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10

tips

for

Permanent Weight Loss

10 TIPS FOR PERMANENT WEIGHT LOSS

Many people go through a phase in their lives where they want to lose weight. It might sound easy but the actual process can be so tedious that a lot of people give up. The question perhaps then should be whether the right process was being implemented in the first place.

It can be difficult to grasp the idea of our weight being directly correlated to our lifestyles, but we simply can't expect to lose weight permanently without changing our lifestyle. The first few months of a diet may show results, but this won't last long if we return to previous dietary habits.

Over the following pages, we'll look at 10 tips to implement to help lose weight and keep it off for good.



1. MAKE IT A HABIT TO TAKE FEWER CALORIES IN

The first likely culprit behind excess weight gain is a high calorie intake. Our body stores extra calories as fat. The process of taking in fewer calories might sound simple, but in reality it's quite difficult. This is one of the reasons that it can be a struggle to keep weight down.

The first challenge is keeping the calorie reduction consistent. When we cut down on calories for the first time it is common to notice results within a few weeks. But over time this can plateau and we can notice little to no changes in our body weight after a while.

To understand the reasons behind this, we have to understand human anatomy a little bit. As we're taking in fewer calories than usual we lose fat, lean muscles, and water, and therefore bodyweight. When our body adapts to these changes, the reduced calorie intake becomes the new normal for the body. Hence, no more weight loss.

It is also important to reduce our calorie intake slowly and keep bringing the calorie intake down every few weeks. The aim is to keep this consistent until we're happy with our body weight. This should then become the optimum calorie intake for us to keep our weight consistent.

Another important aspect to consider is the type of foods we are consuming. Not all calories impact everybody in the same way. 100 calories of sweets will affect our bodies very different than 100 calories of vegetables. Sweets provide a short release of energy but don't make us feel full, whereas most vegetables release energy more slowly over a prolonged time period, therefore help keep us feeling fuller for longer.

Improving our daily diet by including foods that help us feel full is a great approach to weight loss.



2. GO LOW ON CARBOHYDRATES



Carbohydrates in our foods are our primary source of our energy. Cutting down on carbohydrates is important if we want to see effects from a low-calorie intake. As we've already mentioned, our body processes different types of calories in different ways.

The reason to keep the consumption of carbohydrates down is due to the hormone called insulin, which is responsible for regulating our blood sugar levels. The carbohydrates we eat enters our bloodstream as glucose, and our bodies are programmed to burn glucose before fat. Therefore, when we eat a carb-heavy diet our glucose level increases.

As the glucose level increases, our body releases insulin to keep things balanced. The insulin will keep burning glucose to fuel our daily tasks, but this process stops fat cells from burning. Moreover, insulin also creates more fat cells to store the excess fat that it can't burn. As a result, we gain weight.

The irony here is that as we are gaining weight, we need more energy to function. Therefore our body craves more food. The cycle continues and we keep gaining weight. Cutting down on carbs won't be an easy task if our current diet is rich in carbohydrate. But to bring our weight down permanently and sustainably, it is important to break the cycle and make it a habit to eat fewer carbs.

The replacement for these carbs should be chosen very carefully. They should be replaced with proteins and fats, but where possible, seek advice from a licensed nutritionist to determine what ratio this should look like. Do keep in mind however that unhealthy protein and fat will also harm our health. Therefore, choose lean meat, a lot of fresh vegetables and healthy dairy products.

3. GO LOW ON FATS

It seems obvious that if we don't want fat in our body we shouldn't eat fat, or choose foods labelled "low in fat". Go to any supermarket and you will see numerous amounts of foods labelled as low fat, the options seem endless at the moment. But there is a catch!

Obesity rates worldwide are at an all time high. But how can the obesity rate be so high when we have lots of low fat food options?

Mainly this is because people may not have a proper understanding of how fat works in our bodies. Not all fats are bad. There are good fats that are necessary for our bodies to function, whilst also helping regulate our weight and mood.

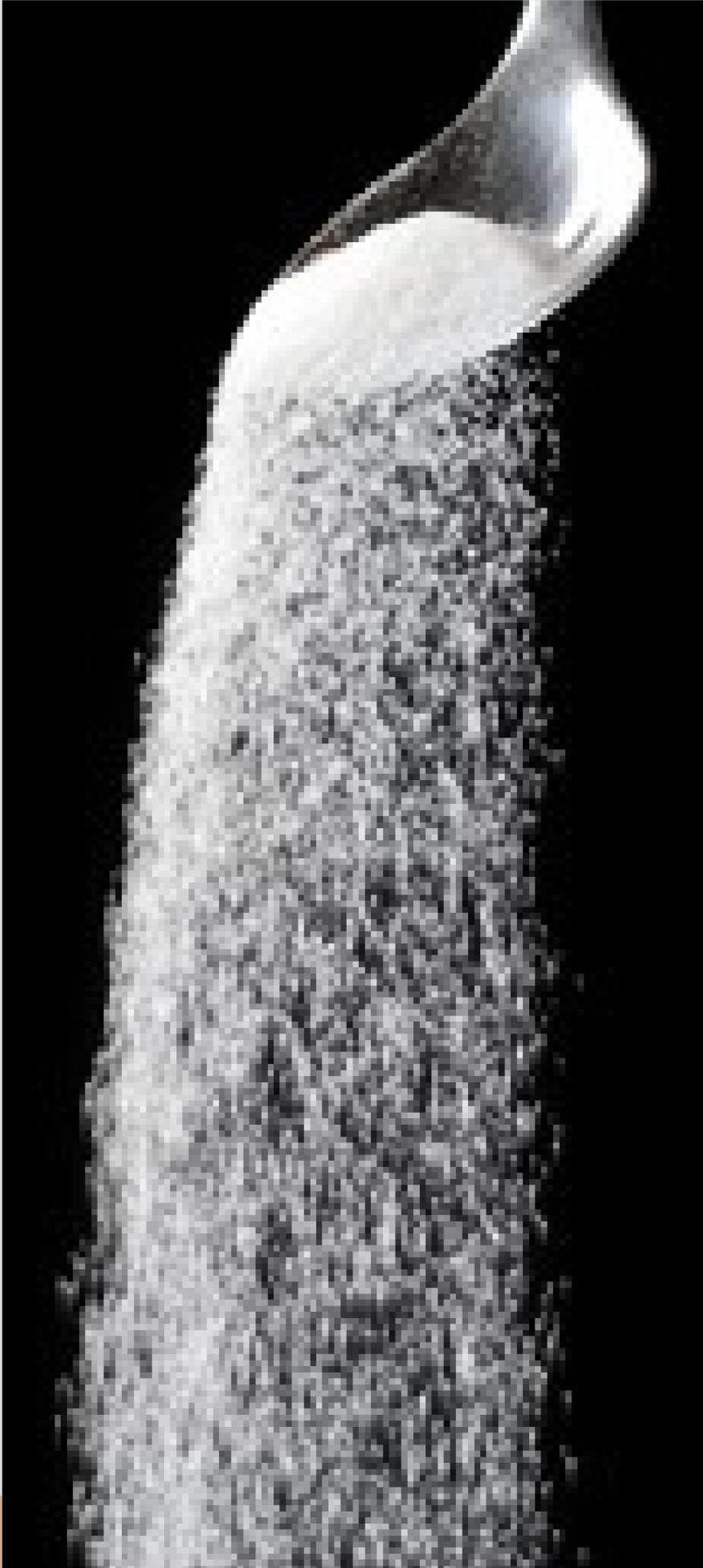
The fat found in foods like avocado, soy milk, nuts, seeds, fish, tofu, etc. are very healthy for our body. These foods improve our diet quality dramatically while keeping our weight regulated.

Humans are liable to error and we make wrong choices when it comes to health a lot of the time. We leave the healthy fat on the table to opt for low fat food, believing this to be the better choice. Low fat foods however are often packed with empty calories like sugar and refined carbs in order to make up for the taste, and can therefore be counter-productive to weight loss.

The best choice is to go for healthy fats all year round. Make changes to your lifestyle by adding healthy fats and don't fall for the trap of low fat foods. Fats are very much essential if consumed from a healthy source.

A Mediterranean diet is an example of a great diet choice to help maintain weight loss. Mediterranean diets are heavy in healthy fats, healthy carbohydrates, and lots and lots of fresh fruits, leading to an overall healthy lifestyle.

4. SUGAR IS OUR LARGEST ENEMY



Refined carbohydrates and sugar are responsible for hindering us from getting to our preferred weight. Foods such as alcohol, sweets, pizza, pastries, processed meats, etc. are very high in sugar. Be aware also that foods don't need to taste sweet to be high in sugar as the starch in them can make them unhealthy.

The ideal solution is to replace these types of foods with whole-grain variants.

Whole grain carbohydrates don't contain unhealthy starch. Cutting down on sweets and desserts completely will also help keep the journey as smooth as possible.

Our waistline is directly correlated to our sugar intake. The fat around our stomach is mostly absorbed from fructose, and fructose comes from sugar. Carbonated beverages, soda, doughnuts, etc. are amongst the foods that contain the highest amount of fructose, so cutting back on or eliminating these food types will greatly help in our weight loss journey.

5. CONTROL OUR EMOTIONS

Emotional eating is a real thing. The purpose of food is not always to satisfy hunger. We often eat when socialising with friends, when feeling stressed about our work, when we're bored, or sometimes we eat when we're lonely.

Humans are emotional creatures and this emotion sometimes interferes with our diets. Controlling emotions can have a huge impact on our permanent weight loss goal. Opting out of some bad habits can result in a healthier lifestyle for us.

The first thing to let go of is stress. We know it's not possible to discard stress out of our lives completely, but it is possible to manage it. If eliminating stress totally is not an option, controlling our eating habits while we're stressed is a must.

Try different ways to keep stress levels under control. Meditation, yoga, taking a hot shower, or a walk in the fresh air can all help to clear our head. Managing our stress levels is vital in order to help lose weight permanently.

A critical thing to practice is mindful eating. Mindful eating is the process of enjoying our food instead of just eating it for the sake of it. Some tips to help with this include;

- Try not to watch TV or do other chores while eating as not focusing on the food whilst eating often leads to overeating.
- Try eating slowly while enjoying the taste, the texture and the smell.
- Keep the focus on the food and experiment with different food types.



6. EAT LOTS OF VEGETABLES AND FRUITS

Eating fruits and vegetables in high quantities is a surefire way to aid in the weight loss process. Cutting calories from our daily foods doesn't necessarily mean having to eat less food. Replacing the food with fruits and vegetables can be a smart weight loss; and overall healthy; method to adopt.

Vegetables are high in fibre, which is excellent for our digestive tract. It keeps the tract healthy resulting in smoother digestion. Also, it's difficult to eat these foods in such a quantity that we will go over our calorie intake for the day, as we'll feel full well before that happens.

The same goes for fruits. Fruits consist of healthy sugars that don't interfere with the metabolism. Adding fruits to a low or no sugar cereal will make for a super-tasty breakfast that will aid in permanent weight loss. Blueberries, bananas, strawberries, etc. are great fruits to incorporate into our daily diet.

If you love a sandwiches, you can pack those with vegetables such as lettuce, tomato, cucumbers, sprouts, and avocados to name but a few.

If you enjoy foods like pasta or noodles, you can make these dishes healthier too by simply infusing them with more vegetables and fewer noodles or pasta.



7. KEEP THE MOTIVATION HIGH

The first problem usually faced with any diet plan designed for weight loss is keeping motivation high. A lot of the time it's difficult to keep up with the hurdles of losing weight, let alone making it a permanent habit. So to lose weight, and keep it off, it's vital to keep our motivation high.

We must be mindful of the difficulties that we will be facing during the weight-loss period. Make your mind up to be successful at any cost. Don't focus too much on the struggles, but rather focus on how you will look and feel in the long run.

It is important to be in the company of people who know how to keep morale high. This can't be underestimated! Cheerful people are the best type of people to be around in general. This can be our friends, our family, our loved ones, or anyone with a positive disposition for that matter. It's just important that they show support during this transformation time.

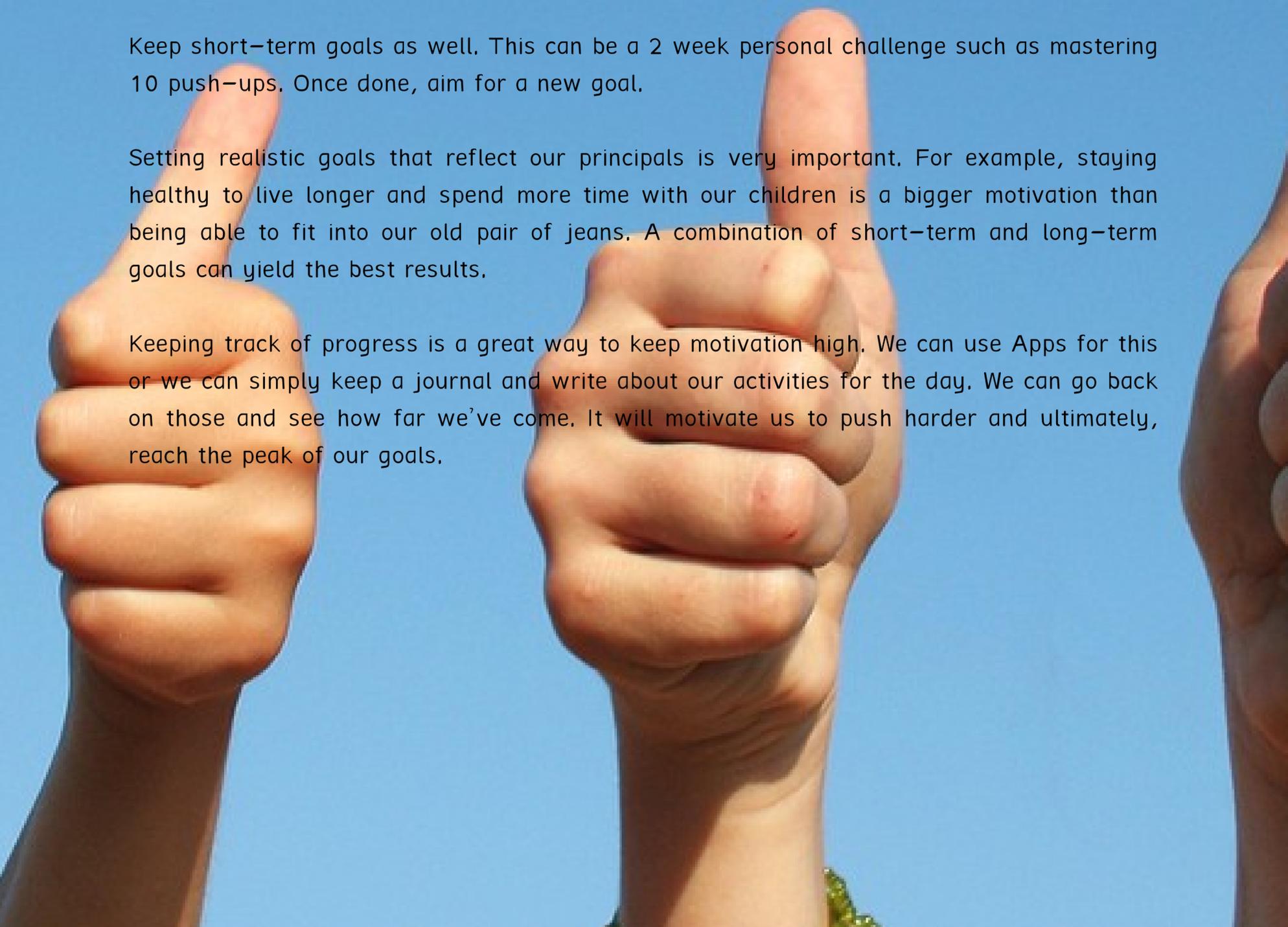
Also, don't lose hope! We can't expect weight change overnight, it should be a long-term goal that must be cherished. Some methods can dramatically reduce weight within a few days, but these results don't tend to last long.

Don't forget that the aim is for permanent weight loss. Go slowly, taking the time to make your body feel and adapt to the differences. Rushing in won't bring about good results long-term.

Keep short-term goals as well. This can be a 2 week personal challenge such as mastering 10 push-ups. Once done, aim for a new goal.

Setting realistic goals that reflect our principals is very important. For example, staying healthy to live longer and spend more time with our children is a bigger motivation than being able to fit into our old pair of jeans. A combination of short-term and long-term goals can yield the best results.

Keeping track of progress is a great way to keep motivation high. We can use Apps for this or we can simply keep a journal and write about our activities for the day. We can go back on those and see how far we've come. It will motivate us to push harder and ultimately, reach the peak of our goals.



8. BE THE ONE IN CONTROL

The moment we lose control of our environment, we lose control of our weight. For most of us, we were never in control of our food environment. We relied on our parents to cook food or ate takeaway junk food.

This cannot be the case if we want to lose weight permanently, and weight loss can require a different type of environment. We can start by cooking our own meals. This way we can decide our own portion sizes and handpick the items to eat. No other change can give us such control over our food environment.

Removing sugar, fatty meat, processed food, and junk foods from your diet is an important place to start. Take help from the internet or cook books to find delicious recipes that are also healthy.

Using smaller plates is another good way of tracking our food intake. If you are not ready to start measuring food portions, just eating from a smaller plate can be a simple way to start reducing portion sizes.

Getting meal timings right is also important to help make all our efforts work. Giving the body enough time to process the foods eaten is crucial in the weight loss process. Try making a habit of eating an early dinner. Starting the day with a large breakfast and ending it with an early and smaller dinner can help give your body the time it needs to efficiently process your meals.

Drinking more water is fundamental to weight loss. Our body is over 70% water, and we must keep it hydrated to stay healthy. Water is required to digest food and can reduce the feeling of hunger.

Changing the characteristics of the foods that we eat at home can have a huge impact on our weight loss journey. Having unhealthy food around the house readily accessible is not a good idea. A good motto to live by is if it's not in the house it won't be eaten!!

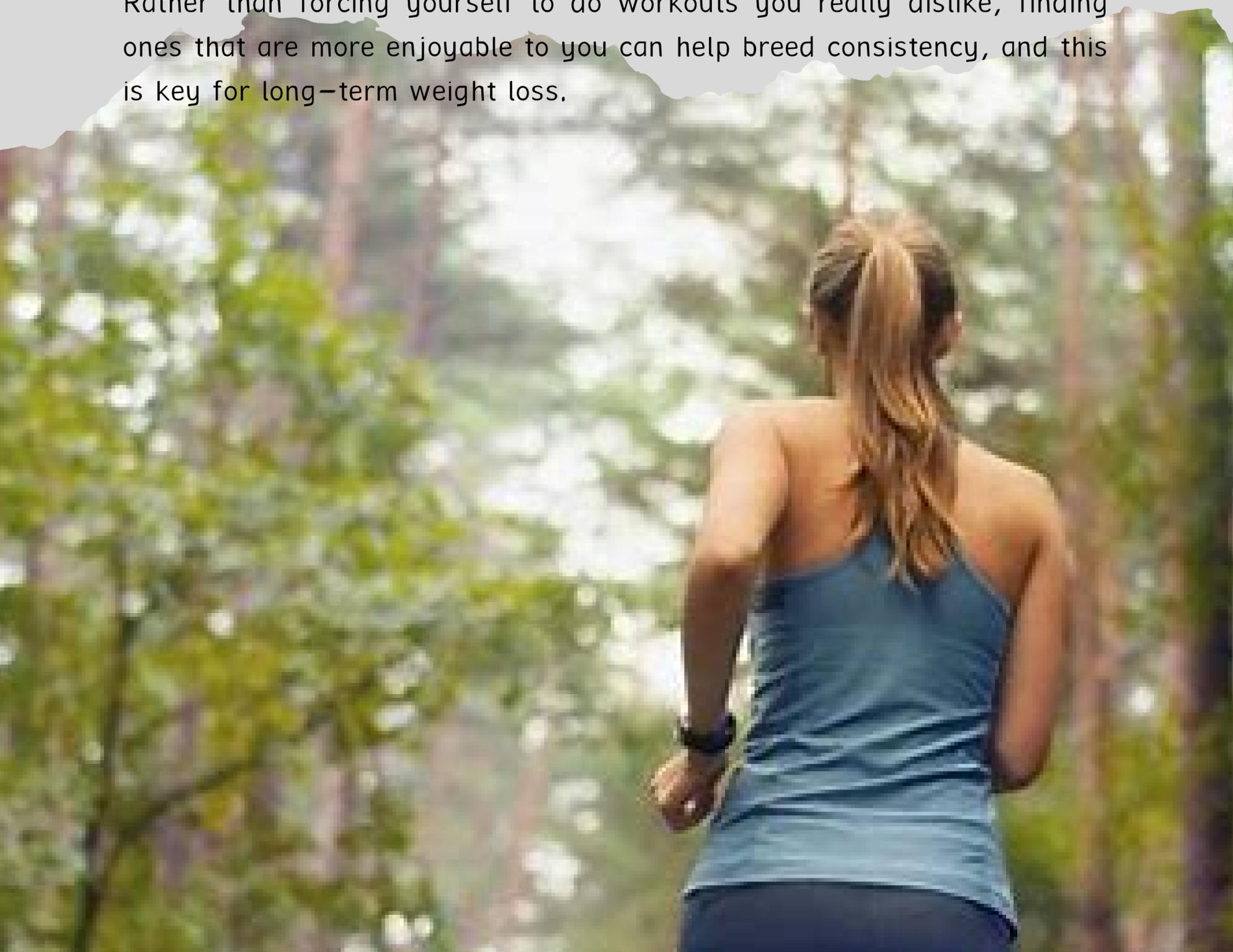


9. EXERCISE. EXERCISE. EXERCISE.

Regular exercise is fundamental to good health. This is something commonly accepted, but the irony is that despite being aware of the benefits of regular exercise, it can still be difficult to adhere to this habitually. Exercising however remains crucial to any weight loss journey. It is not only useful for burning calories, but can also be a way to a healthier life, resulting in a better metabolism and other bodily functions.

It's not necessary to exercise for hours on end to stay healthy and keep your weight in check. A 10–15 minute session 3 or 4 times a week is enough to make a start. Getting into this mindset to begin with is a great starting position and shouldn't feel too daunting.

Start slowly. We don't have to dive into lifting heavy weights right away. Begin with bodyweight exercises and build up from there. Finding exercises that you enjoy doing can make the task much more easy. Rather than forcing yourself to do workouts you really dislike, finding ones that are more enjoyable to you can help breed consistency, and this is key for long-term weight loss.



10. MAINTAIN THE BALANCE

If we commit to following through on the above principles, healthy weight loss should be achievable and sustainable. It is important to strike a balance between our weight loss commitments and maintaining a healthy lifestyle, family, and work balance

To sum up, these following tips will help us greatly in our weight loss journey and assist in keeping the weight off.

□ Keep physically active. If you feel you can't commit to "exercising", simply start by increasing your day-to-day movement. Take the stairs instead of the elevator. Walk to a local shop rather than taking the car. Take a short walk at lunchtime. These simple changes add up in the long run.

□ Keep a food log during the weight-loss period. This can be very motivational. We can track what we've eaten and experiment with different food combinations to find out what works best for us individually.

□ Eat a healthy breakfast every day. There is a misconception that skipping breakfast can help burn more calories, but in reality most of our bodies don't work like that.

□ Take in more dietary fibre. This is an excellent habit!

□ Get body measurements taken on a regular basis. This can work as an extra motivation. Ask one of our staff members to assist with this...

FINAL WORD

Weight loss is a journey. The journey must be enjoyed, and the motivation behind it should be clearly defined. We must make up our minds that we want to lead a healthy life and stick to this mindset.

We can start by making small changes and then gradually aim for bigger ones. If something doesn't work out for us, we can always make modifications. But it's important to do it in a way that we can enjoy and persist with. Why? Because enjoying the process of losing weight and keeping it off will serve as the biggest motivation of all!

*Thanks For Reading
And Good Luck*