shelf in the refrigerator just for those foods. It is also a good idea to have plastic bags, napkins, plastic silverware and straws for the kids to pack in their lunches as well.

Healthy Lunch Tips

- ☐ Incorporate different breads in sandwiches.
 - Rye
 - Pumpernickel
 - Whole wheat
 - Tortilla wraps
 - Pitas
 - Crackers
- ☐ Bite sized veggies are best
 - Baby carrots
 - Broccoli florets
 - Pepper slices
- ☐ Bite sized fruit are good too
 - Grapes
 - Blueberries
 - Orange wedges
 - Strawberries
- ☐ 100% fruit juice or milk money
- ☐ Single serving cereals (good for breakfast too)
- ☐ Selection of various non fat yogurts.

Chapter 3

Understanding Nutrition

There are numerous nutrients that make up our diet. Each nutrient plays an important role in our diet and our diet is not well rounded without all of them. The basic building blocks to a healthy diet include:

- ☐ Carbohydrates
- ☐ Protein
- ☐ Fats
- ☐ Vitamins
- ☐ Minerals

Fats

Fats are necessary in a healthy diet. The key is to not to overeat them – which most of us do. The key is to make smart decisions when it comes to choosing which fats and oils you are going to eat. This means that you will want to substitute saturated fats with unsaturated fats. You want to cook with lighter oils when cooking.

Fats are essential for supplying the body with energy. Fats are essential so that fatty acids and aid in the transportation of fat-soluble vitamins around the body. These fat-soluble vitamins include:

- ☐ Vitamin A
- ☐ Vitamin D
- ☐ Vitamin E
- ☐ Vitamin K
- ☐ Carotenoids

Fats are also the building blocks for many tissues and membranes. They play many roles in regulating the various bodily functions.

Dietary fat is available in both plant and animal sources of food. Many nutrition experts recommend that the intake of fat should be kept to less than 20% of calories. Extreme low fat diets, however, are not safe and cause damage to the body.

The type of fat that you take in also makes a huge difference. A diet that is high in saturated fats, cholesterol and trans fats have been associated with numerous conditions including:

- ☐ Heart disease
- ☐ Heart attacks
- ☐ Stroke
- ☐ Chronic health problems
- ☐ Diabetes
- ☐ Obesity

Excessive fat intake of saturated fats and trans fats are associated with the greatest complications. Trans fats are those fats that are solid at room temperature. One of the best ways to limit the intake of saturated fat is to limit the intake of animal fat in the diet. Animal fats include the fats in:

- ☐ Bacon
- ☐ Sausage
- ☐ Butter
- ☐ Cheese
- ☐ Ice cream

Cholesterol can be regulated by watching the intake of eggs and organ meats, as well as other foods that are known to be high in cholesterol.

Food labels can make it difficult to determine which fats are good fats. For example, trans fats are listed on the ingredient lists and not in the chart of dietary information. Processed foods contain more trans fats.

Polyunsaturated and monounsaturated fats are better choices. These can be found in canola and olive oil. These are lighter oils and it is a big step towards healthier eating if you incorporate these into your diet instead of using fats such as lard to cook with. These fats are liquid at room temperature. They also have heart-protecting qualities, unlike trans fats.

Fish also contain good fats. They are a source of the essential omega-3 fatty acids. These have been found to help lower cholesterol and to promote good health.

Carbohydrates

These are important in a healthy diet, although the marketing of some diets may have you think otherwise. They are necessary for providing you with energy as well as essential nutrients. Carbohydrates are found in a variety of foods including fruits, vegetables, and grains. They are not all equally healthy, so it is important that you choose wisely. Refined carbohydrates should be avoided.

When you are choosing your breads, cereals and pasta, look to have them made with whole grains, while avoiding the more highly refined varieties. It is also important to limit the intake of refined sugars, such as baked goods and candy. Consuming large amounts of these low nutrient and high calorie foods can make it impossible to stay healthy without gaining weight.

Most people consume way too much sugar and salt. Salt is important in nutrition, but many people consume too much of it. Excess salt causes water retention, high blood pressure and other conditions. Choose low sodium foods and limit the use of the saltshaker. By implementing these two strategies, you will be able to go a long way

Antioxidants

There has been a lot of talk lately about how antioxidants are important in the diet. They have a possible role in fighting a variety of illnesses and this includes some types of cancer. They are also supposed to aid in age related degeneration and heart disease.

Many companies are marketing various pills, powders and capsules. However, it is best to receive these nutrients through everyday foods where they are packaged with other nutrients, and not from supplements.

It is important to understand how antioxidants work to protect the body. Antioxidants work to neutralize harmful elements that are known as free radicals. These are produced in the body naturally and as a consequence of natural bodily processes. Most of the time the body will be able to neutralize and eliminate free radicals on its own.

Stresses such as environmental pollution, a weak immune system, UV radiation and alcohol cause the body to not be able to effectively fight these free radicals. Excessive free radicals in the human body can cause damage to the structure and function of the various organs and other systems in the body. Recent studies have also shown free radicals cause a number of diseases. They may also play a role in aging, including wrinkles and sagging skin.

It is estimated that foods have about 4,000 different compounds that have antioxidant qualities. Since only a small number of these compounds have been identified it is difficult to see why adding a supplement would help achieve a healthy diet. You are better off eating a variety of foods and receiving antioxidants the natural way.

There are many sources of antioxidant vitamins including:

Vitamin C: This is probably the most studied of all the antioxidant vitamins. It is also known as ascorbic acid. Vitamin C is believed to be the body's first line of defense against infection and disease. Vitamin C is water-soluble and must be consumed daily. It is available in all raw fruits and vegetables, but especially in:

- ☐ Red bell peppers
- ☐ Kiwi fruit
- ☐ Broccoli
- ☐ Persimmon
- ☐ Strawberries
- ☐ Citrus fruits
- ☐ Spinach
- ☐ Cabbage

Vitamin C can leach out when vegetables are cooked in water, so steam vegetables or make soup from the water and try to eat some raw fruit and salad or raw veggies every day. Broccoli retains vitamin C during cooking better than most other vegetables.

Vitamin E: This is a fat-soluble vitamin that is stored in the liver and other tissues. It has been studied for its effect on aging and healing sunburns. It is important that your diet contains adequate amounts of vitamin E. Vitamin E can be found in:

- ☐ Whole wheat germ
- ☐ Nuts
- ☐ Seeds
- ☐ Whole grains
- ☐ Vegetable oil
- ☐ Fish liver oil
- ☐ Leafy greens

Beta-carotene: This is the nutrient that causes flamingos to be pink, as they receive it from the shrimp that they eat. There are over 600 carotenoids that have been discovered so far. The role of beta-carotene in nature is to protect the skins of fruits that are dark green, yellow and orange. Beta-carotene can be found in:

- ☐ Carrots
- ☐ Squash
- ☐ Sweet potatoes
- ☐ Broccoli
- ☐ Tomatoes
- ☐ Collard greens
- ☐ Kale
- ☐ Cantaloupe
- ☐ Peaches
- ☐ Apricots

Selenium: This is one of the most important minerals in a healthy diet. It has properties that prevent cell damage, which is seen as an important part of preventing cancer. It is important to get selenium naturally from your diet, as supplements can be toxic. It is easily found in foods such as:

- ☐ Fish
- ☐ Shellfish
- ☐ Red meat

- ☐ Whole grains
- ☐ Poultry
- ☐ Eggs
- ☐ Garlic
- ☐ Vegetables that have been grown in selenium rich soils

Choosing Low Fat and High Fiber Foods

Raising the level of dietary fiber is important. At the same time it is important to lower the amount of fat in your diet. Adding dietary fiber to your diet is one of the most effective changes that you can make. However, many people consume way too much fat without enough fiber.

A good place to start is by knowing which foods you eat are high in fiber or which foods that are high in fiber that you could eat. Eating a diet that is rich in fiber will lower fat and other negative diet elements.

When you are boosting the amount of fiber in your diet you also want to do so at a gradual rate. Abrupt changes in fiber can cause abdominal pain, cramps, bloating and gas.

There are several high fiber foods including:

- ☐ Dried peas & beans
- ☐ Dried fruits
- ☐ Nuts
- ☐ Sesame seeds
- ☐ Sunflower seeds
- ☐ Berries
- ☐ Vegetables
- ☐ Potatoes with skin
- ☐ Fruit
- ☐ Whole wheat bread

In order to have healthier eating habits for life, it is important to change the way you shop, cook and eat. A diet change should be something that you intend to continue with through life, so it is important that you develop good habits now that will allow you to do so.

When you go grocery shopping, get into the habit of hitting the produce section first. This is generally easy because most grocery stores have it conveniently located near the front door. You will want to purchase fresh fruits and vegetables that are in season. These foods contain rich sources of vitamins and minerals. They also have a lot of fiber. Canned fruits and vegetables are okay if they are not in season.

When you are looking at baked goods, try to find those that are made with:

- ☐ Whole wheat flour
- ☐ Wheat bran
- ☐ Oat bran
- ☐ Poppy seeds
- ☐ Sesame seeds
- ☐ Oatmeal
- ☐ Raisins

It is also important that you learn to read labels. There are federally mandated labels on all foods that are sold. These labels are also standardized and contain certain information. Look at:

- ☐ Calorie content
- ☐ Fiber content
- ☐ Vitamin content

You can also find this information on meats, seafood and poultry.

Take a look at this guide – [Fat Fighting Foods](#)

Fiber Myths

There are several myths about fiber. The first is that the crispness of a food is related to fiber. The truth is that there is no relation here. The amount of crispness of a food product does not indicate the amount of fiber that the product contains. The crunch of lettuce, for example, is from the amount of water that it contains. If you leave lettuce uncovered in the refrigerator it will dry out and lose its crispness. It does not lose fiber!

Secondly, many people think that cooking breaks down fiber. This is not true either. Cooking has no effect on the amount of fiber that the food contains. Peeling vegetables and fruits, however, will remove some fiber since the skins contain fiber. Edible skins, such as apple peel, are a good source of fiber.

No matter why you need to increase your fiber intake, you will find that it is a positive change to make in your diet. Increasing the amount of fiber you receive can have a large impact on your health.

Understanding Portion Sizes

We have all heard the USDA report that we need to eat 5 to 10 servings of fruit and vegetables each day. This is really confusing because that sounds like a whole lot of food. Exactly what is a serving?

A serving a fruit or vegetable may be:

- ☐ A medium sized piece of fruit
- ☐ One large slice of fruit
- ☐ Two pieces of small fruit
- ☐ 1 cup strawberries, raspberries or grapes
- ☐ ½ cup of fresh fruit salad
- ☐ ½ cup of stewed or canned fruit
- ☐ ¼ cup of dried fruit

- ☐ ½ cup of 100% pure fruit juice
- ☐ ½ cup of cooked, canned or frozen vegetables
- ☐ 1 side salad

Unlike other foods, the more the better when it comes to eating fruits and vegetables. Be sure to include as many servings of fruits and vegetables as you can when planning your meals.

Tips for Healthier Living

- ☐ Stock your fridge with celery or carrots
- ☐ Keep a bowl of fruits ready to be eaten out on the table or kitchen counter
- ☐ Eat warm vegetable soup on a cold day
- ☐ Eat at least one salad per day
- ☐ Snack on apples and oranges
- ☐ Add sprouts, cucumbers, lettuce and tomatoes to sandwiches for variety
- ☐ Garnish meals with grated or chopped carrots
- ☐ Eat two servings of veggies with each dinner
- ☐ Try vegetable stir fry
- ☐ Make vegetable kabobs on the grill
- ☐ Use baked apples or pears for dessert
- ☐ Add veggies such as carrots, cabbage, onions, lentils and peas to soups, stews and casseroles.

Tips for Choosing Fruits and Vegetables

- ☐ When possible, choose fresh fruits. Fresh fruits and vegetables contain more nutrients than frozen or dried varieties.
- ☐ Frozen vegetables are good for those fruits and vegetables that are out of season. Frozen is usually better than canned.
- ☐ Choose fruits and vegetables of a variety of different colors.
- ☐ Keep your vegetables healthy by adding minimal butter, margarine and oil.
- ☐ Be careful when cooking vegetables. It is best to steam them.

Get Fishy in Your Diet

Fish allows you to maximize protein while keeping the fat and calories low. This is why fish is great for those people who are trying to lose weight and enjoy a healthier diet. There are very few foods that combine low fat and low calories, and then have high protein. High protein usually comes with high fat and high calories.

Many people are leery of fish because they have had fish that is not very fresh. Other people are leery because they don't know how to cook it. Fish dishes can seem challenging but they are actually quite easy. The amount of protein in fresh and frozen fish and seafood is very high. It is much higher than sources such as beef, pork and lamb.

Take a look at another natural diet- [The Mediterranean Diet](#)

That concludes our section on healthy eating for you and your family. Read on for 101 everyday weight loss tips.

Part 2: 101 Everyday Tips For Weight Loss

Introduction

There was a time when the need to lose weight was completely unheard of. People ate a lot, but they worked a lot too. They woke up early in the morning and then engaged in a whole day's physical labor. People worked on fields digging, sowing, harvesting. They tilled the soil, rode horses, worked on farms and ranches. If they wanted to go someplace, they rode a horse or walked. The result was that they could afford to eat almost anything they could get, in whatever quantities they wanted.

But that was a long time ago. The world has changed so much since those days. Life styles have changed and our comforts and facilities have increased. But every rose has its thorn. As a result of all these comforts and amenities the state of physical well being has really changed. Most of us have sedentary jobs that demand little or no exercise at all. We travel everywhere sitting in a car, bus, plane or train. To put it simply, things have become so darn easy. And just as we might have expected, weight gain or weight maintenance has become a major concern for almost everybody in the Western world.

It's not necessarily about the hour glass figure or the perfectly sculpted and toned body. It may be more about staying fit and remaining healthy to ensure a long, disease free life. Everybody knows that those extra pounds spell illness. All over the world people are switching to a healthier life style.

This section is dedicated solely to the cause of losing weight and that too in some of the most imaginative ways you ever heard of. There is only one thing that you have to bear in mind. Weight loss does not happen by itself. There are only two ways to accomplish it:

The first is by watching what you eat and the second is by seeing to it that your body gets the exercise that it needs. This section gives tips for both, including how to stay active if you don't have much time.

As you go through the following pages, my hope is that you're continually amazed by all of the "everyday" things you can be doing to lose weight.

1.

Drink plenty of water. Our body needs a lot of water. Water is not just a way to flush out toxins but if you have more water in your body you will generally feel healthier and fitter. This itself will discourage any tendency to overeat. The best thing about water is that it has no calories at all.

2.

Start your day with a glass of water. As soon as you wake up, gulp down a glass of cool water. It's a wonderful way to start your day. A glass of water lets out all your digestive juices and lubricates the insides of your body. You may have your morning cup of tea with breakfast but have a glass of water first. It is good for you.

3.

Drink a glass of water before you start a meal – up to 30 minutes before. Water naturally needs some space so that you feel fuller without actually having to stuff yourself.

4.

Include water in your meals in the form of fruit and soups, but do not drink while you eat.

SIDENOTE: Water is such a remarkable thing, but seldom do we give it the credit that it deserves. Did you know that over 66% of your body weight is nothing but water? It's amazing!

Water also plays a vital role in weight control. Make sure you drink at least six 8oz glasses per day.

5.

Stay away from sweetened bottle drinks, especially sodas. Hey all those colas and fizzy drinks are sweetened with sugar and sugar means calories. The more you can cut out on these sweetened bottle drinks, the better for you. Even diet sodas are not so great. They keep you wanting sweet foods and drinks.

6.

Include in your diet things that contain more water like tomatoes, cucumbers and watermelons. These things contain 90 to 95 % water so that there is nothing that you have to lose by feasting on them. They fill you up without adding to the pounds.

7.

Eat fresh fruit instead of drinking fruit juice. When you eat whole fruit, you are taking in a lot of fiber, which is needed by the body, and fruits of course are an excellent source of vitamins and minerals.

8.

If you do have a craving for fruit juice then go for fresh fruit juice instead of these that contain artificial flavors and colors. Or even better, try making your own fruit juice taking care not to sweeten it with too many calories.

9.

Choose fresh fruit over canned or dried fruits. Canned fruits are often lacking in the nutrients you would find in fresh fruit. Dried fruits are very sweet and it is easy to overeat on them. If you want to use dried fruits in a recipe, soak them for a half hour before use.

10.

Increase your fiber intake. As I mentioned, the body needs a lot of fiber and it helps keep you from feeling hungry. So try to include in your diet as many fruits and vegetables as you can.

11.

Go crazy on vegetables. Vegetables are your best bet when it comes to losing pounds. Nature has a terrific spread when it comes to choosing vegetables. And the leafy green vegetables are your best bet. Try to include a salad in your diet every day.

12.

Eat intelligently. The difference between man and beast is that we are driven by intelligence while beasts are driven by instinct. Don't just eat something because you feel like eating. Ask yourself whether your body really needs it.

13.

Watch what you eat. Keep a watchful eye on every thing that goes in. Sometimes the garnishes can be richer than the food itself. Accompaniments too can be very rich. Remember that it is the easiest thing in the world to eat something without realizing that it was something that you should not have eaten. Selective memory you know ...

14.

Control that sweet tooth. Remember that sweet things generally mean more calories. It is natural that we enjoy sweet things because fruit is an important part of our natural diet, but cravings for chocolate and candy will fade if you avoid eating anything with added sugar.

15.

Fix times to have meals and snacks and stick to them. Try to have food at fixed times of the day. You can stretch these times by half an hour, but anything more than that is going to affect your eating pattern. The result will either be a loss of appetite or that famished feeling, both of which will make you stuff yourself with more than what is required the next time you eat.

16.

Eat only when you are hungry. Some of us have the tendency to eat whenever we see food. We use parties as an excuse to stuff ourselves. Understand that the effect of a whole week of dieting can be wasted by just one day's party food.

17.

If you cannot bear to see others eating when you have nothing, take some fruit on a plate but don't eat it right away ... just carry it around with you until everyone has finished eating and the food is being cleared away. Then eat it.

18.

Plan your snacks, up to 3 per day. This will help you avoid hunger pangs which could have you running for the refrigerator or candy store. Prepare raw carrot sticks or take fruit for your snacks. True, you might be called Bugs Bunny, but it's better to be called Bugs Bunny than fatso.

19.

Go easy on tea and coffee. One or two cups a day are fine but use skim milk and don't add sugar. Did you know that having a cup of tea or coffee that has cream and two cubes of sugar is as bad as having a big piece of rich chocolate cake?

20.

Consider switching to green tea. It contains anti oxidants and there have even been claims that it promotes weight loss. Drink it with nothing added, or just a slice of lemon.

21.

If your diet depends on calories, count the calories as you eat or weigh your foods and write everything down right away. If you wait until the end of the day, you will not remember accurately what you ate. You can use a site like nutr diary.com to record your daily intake.

22.

Be sure to burn out those extra calories by the end of the week. If you feel that you have consumed more than you should have during the week, try to work them off with exercise.

23.

Stay away from fried foods. Even if the external oil is drained away, there is still a lot of hidden oil in the food. There is over 10 times as much fat in a serving of French fries as in a plain baked potato.

24.

Do not skip meals. The worst thing you can do while watching your diet is skip a meal. It has just the opposite effect of what you want. You need to have at least three regular meals plus 1-3 planned snacks every day.

25.

Fresh vegetables are better than cooked or canned vegetables. Try to eat your vegetables raw. When you cook them, you can be taking away nearly half the vitamins in them. Consider buying organic, especially for things that you will not peel.

26.

Do not have more than one egg a day. Eggs contain a lot of saturated fat and cholesterol. It would be best to reduce your intake of eggs to maybe three in a week.

27.

Make chocolates a luxury and not a routine. Chocolates are not or at least they should not be a regular part of your diet. So do not indulge too much in them. Even the bitter chocolates are not good for you – they still contain some sugar and a lot of fat (cocoa butter).

28.

Choose a variety of foods from all food groups every day. This is a fine way of keeping deficiency diseases at bay. Change the items included in your diet every day. This will prevent you getting bored with your diet, too.

29.

If you can say no to alcoholic beverages please do. Alcoholic beverages contain empty calories – they are high calorie drinks with virtually no nutrients. Besides, after a glass or two you will be in no position to watch your diet, your self control will be gone and you are likely to eat anything in sight.

30.

Have a light or fruit-based breakfast around 1-2 hours after waking, when you begin to feel hungry. Breakfast is the most important meal of the day but that does not mean that it should be the most filling.

31.

Unless you are following a high protein diet with your doctor's approval, 50 to 55% of the calories in your diet come from carbohydrates. Complex carbohydrates, such as those found in fruit, starchy vegetables and whole grains, are fine as long as they do not come with a serving of fat.

32.

25 to 30% of calories in your diet should be proteins. Various processes and activities are going on in our bodies. Things are broken down and being built up again. Resistance has to be built up, recovery from disease too is needed and for all this the body needs plenty of proteins so see to it that 25 to 30 % of your diet consists of proteins.

33.

While you are trying to lose weight, fats should only be 15 to 20 % of calories in your diet. You need only this much of fat in your diet so keep it at that.

34.

Try and adopt a vegetarian diet most of the time. A vegetarian diet is undoubtedly better for those of us watching our diet. It automatically cuts down on saturated fats. If you want to keep on eating meat and fish have

them only at one meal a day, preferably at dinner when your body will have the whole night to digest them.

35.

Choose white meat rather than red. White meat, which includes fish and fowl, is miles better than red meat, which includes beef and pork, for those trying to lose weight.

36.

High fiber multigrain breads are better than white breads. This will give you more protein and fiber as well as satisfying your hunger.

37.

Reduce your intake of pork. Pork is not something that can help you to lose weight. So the lesser pork you eat the better chances you have of losing weight. And remember that pork includes pork products as well, things like bacon, ham and sausages.

38.

If you must sweeten your drinks or food, use honey which is at least a natural, unrefined sugar, and use as little as possible.

39.

Graze 5 to 6 times a day. Instead of sticking to just three meals a day, try grazing. Grazing means try having 5 or 6 smaller meals instead of three king sized meals. It is an excellent way of having smaller quantities of food and keeping the metabolism working faster.

40.

Never eat in secret. If you are going to cheat on your diet, do it publicly and share what you bought with your colleagues or family. This will keep you from bingeing.

41.

Watch your fat intake. Each fat gram contains 9 calories so by reading the total calories on a food and knowing the quantity of fat, you can estimate the % of fat, which should in no way exceed 30% of the food.

42.

Go easy on salt, as too much salt is one of the causes of obesity and water retention as well as high blood pressure. Add minimal salt to food while cooking and do not use the salt shaker at the table.

43.

Avoid very browned and burned foods. They contain free radicals which are bad for our health. Wrap fish or meat in aluminum foil to bake it in the oven or on the barbecue without charring.

44.

Instead of frying things try baking them without fat. Baking is by far a healthier method of preparing food than frying. Baking requires less oil or fat.

45.

Use a non stick frying pan for your cooking so that you do not have to add oil. You can use a little water instead. The golden rule is to try and avoid as much oil as possible and a non stick pan is the perfect solution to this problem.

46.

Steam or boil your vegetables instead of frying them, or even better, eat them raw. However if you do not like eating your vegetables as they come, try steaming them without adding anything at all. This is probably the healthiest way to eat cabbages, cauliflowers and a host of other vegetables.

47.

Use fresh parsley. Parsley is an excellent thing to munch on in between meals. Not just is it good for you in terms of vitamins, but it is also a perfect way of making your breath fresher.

48.

Choose low fat or no fat substitutes. There are plenty of these available. It is much better for your waistline and your heart too. So the next time you head for the stores instead of picking up what you have always picked up, see if there are better substitutes.

49.

Avoid crash diets. They are bad for health and you will gain what you have lost once you take a break. Crash diets are not a solution to weight loss. They may have a lot to promise, but very rarely do their effects last. Crash diets may be useful if you want to fit into a particular dress or suit for an occasion. That's the only purpose that they serve as far as I can see.

50.

God gave us our back teeth for a reason ... to chew! Therefore we should develop a habit of chewing all food at least 8 to 12 times. This is essential to add saliva to the food. This is the first stage of the digestive process.

Often we find that whatever goes into our mouth goes down like lightning. We hardly give the saliva any time to act on the food. So does digestion take place like it should? Do we just stuff ourselves with food that doesn't get digested or in other words that doesn't yield the benefits that it should?

Even liquids like soup can be chewed, in the sense that they can be swirled around the mouth before being swallowed.

51.

If you drink wine, choose dry wine. Sweet wines naturally contain a lot of sugar. But on the other hand, in dry wines most of this sugar has been fermented away so from the weight point of view dry wines are better than sweet wines.

52.

When you decide it's time to start working out, start slowly and don't get discouraged if you don't achieve your fitness goals after the first week. Many people make this mistake. They feel that if they really push their bodies they can lose more weight in a couple of workouts. This is a big mistake.

If you try to push your body too much in the first few sessions, you are likely to end up with sprained joints, a sore back and even torn ligaments. The rule to be followed here is slow and steady wins the race.

53.

Check your weight before you start an exercise routine and keep checking for changes but do not expect a radical change immediately. If you are not watching your diet at the same time, it might be one or two weeks before you notice some change. However it is crucial that you continue to monitor your weight. You may bear in mind the fact that even a few pounds loss is a big achievement.

54.

When you do notice a change, reward yourself. When I say reward I do not mean go for some goodies like chocolates or sweets. Maybe you could go to a movie or buy yourself something like clothes or a new purse.

55.

You can take a day off from exercise every week. Your body will benefit from taking a day off from an exercise routine so do not hesitate to take a day off from whatever you have been doing.

56.

Exercise outdoors as far as possible. There are two advantages of doing whatever you are doing out side. One advantage is that it gives your body a chance to get a lot of the much needed fresh air and sunshine. The second advantage is that the surroundings keep you interested and it is a break from remaining stuck in the house or the office all day long.

57.

If you are very overweight, start with gentle exercise like walking. Fast walking is good exercise for anybody, but you can start slow if you need to.

58.

Try to get somebody to exercise along with you. There may be days when you feel just too lazy to crawl out of bed in the mornings. On such days, the knowledge that somebody is waiting for you is enough to get you out of bed.

Another advantage is that you can discuss your progress and fears with another person and be a sympathetic listener to the other person as well. This is a fine way of getting motivated for both of you.

59.

Stop your workout when your body has had enough. There is no sense in pushing it. When you have worked out for a considerable time, your body will start giving you signals.

Heed those signals. This is particularly true in the initial stages. Take one step at a time. Stop when you are out of breath or when a certain part of your body tells you that it has had enough.

Even if you have been working out for a while, there may be days when your body is not able to do its usual routine. For example, you may have picked up an infection although you have not noticed it. Listen to your body in this situation and stop.

60.

If you want to increase your time of exercise or your work out routine, do it gradually and not in sudden steps.

61.

Select an exercise pattern to suit your life style. All of us have different life styles and professions so there is no sense in trying to follow the book strictly. Try and follow an exercise routine that is suitable for you. The most important thing is not what type of exercise you choose, it is whether you stick to it. So unless you choose something that can suit your life style, you are not going to see any benefit.

62.

Don't stand, walk. If you can walk about then do so. Do not stand in a fixed position. Pacing about is a good thing to do. If you are thinking deeply about something, try pacing about, it will aid you in your thinking.

63.

Don't sit, stand. If you can stand, then do not sit. Many people work at their computer standing up.

64.

And finally ... don't lie down, sit up. The golden rule is to choose a position that is less comfortable, so that you keep moving.

65.

Do not be a couch potato. It is the easiest thing in the world to become a couch potato. You know what we are talking about don't you? That shapeless thing that slumps on a shapeless chair in front of the television and stupidly munches away at something fried!

If you are inclined to become a promising old couch potato, break the habit, cut at the very root of the vine. A good way to do this is to take away that

favorite chair of yours. In fact, it would be a very good idea if you could keep a chair that isn't too comfortable in front of the TV.

Better still, take away the TV itself.

66.

If you have a sedentary job where you sit all day, stand up and stretch every half hour. At the same time, change the focus of your eyes by looking at something far away for a few minutes. This is especially important for those who sit and punch away at the keyboard or toy with the mouse all day long.

67.

While making telephone calls try walking up and down.

68.

Use the stairs instead of the elevator whenever you can. Elevators are a great convenience particularly if you have to go up a lot of floors or when you need to transport something that is heavy. But elevators also make us very lazy.

There may be no sense in trudging up 20 flights of stairs because by the time you get there you will be totally pooped. But for 2-4 flights, you can walk.

And regarding the time factor, I don't think that there is much of a difference. Sometimes waiting for an elevator door to open at your floor after you hit the button seems to take all eternity.

69.

Contrary to popular belief, smoking is a bad thing if you want to lose weight. Smoking as such may not make you gain weight but smoking leads to other things like erratic eating habits and excessive dependence on coffee. It also stops you from exercising as much as you otherwise could, because you are short of breath.

It is perfectly possible to stop smoking without gaining weight. Just take a short walk every time you would have had a cigarette, instead of reaching for something to eat as most people do.

70.

If you hate running, remember, you do not have to run a marathon to stay fit. 10-20 minutes of cardio each day is good enough for most.

71.

Any distance is walkable if you have the time, so consider walking to places that you would normally drive (such as work or the market if they're not too far away). It may take you longer, but the health benefits will last you a lifetime.

72.

If you don't have the time to walk the whole way, park further from your destination or get off the bus earlier so that you have to at least walk a little.

73.

Instead of drinking sports drinks or sweet juice during or after your workout, rehydrate with water and eat the whole fruit.

74.

Avoid drinking coffee in excess, as it tends to desensitize your body to the fat burning effects of caffeine.

75.

Stop using the remote control on the TV. Remote controls are the bane of a prospective weight loser. Instead, get up from where you are and change the channel on the TV each time.

The same thing holds true for other remote controls as well. As it is we have remote controlled TVs, DVD players, A/Cs, garage doors, gateways ... enough already! The next thing we know is that we will have remote controlled people as well.

76.

Do things like picking things up for yourself. Often when we don't have much time or we come back tired from work, we tend to get others to do simple chores for us. That is why we often ask our kids to fetch us this or take away that, and have a colleague bring us a coffee or a sandwich at lunchtime.

Some people even have their dogs fetch stuff for them. Training a pet sure is a wonderful thing. But the fact is that while you may be making sure that your dog is getting plenty of exercise, you are neglecting yours.

77.

Here's a quiz. Escalators help us to:

1. Move up and down faster
2. Gain weight
3. Be exposed to more advertising
4. Look at a lot of people's backs

Which are correct? 2, 3 and 4 ... but not 1, or not unless you walk up or down while it is moving. Otherwise they help us go up and down with less effort, is all.

What we said about elevators holds true here too. Unless you have heavy bags or small children, take the stairs. If there are no stairs, walk up the escalator, don't just stand there.

78.

When you are watching TV, go do something during commercial breaks. Get up and take a walk, reach over and try to touch your toes or do any such simple exercise that will at least get the blood flowing in your veins.

79.

Wriggle your toes and your fingers whenever you can. This too is a stress buster and it gives you a chance to at least work your hand and leg joints.

80.

If you are reasonably fit, turn on music and dance like wild. Let your hair down once in a while. Go back to the days of your teens. Close the door of your room, turn on your sound system and then do the wackiest dance that you can think of. Roll all over the floor. Pretend that you are the young Michael Jackson or Madonna (you would never see them keeping still) and do every boogie move that you know.

81.

Carry a soft flying disc or Frisbee with you. Toss it around and get up to fetch it. This is also an excellent way to beat stress. It makes a person feel good to throw something away forcefully when the person is all worked up. And the thing that you throw is something soft and can't damage anything, then what is stopping you?

It is not really the throwing part that we are interested in. It is the fetching part. Each time you get up to fetch it back you are giving yourself a chance to stretch those muscles and joints.

82.

When nobody is watching try doing pelvic gyrations. If you take a moment to observe it you will see that it is the mid section of our body that gets the least bit of exercise and that may be why the signs of weight gain are mostly seen there.

It is the same reason why we find it very difficult to lose weight in that section. So the best thing that you can do is consciously try to give that part a little bit of exercise.

Stomach crunches might be too strenuous an exercise to start off with but gyrations are relatively mild. Pelvic gyrations make you thrust your midsection in all directions and this is the best way of tightening every muscle in that mid section and that is of course what weight loss is all about.

83.

Work your glutes at the same time by tightening your butt muscles as you gyrate your pelvis.

84.

Tuck in your stomach whenever you walk. Get that proper gait. And the best way for that is to pull in your stomach and inflate your chest. Each time you tuck in your tummy, you will feel the pressure on the muscles of your stomach. This tightening and loosening of these muscles is even better than stomach crunches.

85.

Try breathing exercises. You might be surprised to know that breathing exercises too can lead to weight loss. If you are doing breathing exercises properly, you will find that you can exert a lot of pressure on the muscles around the mid section. You can feel a tightening of these muscles each time you breathe in or breathe out. So go ahead and breathe deeply, it is good for you.

86.

Try yoga. Yoga may not work off a lot of calories, but it is still one of the best ways of losing weight. Of course I can't go into a full lecture about yoga here but I can tell you that I have never seen people with better-toned bodies than those who practice yoga. One of the benefits of yoga is that you learn to control virtually every muscle and joint of your body. You also become very aware, and that automatically makes you more careful of what you put into your body.

87.

Try massaging your partner. This is a fun way to lose weight. It is something that can give your partner a lot of pleasure and at the same time can give you a lot of exertion, leading to weight loss.

The attitude here should of course be: you massage my back and I will massage yours. It should not be a one sided effort or else the interest will soon dwindle.

In fact it is a good idea if a couple take up weight loss routines together. They can keep watch over each other, help control those urges to eat and motivate each other to stick to the routine.

There are a lot of things that couples can do together that can help them to keep physically active. I am sure you can think of a few for yourself!

88.

If you can't think of any thing else to do try punching your pillow. Now here's another one of those weird ideas but believe me it works. Not too many of us have punching bags at home and if you have really fluffy pillow giving it a good punching routine is just as good as anything else. This is also a nice way of letting off steam so go for it.

Do not be too concerned about hitting the pillow with force. It is the number of hits that are important. Try to get at least fifty punches in one bout.

89.

As you become fitter, instead of waddling up and down the staircase, try taking them two at a time. Now this is something that you have to be careful about because we do not want you to trip. So when you do this make sure that your feet are well and truly planted on each step before you increase the beat and try two at a time.

90.

If you have a dog, take it out and let it go at its own pace. You will be surprised how much exercise a dog can give you.

Animals are sensible enough to know that they need a lot of exercise so let your animal lead the way. Take your pet dog out for a walk and before you know what hit you, it will turn out to be a run.

91.

Join a dance class. Dancing is a wonderful way to burn off those extra calories. Of course we are not referring to the slow ballroom kind of dances, but fast dances. Although you can dance by yourself at home, a class will keep you motivated and really work you out. You get to meet other people too.

92.

Whenever you can, lean against a wall with your hands flattened against the wall and in such a way that your face is very close to the wall. Then use your hands to push your body away from the wall. Do this two or three times – it only takes a minute.

93.

If there is a pool nearby go for a swim as often as you can. Swimming is one of the best exercises there is. Water has a lot of advantages, including being a lot easier on the joints than most other forms of exercise. And if nothing else, a cool dip in a pool is a wonderful stress reliever.

94.

Try playing something like table tennis or basket ball. Games are a fun way to lose weight. It is much more exciting to play a game than just work out by yourself. The best thing about games is that they are addictive. Once you start playing you will soon end up with a circle of friends doing the same thing. It is something that you can look forward to and there is no stress involved in this program. In fact the more you play the less you will consider this to be a part of your weight loss program. As you burn away those calories, you will also be able to expand your social circle.

95.

Any workout should start with a 5 to 10 minute warm up and should end with a 5 to 10 minute cool down session. Whatever physical exercise you are involved in, you must remember to warm up before the exercise really starts. Do not just plunge into the water and start thrashing about, to put it figuratively.

Your body needs to reach a certain level of readiness before it can actually start responding to exercise. And this readiness is achieved by the warming up process.

96.

Do not carry your cell phone around but leave it in a place where you can hear it ringing, so that you have to get up and walk to it.

Life today has become so easy that we have every thing at our fingertips. All we have to do is push a button here and push a button there. The only things that get any exercise at all are our fingers.

97.

While traveling in an elevator instead of just standing there and staring at the numbers going up or down, try raising your self onto your toes and then back on your feet again. Do this several times. Try flexing your buttock muscles as well. You might want to make sure that nobody is behind you when you do this one!

98.

Weigh yourself once a week. There is no need to do it more often. At the same time, take your measurements with a tape measure. You can keep records of your waist, hips at the widest point, thigh and upper arm. Just keep in mind that if you are exercising, your thighs and arms may not necessarily become thinner, but they will become more muscular.

99.

Eat with awareness. Switch off the TV, put away the newspaper, and just eat. If you are eating with the family or friends, sure it's a social occasion, but stay aware of what you are eating even while you listen to others talk. And when talking yourself, put down your knife and fork. Do one thing at a time. This will help you to feel that you have had a complete meal and be satisfied with it.

100.

Limit the places that you eat. The best is to only ever eat sitting at a table in the traditional way. No snacking in the car, no eating in the street, no stuffing food into your mouth while you cook dinner or check your email. The exception to the table rule would be if you take your lunch to work: it is better not to eat at your desk, so you could go look for a bench in a nearby park and eat in the open air.

101.

Psst. I would like to let you in on a secret. Most of us tend to put on weight particularly in the mid section, right. It is the stomach that seems to have a mind of its own. Well, I will tell you a sure shot method to reduce the flab around the waist line (except for post pregnancy bulges, which involve different muscles). This is what you have to do:

Breathe in air as strongly as you can and as you do so, tuck in your tummy as much as you can. Hold it like this for a few seconds and then slowly release your breath taking care not to let out your tummy. Try to keep breathing like this, starting with 10 breaths the first day and increasing by 5 breaths a day until you are up to 50 a day.

In fact breathe like this whenever you can remember to do so. It's a great exercise for when you are waiting in line anywhere. After a few days, you should feel the muscles of your stomach tightening each time you do this. Then you know that you are on the right track. If you practice this without fail for 20 days, at the end of the 20th day, you will have a much tighter stomach.

Final Words

Below I have included a table of the various exercises and the number of calories that can be burnt with each exercise. Choose what you can do best and choose something that you will enjoy doing in the long term.

The choice of the exercise is completely left to you but try to do whatever you wish to do for at least twenty minutes. It is only when you do the exercise for twenty minutes that the actual calorie burning sets in.

Aerobics	200-250 calories
Bicycling, Stationery	250-300 calories
Bicycling, Outdoor	300-400 calories
Running, 5-6 mph	300-350 calories
Stair climbing	200-250 calories
Swimming laps	350 calories
Walking briskly	150-180 calories

From this you can see that walking is not at all something that has to be sidelined. If you cannot face doing any other form of exercise, then walking is your best bet. Walk as much as you can.

Try getting to places and leaving places a little early. This will give you time to walk.

Well, I guess that's about it. You have all the information here that you need to lose weight. It's really not complicated, but nobody else can do it for you.

Take pride in every pound or inch that you release, no matter how long it takes.

If just one of these tips helps you to stick to your diet and lose weight, the work of this book is done.

And one final hint: always concentrate on the positive. Don't think about what you cannot eat – that will only cause cravings. Think about what you can and will be eating today, look forward to it, and then enjoy it when the time comes.

This way you can enjoy losing weight, and enjoy life.

Useful Links

[How to lose belly fat](#)

[Fat Fighting Foods](#)

[Strip that Fat](#)

[The Mediterranean Diet](#)

[9 Highly Successful Weight Loss Manuals](#)

[Weekly Weight Loss Tips](#)

