

Did We Lose Weight 🍅



10 Scientifically Proven Ways to Jumpstart Your Weight Loss



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10 Scientifically Proven Ways to Jumpstart Your Weight Loss

🍅 Start losing weight the smart way

Congratulations for taking the first step in your weight loss journey. Within the next 5 to 7 minutes, you will learn 10 scientifically proven ways to jumpstart your weight loss right away. These nuggets of wisdom will give you the extra edge to start shedding those unwanted pounds.

Being overweight increases your health risk and may lead to serious illnesses including diabetes, heart disease, and stroke. It's about time that you take control of your weight condition and commit yourself to better health.

We suggest that you take these proven tips to heart. These are very easy to remember. These simple yet very powerful tips have helped people to effectively lose weight and keep the pounds off.

So go ahead and read on. Within minutes of reading this report, you will be ready to jumpstart yourself to weight loss success the smart way.



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1

Commit to a vision



🍅 Your success starts in your mind.

Visualization has been a favorite training technique of sports psychology experts for many years to help world class athletes enhance their performance. Visualization has also been a proven technique for motivation, self-help, and self-improvement and has been applied effectively by successful individuals to become who they are.

Applied to weight loss, visualizing your goals and how you expect to look and feel about it is crucial to your success. By visualizing the attainment of your weight goal and a new image of yourself by a specific date, you are conditioning your mind and your body to achieve and experience this goal.

Based on results of study "Obesity-related Beliefs Predict Weight Loss After an 8-week Low-calorie Diet," *Journal of the American Dietetic Association*, March 2005.

2

Plan your meals ahead

🍅 To achieve your goals, you need a plan.

As in other facets of your life, business, family matters, etc., in order for you to achieve your weight loss goals, you need to plan ahead. Meal planning will allow you to prepare balanced meals and assure the efficient use of your time. Meal planning will also help establish consistency in your eating habits.

By having a meal plan, you will give yourself a better chance of sticking to your weight loss goals as this will serve as a road map or guideline for you. Meal plans keep you from going wayward and focused. It has been proven that meal planning is definitely an essential practice for you to succeed in achieving your weight loss goals.

Based on results of study at Pennsylvania State University: "For Diabetes Patients, Meal Planning is Key to Success," *ScienceDaily*, 27 November 2007.



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3

Track your progress



🍅 Keep a journal to double your weight loss.

Did you know that by tracking what you eat, you increase the probability of losing twice as much weight? That was the finding of a study by Kaiser Permanente Center for Health Research in Portland, Oregon. By tracking the food that you eat, you learn to eat less, which is a key to losing weight.

Keeping a food journal makes you accountable to yourself. Although it might not be fun to write down what you eat, by doing so, this makes you more aware of the types and amount of food that you eat. Food diaries are best done after meals. Whether you prefer to write on a notebook, place an entry in your PDA or your PC, just track your way to weight loss success.

Based on results of study "Weight Loss During the Intensive Intervention Phase of the Weight-Loss Maintenance Trial," *American Journal of Preventive Medicine*, August 2008.

4

Practice portion control

🍅 Cut down on your food portions.

Start cutting down on your food intake, most especially high calorie foods. Keep in mind that you don't have to finish all the food on your plate. Bring out your tupperware and start storing some of those food for your next meal.

A good rule of thumb to follow is to eat meals the size of your fist. Studies have shown that when we are presented with more food on a plate that more than meets our needs, there is a tendency for people to consume more. On the other hand, studies have also shown that when given less food, people will still feel satisfied.

Based on results of studies at Pennsylvania State University: "Effect on Food Intake of Increasing the Portion Size of All Foods Over Two Consecutive Days," April 2006; "Increasing the Portion Size of a Restaurant Entrée Results in Increased Food Intake," April 2003.



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Exercise and do more physical activities



🍅 Physical activity will boost weight loss.

There is more than enough evidence to support the close relationship of exercise and weight loss. Engaging in any physical activity or a regular exercise regimen is an essential part of an effective weight loss program.

Aside from following a daily exercise regimen, try to add more physical movements at home, in the office, and even when you watch television. It has also been proven that even low amounts of moderate exercise such as walking about 30 minutes a day can prevent weight gain among sedentary adults.

Based on results of studies at University of Pittsburg, "Effect of Exercise On 24-month Weight Loss Maintenance In Overweight Women," *Archives of Internal Medicine*, 28 July 2008; and Duke University Medical Center, "Studies of Targeted Risk Reduction Interventions Through Defined Exercise (STRRIDE) Trial", *Archives of Internal Medicine*, 12 January 2004.

6

Change your eating habits

🍅 Make it a habit to eat right.

Studies have proven that effective weight loss and management involves behavior modification on your part. You will need to do some changes in your way of thinking in order to form new eating habits.

Start eating healthy and be prudent with your food choices. To lose weight, you need to reduce your total calorie intake, avoid fatty food and go for lean sources of protein, increase your consumption of vegetables, fruits and whole grains, reduce sugar and salt in your diet, and drink lots of water. Eat regularly timed meals and snacks so that you avoid overeating or binge eating.

Based on results of study "A Self-regulation Program for Maintenance of Weight Loss," *The New England Journal of Medicine*, 12 October 2006.



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Learn to read food labels



🍅 Proper nutrition can induce weight loss.

A study found that although people are aware of food labels, a majority of them do not know exactly how to interpret them. This can lead to people grossly overestimating or underestimating how much they are consuming certain nutrients. So if you are not well versed with interpreting food labels, then now is the time to learn.

Understand the serving size information. Learn to interpret nutrient content information. Did you know that “cholesterol-free” does not mean “fat-free” or that sodium and salt are not the same?

If food label interpretation is too complex for you, then you are better off just eating more fresh fruits, vegetables, grains, and nuts to simplify things. Better yet, avoid processed foods altogether.

Based on results of study “Patient Understanding of Food Labels: The Role of Literacy and Numeracy,” *American Journal of Preventive Medicine*, November 2006.

8

Sleep well

🍅 Sleeping well suppresses your appetite.

Sleeping is one of the easiest ways to jumpstart your weight loss. Studies have shown that sleep plays a critical role in regulating chemicals that affect our appetite. Researchers found that getting the proper amount of sleep produces hunger-regulating hormones that help control your cravings for calorie-rich food such as bread, cake, pasta, and ice cream. So keep your appetite in control by getting a good night’s sleep.

Try to maintain a regular sleep schedule and allow yourself enough time to sleep. Most people require between seven to eight hours of sleep. One more thing — when you are sleeping, obviously, you won’t be munching.

Based on results of study “Brief Communication: Sleep Curtailment in Healthy Young Men Is Associated with Decreased Leptin Levels, Elevated Ghrelin Levels, and Increased Hunger and Appetite,” *Annals of Internal Medicine*, 7 December 2004.



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9

Educate yourself about good nutrition



🍅 Eating right is important for better health.

Educating yourself about the types of food that you eat is a must if you are to be successful in your weight loss journey. Learn what types of food are good or bad for you. By doing so, you will become more knowledgeable and more selective about your food choices. Eating the right food is important for better overall health.

Find out which vegetables and fruits can contribute more to your weight loss and overall health. Educate yourself about the good fats and what types of food have these. Learn more about omega-3 and antioxidants. High fiber foods are good for you so study these. Avoid food that are high in saturated fats, trans fats, and high fructose corn syrup as these are not good for you.

Based on "Food Pyramids: What Should You Really Eat?," *The Nutrition Source*, Harvard School of Public Health, accessed July 2008.

10

Choose and commit to a weight loss program

🍅 Find a diet program that fits you.

If on your own initiative, you are having a hard time eating less, eating well, and exercising more, then it might be helpful for you to commit to a weight loss program. To effectively lose weight, studies have shown that you need to be committed and the only way for you to stay committed is to choose a weight loss program that fits you.

All the top diet programs in the market today have their success stories, which is proof that they do work. Your weight loss success all boils down to whether you can find the program that works for you. Once decided, invest in a program and stay committed. It's all going to be worth it.

Based on results of study "Randomised Controlled Trial of Four Commercial Weight Loss Programmes in the UK: Initial Findings from the BBC "Diet Trials," *British Medical Journal*, 3 June 2006.



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