

Stop Thinking Diet

Brought to You by:



<http://www.weightlossguidance.com>

Webmasters: You may freely give away this book at your web site as long as the content remains unchanged.

© 2002 Randy Mclean

Table of Contents

Introduction

Chapter 1 – First Things First!

Chapter 2 – How to Eat...Without Losing the Will to Live!

Chapter 3 – Don't Cheat But Treat!

Chapter 4 – Sudden Change - Unlock Your Potential

Chapter 5 – Avoid the Pain...Maintain!

Putting It All Together

Introduction

So you have a desire to change, I think that's great! No matter what level we are at, change for the better is always good for our self-esteem. If we stop progressing mentally or physically, we will often become bored and unhappy with ourselves.

In this free ebook you will learn what to do and what not to do regarding fitness and weight loss programs. It is divided into five chapters and is easy reading. All the major aspects of a weight loss program are covered and maybe even some things you haven't considered.

The pages are designed for easy printing or saving to your computer. Share it with anyone you like. I would like to say that in fitness, especially weight loss in particular, that almost nothing is written in stone. In other words, if you find something that works, stick with it! No one can tell you otherwise.

In the end I wish you the best of luck and feel welcome to share your story, thoughts, tips and experiences with the Fitness Tricks community through our newsletter.

Sincerely,

Randy Mclean

<http://www.weightlossguidance.com>

“Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry...”

Chapter 1

First Things First!

For this first and very important chapter we will discuss a few key things in order for you to *really* succeed at what you're doing. With these essentials cleared up you will have a clearer vision of where you are going and most importantly, how to get there. These things are:

1. How Do I Know I am Ready?
2. When Do I Start?
3. What Will Happen If I Don't Succeed?

Let's start off with the first issue. You should only start when you are absolutely convinced that you are doing this for *yourself*. Don't do it because someone close to you is pushing you. You will be a lot less motivated this way and also a lot more frustrated. When you are doing this for yourself you will be more inclined to do the proper research and will also be more likely to put all of your heart and resources into it, whether it be emotional, physical or financial.

While it is important to care about what others think it shouldn't be your primary objective. You must do this out of respect for yourself and *then* for others. When it boils down to it, you are the one who has to see yourself everyday. In other words, as long as *you* are happy with your appearance that is all that should matter.

Secondly, when do you start? Again, start when you are ready. You must be in the proper frame of mind in order to begin this process, as it demands a clear head. If you have failed at another approach, take awhile off and wait until you think you can handle it. There is no point running from one program to another, this only leads to confusion and burnout.

And last but not least, what if you fail? The key idea is to learn from your mistakes. Remember where you think you went wrong and do your best to avoid repeating it. Everyone is different and through trial and error you will find what works the best for you.

I am not saying that *everything* you try won't work. That would be silly! You can think positive and be assured that any sincere efforts you put into this endeavor will not be in vain. There will always be valuable life lessons you can grab when attempting to do something. In reality, anything you try to improve yourself will be met with results of some kind. You just want to find that perfect weight loss window that's all!

That's why this ebook is such a great aid! If you follow the guidelines written throughout these chapters you will be met with success! To start off we must first eliminate what *not* to do when contemplating and undertaking a weight loss program. Then you will more likely be left with what you *can* do in order to be successful.

Weight Loss Myths

Below I have compiled a list of common myths that many people believe which can seriously hurt your progress and your state of mind. In other words you will become discouraged when you don't see results!

Here they are:

- **Spot Reduction.** There is just simply no such thing. No matter how many crunches you perform you will not get a flatter stomach until you incorporate proper eating habits and some kind of low intensity aerobic activity.
- **Starches are fattening.** Things like bread, rice and pasta won't make you fat. It is what you put on them that will hurt you. Things like butter and oils. Potatoes and their companions are actually a good source of carbohydrates, which is the main fuel source for the body.
- **You have to stop eating the foods you enjoy.** The real issue here is not the food itself but rather how much and when. The longer you go without something the more likely you are to crave it and you will end up losing the battle. This often leads to discouragement.
- **The starvation effect.** Cabbage soup doesn't sound bad for a few days but how about a month? Or worse yet, how about for life? And when you do eat 'normal' foods again...watch out! The more sensible way is to

make slow changes in your eating habits until you see results and then adjust accordingly.

- **Missing meals is a better way to lose weight.** On the contrary. Studies reveal that people who miss breakfast tend to be heavier than those who don't. When you skip a meal you are more likely to eat more the next time.
- **Becoming a vegetarian will guarantee weight loss.** Things such as cheese and nuts can be just as fattening as animal products. Also, many 'substitute' by including things such as chocolate bars and chips. As with any way of eating you have to be just as careful.
- **If it's 'fat-free' it's good.** This isn't always true. You have to check labels because in some products the fat is lower but the calories are still quite high. Some manufacturers replace the absence of fat with things like sugar to help improve the taste resulting in a higher caloric content.
- **One diet will work for everyone.** If this were true there would only be *one* diet. Everyone is different and has different needs. The true plans are the ones that show you how to discover this yourself through knowledge, questioning, experimentation and application.
- **Weighing yourself everyday.** You will only become discouraged. Your body weight fluctuates from day to day due to different variables such as hormonal changes and fluid retention. It's best to weigh yourself once a week.
- **Eating fat will make you fat.** Of course if you eat too much fat you will gain weight but the same also applies to protein and carbohydrates. Your body actually needs fat for certain functions of the body. With this said it still is wise to keep your fat lower than the remaining two (protein and carbs) which shouldn't be a problem.
- **If your parents are overweight you will be too.** While some of this is true it is only a small amount at most. It is mostly a persons habits resulting from how they were raised by their parents that cause the problems. With enough education and determination it is possible to meet your goals!

There! Once you have those things cleared up you can start to concentrate on your program. By downloading this ebook you have displayed more than the desire to change, you did something about it. The first step in the right direction! View today as a contemplation day. Eat 'freely' today but start to *really* focus on your goals...how you will feel once you achieve them. Start to get excited!

Key points

- **Do this for yourself and not others. It will be easier on you**
- **Your primary objective should be what you think of yourself and not what others think**
- **Start when you are ready in order to be in the proper frame of mind**
- **Learn from your mistakes, don't be discouraged, and start over**
- **All sincere efforts will be rewarded**
- **Study the myths we went over carefully so you will remember what to avoid!**

A strong focus on maintenance and how to STAY THERE!

Are you overwhelmed by the overload of information concerning dieting and weight loss? Everywhere you turn you find an article or an advertisement promising you amazing results. Then why do **95%** (yes, that's not a typo) of people who try to lose weight fail?

The number one reason is that most don't know where to begin. Many people try to learn how to run before they learn how to walk. You *must* have a solid foundation in order to be met with success. All the 'hot tips' in the world won't help you until you start from the ground up, that's a fact!

In the long run you will not only save money and frustration but you will also feel better about yourself and will be able to fit your old clothes again! To learn more visit <http://www.weightlossguidance.com/dieting.html>

Chapter 2

How to Eat...Without Losing the Will to Live!

No weight loss book would be complete without a chapter on positive eating habits. You not only want to enjoy what foods you are eating but you also want to be fulfilled after you have eaten them. This chapter will briefly outline steps you can take to achieve this goal.

A lot of people quit dieting because they think they have to partake in things like rice cakes and broccoli! This is simply not the case! Never mind quit, some won't even start a weight loss program because of this. They are discouraged...

Another reason is that people become discouraged because they become hungry. While it is realistic to become moderately hungry you don't want to be starving. You are not a robot but a human being. Don't torture yourself. No one continues to do anything they don't like. The few that do are often miserable. Below are some steps you can study and follow to get your eating habits together.

- **Eat the foods you like.** Now don't get me wrong. I'm not talking about hot dogs and chocolate cake. At least not all the time. But just eat what you usually do on a regular basis, you know things like sandwiches for example while decreasing your portions a little.
- **Eat enough.** Most people are in a hurry to lose weight too quickly. If they don't see 6 pounds come off in the first week they start panicking. Don't! Remember that most people who are overweight eat for other reasons. Habit, boredom, depression, control etc. Only eat when you are hungry. Ask yourself this question, it is important. When you feel that you have had enough to hold out until another meal just stop. Drink a few glasses of water and 20 minutes later you won't even think about it for awhile until you are naturally hungry again.
- **Stick to how many meals you would normally eat.** At first you want to try and mimic your old habits as close as possible. This way it won't be so much of a shock. If you eat 2 meals, eat two meals. To keep your metabolism running better just introduce 1 or 2 meal replacements like a

homemade shake or food supplements making sure they are over 200 calories each.

- **Take in the smallest quantity before bed.** For example, eat your regular meals first and take your supplemental meals at night. You'd be surprised how well this will work. You don't want to have to burn as many calories while you are sleeping because obviously you aren't as active. This is an area where a lot of people fail, especially with carbohydrates.

I hope you find these ideas practical and easy to apply. The main point I want to stress is that you should feel as comfortable and as happy as possible while going through this initial phase. The next step after losing the weight is maintaining it, which is no where near as difficult. Once you have laid down a foundation and you get used to the minor adjustments in your lifestyle it should be a piece of cake! Excuse the pun ☺

Food Preparation

As we discussed in the first chapter, today will be a transitional day for you in terms of the program. It's never wise to jump into things too fast. You have to give yourself a chance to look around and take everything in. Many battles have been lost for that reason alone. Remember that *you* are the one in control, not your body!

Tomorrow, you should construct a grocery list. While I don't know which foods you like and which ones you don't I can make a broader list myself for you to choose from! Below you will find the best food choices for a successful weight loss program divided into 2 sections, proteins and carbohydrates:

Proteins

- Chicken Breast, Turkey, Tuna, Skim Milk, Eggs (or egg white substitutes, mostly for the whites), Lean Beef

Carbohydrates

- Rice, Oatmeal, Whole Wheat Bread, Pasta

Hey! Where's the fats section? Well, while fat is essential a person will never have a problem taking it in, fat is everywhere! If you don't think so look around!

While the above is a basic guideline it is not written in stone. There are other types of fish that are just as good for example. The main thing I want to stress is to keep the fat low with the meat and the refinement to a minimal with the carbs (things such as white bread and pastries).

Now while this might seem bland at first be creative! Natural seasonings such as onions and pepper or things such as soy sauce can go a long way in helping you out. Combine foods, make dishes, throw some veggies in, make stir fries...you get the picture.

Next we will deal with frequency and quantity, two 'very' important parts of any weight loss plan. Try to get in at least 4 smaller meals each day. This will speed up your metabolism as it prevents your body from thinking that you are starving it. As far as quantity, multiply your morning bodyweight in pounds by 10. This will give you an accurate figure. If you need a calorie counter visit the "Free Tools" section of our web site for a free calorie counter.

Try and portion your meals in a balanced fashion as well. Don't just have all protein or all carbohydrates. Each serves its purpose in its own way. Protein is used to maintain muscle mass and carbs are used for energy. At this stage of the game you definitely want them both!

Goal Planning

Two people are in Toronto, Canada and want to travel by car to Florida, USA. Both have never made the trip. One has a map and one doesn't. Which one do you think will get there first? Bingo!

You need a plan, you need goals. Without accurate statistics and measurable results that you can look forward to you are in for a rough ride. Plan ahead!

Ask yourself why you are doing what you're doing and write your answers down. Then list them in order of importance and memorize them. Keep it handy and never forget it. Get pumped and stay that way!

Key points

- **Avoid unnecessary hunger or foods that you really dislike**
- **Eat normally at first while decreasing portions a little at a time**
- **Only eat when hungry, examine your reasons before eating**
- **Keep meal times the same while adding supplemental meals to avoid shock**
- **Consume less quantities near bedtime**
- **Construct your grocery list and plan it with your caloric intake**
- **Think of your goals and write them down**

You eat REAL food with no expensive food products to buy!

Eliminate the guesswork with our optimum foods list and our 40+ low fat recipes! Each applicable chapter is followed by a "What to Do" section so you will *never* be left guessing. You can get started **right away!** In the end, you will not only know what to do but *why* you are doing it.

You will be taken step by step through the **entire** process it takes to meet your weight loss and lifestyle goals. It is very easy to read and apply and comes *packed* with detailed explanations.

The basic laws aren't just taught, they are *improved* upon! Once the weight loss myths are exposed and put to rest the remainder becomes easy! It is then what you do with what is left that makes **all** the difference. You can then *build* on your foundation, and the more you know the easier it becomes! This program will show you the easiest ways around natural laws!

Besides being easier on your wallet, all of these great tasting foods and recipe ingredients can be found at your local grocery store! To change your life visit <http://www.weightlossguidance.com/dieting.html>

Chapter 3

Don't Cheat But Treat!

I'm sure you have heard the saying "Big surprises come in small packages," but have you ever heard the saying "Even bigger surprises come in bigger packages?" Well, while not true in all cases, it will usually hold true for eating while you are dieting.

A treat is just that, a treat. Therefore you should treat it as a treat...am I confusing you? Hold on. A treat is great as long as it's *planned*. That's the key word friend. If it's planned smartly, then it's not cheating, but treating.

Cheating is where it is *not* planned. If hunger gets the best of you for example, or someone offers you something sweet to eat and you just don't have the tact or the will to refuse it. Cheating is also characterized by a feeling of guilt afterwards.

Are there any reasons for treating? You bet! The first reason being it keeps you from uncontrolled bingeing. If you go too long without the real foods you like, no matter how strong your will power is you will eventually break. And that's not the best thing for your head.

Second, it helps to keep your metabolism up. Let me explain. If you keep eating the same amount of restricted calories day in and day out your body will become used to it therefore regulating itself. But if you introduce a higher amount of calories, say once a week, your body will then be given a higher number to work with and the end result will be an increased metabolic rate. The body will think, "Whoa, what's going on here! I better shape up!"

How do you regulate this? Just pick one day in seven like a Saturday and just eat normal foods while not counting calories. Also, throw in some junk foods for good measure. As mentioned above this will cure those cravings!

Thirdly, this is great if you know you have to go to a social or something like a wedding where food will constantly be around you. You won't have to worry for that day and you also won't have to worry about blowing your diet.

Many times people get discouraged because they feel 'forced' to cheat due to the pressure and they also don't want to come across as rude. This is true, a lot of people don't understand what you're going through but this little tidbit of information will fix the problem.

Once a person gets stuck in this rut it is very hard for some to get out. They often think that because they let this happen that they will never achieve their goals. Well, this isn't the case! They also feel depressed because they feel they have lost their direction and they have to start over. "Well, back to the old drawing board!"

But! If you know something like your treat day is logically planned and has scientific backing to it you will not feel guilty but good! You will also feel good knowing that you didn't cheat and that you deserve it! And once you start losing the weight, people might wonder how you do it!

With a bit of common sense you can work with this idea. If your junk day is on Friday for example and you have that party on Saturday just improvise! Switch your days and be flexible. Remember that with fitness, nothing is written in stone.

Scheduled Rests

This is a very important concept. Don't mistake burnout or a lack of enthusiasm for failure. Watch for the warning signs and keep ahead of things. That's why I prefer to ease into a program. If not you'll be like a hunting dog that has never slept all night. Your master will call you in the morning and you'll run with unsurpassable joy and then 5 minutes later you're down for the count. Saw that in a cartoon once ☺

Some good warning signs to look out for are constant fatigue (higher than normal) and wanting to give up totally on your dream. To the point where your goals don't mean anything to you anymore. Don't wait until that point. Take a complete and total break from your program as mentioned once every 7 days on a smaller scale and possibly once every 6 weeks if you feel you need it on a larger scale.

Key points

- **Treats are planned while cheating is not**
- **Treating keeps you from uncontrolled bingeing and will cure cravings**
- **Treating helps to increase your metabolism therefore burning calories at a faster rate**
- **With treating you never have to worry about being forced into unwanted cheating**
- **Using these techniques you can be flexible and guilt free**

Chapter 4

Sudden Change-Unlock Your Potential

Are you surprised, discouraged or perhaps even amused by those before and after diet ads that show people miraculously transformed in a matter of months? Well, while some of them are legitimate some are often not. I say they are not legitimate not in the sense that they didn't work but rather how they go about it.

What they fail to mention is that often the models are tanned, pulling in their stomachs more than they were at first, and have their wardrobes slightly adjusted. That's what gives them that 'polished' look. Even if these things were not done there would be noticeable results I'm sure. My point? It *is* possible!

Then you often have the crash diet pictures where the models are often clothed. While harder to tell, it is probable that most of these people have tried to lose the weight without any kind of physical activity whatsoever. If you could see them unclothed they generally would look like a smaller version of what they were before.

Most of the cases that I just mentioned in the second example are the ones who are more likely to put the weight back on than the ones who exercise. The more you put into it the more you get out of it. The less you change your lifestyle, the less you get out of it...

While I'm not saying you'll always have to exercise as much or even at all, it will help tremendously when starting out. What you want is the fastest, safest changes you can manage so you can get on enjoying life! Not too fast though, as with your eating program you want to be comfortable and enjoying what you're doing.

First you want to get into some kind of cardiovascular activity. This will help the greatest in burning fat. Here's a sample beginner program that you can try:

Week 1

Day 1- walking-20 minutes

Day 3- walking-25 minutes

Day 5- walking-20 minutes

Week 2

Day 1- walking-25 minutes

Day 3- walking-20 minutes

Day 5- walking-25 minutes and so on...

Keep this up until you are satisfied with yourself and/or your time constraints. You don't have to necessarily walk either. If you have or prefer a stationary bike for example you could use that.

Second, you need some type of resistance training. This will help you burn more calories at rest and will also help to shape your body so that you will create the illusion of a slimmer person by widening your shoulders and your outer thighs. This will help make your waist appear smaller. Again, here is a sample program:

Monday

- Pushups, as many as you can for 3 sets. Side laterals, 3 sets of 15 repetitions

Wednesday

- Lunges, 15-20 for 3 sets. Rowing, 3 sets of 15 repetitions

Friday

- Bicep Curls and Tricep Presses, 3 Sets of 15 repetitions

You can do abdominal crunches as well after each workout. Try three sets of 20-25 but do *not* use any resistance. You don't want your waist any thicker! Incase you don't know, a repetition or rep for short is one performance of an exercise and a set is a group of repetitions. You can rest a minute or so between sets, usually when your breathing returns to normal.

To warm up before your exercises just stretch whatever muscle groups you are working and/or do some light cardiovascular activity for 5 minutes. This will get your blood flowing and your muscles warm. Since you are not training heavy or for really big muscles there is less risk of injury.

Any kind of resistance will do. You can use free weights, machines, soup cans, or rubber bands. Whatever is available to you and most convenient. Remember that pretty well anything will work if you use it!

There! Doing this program will ensure you greater success than if you didn't exercise at all. Since I mentioned some of the benefits elsewhere in the book I won't go through them again.

More Encouragement

What? It's dinnertime? Hmmm, try a grilled chicken sandwich or maybe a few extra lean hamburgers. Remember, just watch what you put on these things! That's what will get you in the end...literally!

Studies show that it takes around 21 days to develop a habit. Before that happens I'm sure you'll find these things relatively enjoyable if you stay focussed and not stray too far away. I know you will look the same tomorrow (and even the next day) but remember it's not what you do in one day that makes the difference but what you do over and over again. Losing weight is based upon the same time principles as gaining weight. It takes time, even though one might be easier than the other might.

Accidents happen, we're all human. The point is to just get back on your bike and keep riding! And in 21 days you *will* notice a difference, whether on the scale or in the mirror! When you are on a maintenance program you won't have to do a fraction of what you are doing now. Keep that in mind to look forward to!

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."

-- Calvin Coolidge (*30th President of the United States*)

Key points

- **It is possible to change your appearance in a relatively short period of time**
- **Those who exercise tend to keep the weight off longer than those who don't**
- **Cardiovascular activity is the most effective for immediate fat burning**
- **Resistance training is the most effective for long term weight loss results**
- **Almost any exercise will produce results if you are consistent**

Turn your body into a fat burning machine!

No need for a gym membership or waiting in line here! No expensive, useless gadgets. If you want those go to ebay :) You can literally save 100's of dollars a year alone on this one. Just think, a gym membership at \$50 a month times 12, yikes!

You will be shown how to train at home with literally *no* equipment! Each exercise is fully illustrated and very easy to follow. In less than 30 minutes, 3 times a week you will be guaranteed results! For screenshots of the ebook click below:

<http://www.weightlossguidance.com/screenshots.html>

Chapter 5

Avoid the Pain...Maintain!

Most people who do manage to lose weight will gain it back again. A lot of crash diets fail in this area. While this fact might seem obvious it bears repeating. *Don't* let this happen to you! Don't be *another* statistic! There are a few simple steps you can use to avoid letting this happen to you. There are also warning signs to watch for, let's look at them:

1. Speed. Avoid any kind of program or diet that either promises rapid weight loss or makes you lose weight too fast. This is a definite warning sign. The longer it takes you to get the weight off the longer you will keep it off, period. The idea of losing weight fast might be tempting and can be done but why take the chance? Why risk something you don't need to? Usually losing weight too quickly means starving yourself and when it's over you will start to eat more again to compensate. Your body will be craving food and you'll *have* to give in.

2. Monitor. When you first lose the weight and especially if you are inexperienced you need to frequently monitor your weight before it is too late. Once you get used to your habits a little more and experiment you will be able to go longer periods of time between weigh-ins. The key here is to catch the weight *before* it becomes noticeable to you and to others. When the scale says you're over by two pounds it won't show, you still have time. If the scale says you're over by seven...chances are you waited too long and by this point you *will* see it.

3. Don't push it too far. Sure you can eat more and for longer periods of time once you are thin but don't get carried away! You could even binge for a week if your metabolism is cranked enough but watch one week doesn't become two and so on. The thing with food is that's it's *very* addicting. It doesn't take long if you are not careful to get back fully into your old habits. Save your bingeing for when you really need it like the Christmas holidays or vacations!

4. Boredom or depression. Sometimes you can just say 'you've had it' because you're tired of constantly thinking of the timing of meals and when to exercise etc. This is very understandable. In this case you want to just drop everything. Take a week or two off and do things you like. Read,

watch movies, or anything to get your mind off of it all. Before you know it, you will miss these things and be craving to get back into the swing of things like your exercise or making a delicious chocolate shake. Whatever your routine is.

If you keep these steps in mind after you have lost the weight it will become very difficult to put it back on. Don't get stuck in a rut. You'll be where you want to be and looking the way you want. The world is yours! Climb the next mountain and tackle the next barrier in your life! Good luck!

Key points

- Avoid losing weight too fast, you will be starving your body of vital nutrients**
- Implement frequent weigh-ins at first to avoid noticeable weight gains**
- You can eat more after it is off but watch you don't take it too far**
- If you grow tired of everything just drop it all and take a week or two off**
- Stay focussed and aware of what you are doing**

Putting It All Together

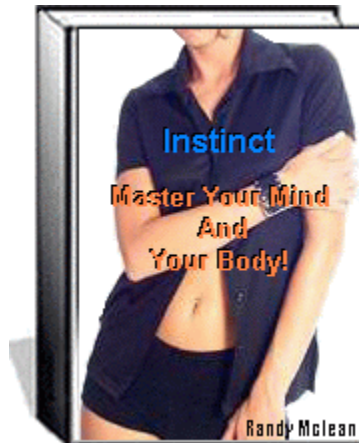
If you follow *all* of the guidelines within this ebook you should be at 'least' 2 pounds lighter after the first week. If not you can adjust accordingly. Every 7 days is optimal when testing different variables because that time frame allows things to work. Jumping from one thing to another too quickly and not learning from your mistakes will end up in disaster.

So where do we go from here? Below I have prepared a list of things to do and to look for when either continuing or selecting a weight loss program.

1. Is enough attention paid to keeping the weight off?
2. Is emotional and mental information available on how to deal with negativity?
3. Are the food choices flexible and suitable?
4. Does the program incorporate exercise?
5. Is there a money back guarantee? This is very important.
6. And as mentioned in the above chapter watch out for programs that promise quick results. 30 pounds in 30 days for example.

While these aren't all of the factors they are the most important ones when selecting a weight loss program. You have been given a great start and you are now more qualified to separate truth from error. My ebook *Instinct - Master Your Mind and Your Body* is basically a continuation or upgrade from this point. It starts you from the *very* beginning and fills in a lot of the details and questions that you still might have. More than a firm foundation, it's also packed with tips and tricks!

It's designed to take you by the hand and walk you through the entire process it takes to meet your weight loss and lifestyle goals. What's more, it teaches you how to get the most out of life *after* you've met your goals as well. It's a realistic, sensible, and most importantly, *effective* approach! To learn more visit the link below!



Weight loss tips revealed! What you **must know!**

<http://www.weightlossguidance.com/dieting.html>

-Disclaimer-

The information contained in this book is strictly for informational purposes. You should consult a physician before beginning any new nutrition, exercise, or dietary supplementation program. The information contained in this book is not intended to provide medical advice. Specific medical advice should be obtained from a licensed health-care practitioner.