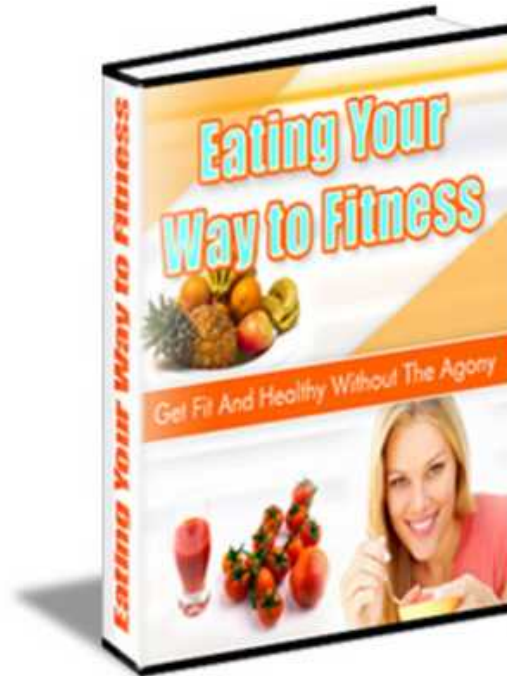


Eating Your Way to Fitness

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Introduction

Before undergoing the procedures of this program, make sure that you have a complete physical examination and fitness test performed by qualified practitioner to verify that there are no health risks, if any.

It is your responsibility to ensure that you are fit to undergo any health-related and weight loss program.

All information contained in this report is the product of extensive research and experience fitness trainers and nutritionists.

This report teaches you how to make the right food choices to achieve a long lasting, healthier and more productive lifestyle without sacrificing the good taste of food.

Goal Setting Strategies

DECIDE what your goals are, these are most important and fundamental requirement of success. Set your goals, write them down in a notebook or diary so that you can review them anytime and measure your success. Goal setting helps to keeps you keep focused.

A lot of intelligent people fail because they ignore the basics of success and one of them happens to be goal setting.

You can only commit yourself to action if you have a plan of what you want to achieve, why you want to achieve it and how you are going to make your goal a reality and not just a dream.

Setting your goals and committing to their realization ultimately produces action. Goals motivate an individual towards their realization. Failures or setbacks become temporary and are just are pit stops towards success. Success begins with a making a conscious decision and writing down your goals so that you can measure your progress towards success.

Keep Yourself Focused

It is important to focus all your thoughts and energy towards the achievement of your goals. Staying focused keeps you on the right track. Forget about all the negative experiences and attitudes you may have regarding weight loss and dieting, throw them out of your system.

Be conscious of your negative thoughts, get rid of them and maintain a positive attitude instead. It is very important to take control over your thoughts and teach yourself to think positively. This is one area of life that we have 100% total control - what we think!

- Be conscious of your thoughts.
- Learn how to switch off the negative thoughts and turn on the positive.
- Replace "I can't" with "I'll do it!"

Let's Begin!

Here are some guidelines that you can use to get started in establishing your program goals to make sure that you can successfully begin and succeed towards your quest for a healthier lifestyle.

1. Make Your Goals Specific

Do not generalize your goals. Be specific. How many pounds do you want to lose? When do you want to achieve your goal?

2. Goals Must Measurable

Write down your goals gives you a yardstick to measure your success. Monitor your weekly progress in terms of weight, waistline inches and clothes size to gauge the results of your efforts.

Never allow mediocrity to dominate your goal setting activity but don't make it too high either it becomes unachievable. Your goal should motivate you into action and be challenging enough that you do not lose enthusiasm.

3. Set a Realistic Deadline

For your goals to be achievable, they have to be realistic. Do not try to lose 10 pounds in 1 week since doing so is unrealistic unless you are willing to sacrifice health considerations.

Remember, there are no impossible goals, only unrealistic deadlines.

4. Break Down Your Goal

To make your goal easier to accomplish, it is best to break them down into complementary mini-goals. Make your main goal the primary objective and break down the necessary steps into manageable mini-goals. Doing this makes goal setting and realization an easier task rather than an impossible undertaking at the very onset. Breaking down your main goal into smaller mini-goals based on specific timelines makes realization easier and much more realistic.

5. Establish the Reason(s) for Your Goal

Motivation and staying motivated towards the realization of your goal should have a purpose. Ask yourself why you want to achieve your goal. By

answering the question, you are actually verbalizing the factors that will motivate you to success. This also keeps you emotionally involved with your goal which in turn makes it easier to act on.

Questions you may want to ask yourself could be:

- Do you want to look like, an athlete, a model or a bodybuilder?
- Do you want more energy so you can enjoy certain sports or activities more?
- Do you want more self-confidence?
- Do you want to attract the opposite sex?

6. Write Down Your Goal (and Mini Goals) in the Form of Affirmations

Write down goal including your mini goals in the form of affirmative statements. Make sure that your affirmations and goals are personal. Start your affirmation with "I am" or "I have" because the subconscious responds only to commands in a personal manner.

State your goal positively. Doing so, creates harmony with people around you and results in having a moral support group to make it easier to achieve your goals. Write what you want, not what you want to avoid.

7. Visualize Your Goal

Use the power of repetition to influence your subconscious and move yourself into action. Make sure to read your list twice daily, in the morning when you wake up and at night before you sleep. Reading your goals twice a day makes them an integral part of your subconscious and consciousness at the same time. Psychologists reveal that ultimately, the power of the subconscious will bring to reality any picture or desire held in the mind.

Managing Your Goals

It is good practice that you should do three things every time you realize one of your goals.

1. Reward Yourself

Always reward yourself for your accomplishments – this is one of the time-proven motivation boosters to reinforce the feeling of self confidence. Have a cheat meal; eat pizza or your favorite ice cream. Buy yourself something you've always wanted. Don't feel guilty about rewarding yourself especially when you really deserve it but don't discontinue your regimen simply because you achieved one of your mini-goals – remember the goal is for a healthier and more productive lifestyle.

2. Keep a Scorecard

List down all the goals you have accomplished and make them your trophies. Remember, success breeds more success. Any time you feel discouraged or your enthusiasm flagging, read your list of past successes. Doing this will motivate you and definitely lift your spirits.

3. Set New Goals Continually

Goal setting never stops – it's an ongoing and evolving process. Success is not the realization of the goal it is in improving yourself as you travel towards your goal.

Start listing down your goals in any order that comes to your mind. Just start writing – you can go back and finalize them later!

Successful Goal Management and Achievement Techniques

All diet programs apply one particular method to bring about weight loss – severe food restriction on a temporary basis. This is a very logical approach since any time you restrict calorie intake you will definitely lose weight but at the same time lose muscle in the long run!

Which would you rather lose, muscle or fat? Would you like the loss to be permanent, temporary or seasonal?

Eating Less is not the Answer

Simple mathematics does not apply to body weight and composition. If it does, simply eating less would all make us lose fat and become lean. However, it simply does not follow that if you eat more calories than you burn, you will store the excess as body fat and if you eat fewer calories than you burn, you will lose fat.

It is only at the initial stages of a calorie restricted diet that weight loss occurs rapidly; however, weight loss slows down and eventually stops. This happens because the human body has developed a weight-regulating mechanism that recognizes when there is a fuel shortage (carbohydrates, proteins and fats) thereby automatically triggering a decrease in energy expenditure to protect the human body. Physicians and fitness experts call this survival mechanism the starvation response.

The Starvation Response

It is medically proven that people can survive for months without food; this is possible because of the human body's extraordinary ability to automatically slow down its rate of calorie burning. This self-preserving response developed largely from man's exposure to adverse environmental conditions. It is man's natural coping mechanism to ensure survival. During periods of starvation, the human body slowly begins to feed off itself as it burns fat stores and muscles for energy. If the body continues to burn calories at the normal rate, the limited

reserves of stored energy would be exhausted very rapidly and death would ensue.

However, this life-preserving mechanism also works against you when you are trying to lose weight because the body does not know the difference between dieting and starvation!

Very Low Calorie Diets are Unhealthy

The side effects of low calorie dieting may be harmful because of its extensive effects on the human body.

1. Slows Down Metabolism

Lower calories results in a slower metabolism becomes because there is less for the body to burn. The slowing down of metabolism makes it harder for the body to burn fat even if there are lesser calories to work on. Severe calorie restrictions decrease metabolism by as much as 20 to 30%, which is why people on a calorie restricted diet find it almost impossible to the lose the last 10 or 20 pounds towards their optimal target weight.

2. Results to Muscle Loss

A low calorie diet always results to the loss of muscle tissue. Once the body reacts to severe calorie restrictions, the body begins to look for ways to conserve energy; since the muscle is a metabolically active tissue, getting rid

of it is the body's initial response to decrease energy expenditure. The body starts converting muscle including skeletal muscles, internal organs, even the heart muscle into glucose!

3. Increases Activity of Fat-Storing Enzymes and Decreases Activity of Fat Burning Enzymes

Rapid decreases of calorie intake results to the production of fat storing enzyme called Lipoprotein Lipase (LPL) and a decrease in the production of fat burning enzymes.

4. Decreases Output of Thyroid Hormone

Calorie reduction in results in a corresponding reduction in the output of active thyroid hormone which results to an overall decrease in the metabolic rate and fewer calories burned.

5. Weight Gain Rebound

Although a low calorie diet results in immediate weight loss, it never takes long for the body to catch on and starts conserving energy. When this happens, losing weight becomes much harder. Because no more results are visible, hunger pangs cause people to give up the diet program. As soon as they stop the diet program, weight is regained immediately.

6. Decreases Energy and Work Capacity.

Restricted calorie diets generally make you tired, lethargic and unable to work out. High levels of activity or intense workouts are crucial if you aim for long-term fat loss.

Techniques to Permanent Fat/Weight Loss

Use the following strategies to permanently lose fat and weight without starving yourself.

1. Change your Eating Habits

To lose fat permanently and going on quick-fix diets, change your eating habits instead. Dieting is a defective method because it is temporary. Having this type of attitude sets you up for failure even before you begin your diet. You do not lose fat permanent by restricting your calorie intake. You can only achieve permanent fat loss by adopting new exercise and nutrition habits for the rest of your life.

2. Build up and Tone your Muscles

Muscles burn fat. The more toned muscles you have, the more calories you burn even while resting. The best way to burn more calories and lose body fat is to gain more muscle.

3. Induce Calorie Deficits

Induce calorie deficits by engaging in sustained activity, decreasing calorie intake or a combination of both. The best way to bring about fat loss is to decrease your calories just a little while at the same time increasing your physical activity.

4. Do Simple Exercise Instead of Dieting

A successful and more permanent way to induce calorie deficit is to increase the amount of calories you burn through exercise.

Burning off calories is the superior method of losing fat. The most effective fat and weight loss program is to eat more of the right foods and exercise to burn the excess fat.

5. Determine your Minimum Calorie Requirements

This guarantees that you will not trigger the body's natural starvation mode response and you will not inadvertently slow down your metabolic rate. The American College of Sports Medicine (ACSM) recommends 1200 calories as the minimal daily calorie level for women and 1800 for men. They also suggest a maximum deficit of 1000 calories below maintenance. Following the ACSM recommendation, the maximum calorie deficit for women would be 240 calories with a minimum calorie requirement of 960 (1200 less 240)

calories per day.

6. Eat Frequently BUT Never Skip Meals

Eat approximately every three hours. Make sure you establish meal times and follow them strictly. Eat smaller portions (rather than eating less frequently but of greater quantity) frequently so that you can eat less without starving yourself.

7. Do not Keep Your Calorie Intake Constant

Eating more frequently makes the body automatically burn more calories. Raising and lowering your calorie intake regularly results into a more effective calorie burning procedure for the body.

8. Lose Weight Gradually

Lose weight gradually through a combination of exercise and healthy eating rather than severe calorie restriction.

The recommended maximum weight loss rate is two pounds weekly, the universally accepted standard guideline for safe weight loss. Although you can lose more than two pounds a week, it is highly unlikely that you can lose more than two pounds of fat per week. A loss of more than two pounds per week will result to muscle loss.

If you lose weight slowly and gradually, it becomes easier to keep the fat off. It's better to lose only one pound of fat weekly than is to lose two pounds weekly with one pound from muscle and one pound from fat.

It may take a long time but it is one of the keys to permanent fat loss. For most individuals, losing more than two pounds per week actually means they should eat more and that you are actually losing muscle as well! (...)

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