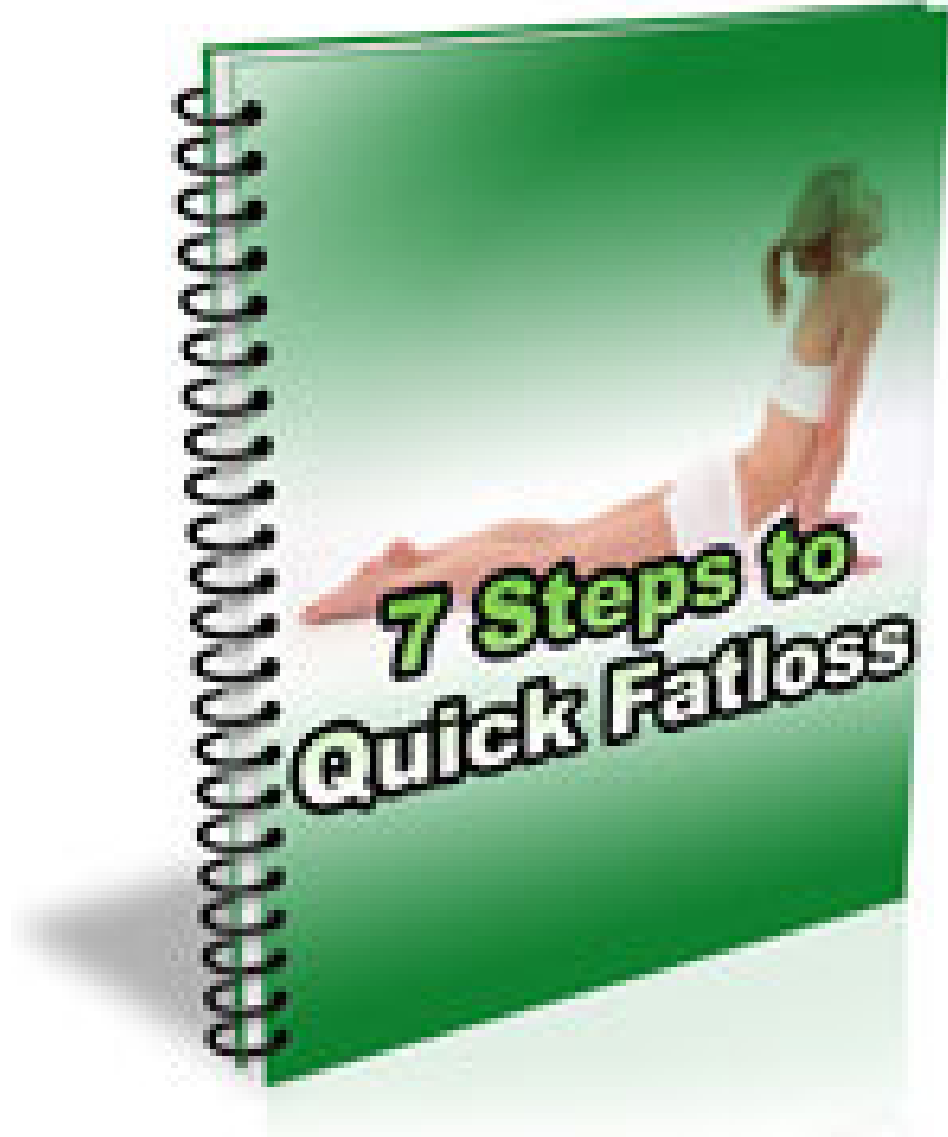


## 7 steps to quick fat loss



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## **Introduction**

With obesity at an all time high globally (and increasing at a high rate), there are millions of people all over the world who are desperate to lose weight.

Yet, the majority of them have probably tried to lose weight many times already, with little or no success in most cases. For many people, it seems that no matter what they do, the excess flab just does not seem to want to go away. Consequently, it becomes all too easy for them to give up and return to their old ways.

Part of the problem is that going on a weight loss diet requires an effort of will power, and in return for that effort, most people want to see immediate results.

When it does not work out this way, it is all too easy to become discouraged and lose heart. Then, it is but a short step to quitting, returning to the old habits that made them obese in the first place.

It does not have to be this way. There are many straightforward things that you can do right now that will help to shift the stubborn excess weight that you are dragging around with you.

If you take action on everything you read in this report, you can realistically expect to start seeing results in double quick time, and nothing that you read should be beyond the capabilities of anyone who really wants to start dropping weight now.

Successfully losing weight and then keeping it off is not, however, simply a question of going on a diet.

There is considerably more to losing weight than this, as you will see as you read through this report.

So, let's start to look at seven steps to quick fat loss that you can start acting upon immediately.

## **Step 1 – Break the habits...**

Most people are overweight because they eat or drink too much. This does not necessarily mean that they eat to excess, but it does mean that the amount of food or drink that they take in every day contains more energy than their body can burn immediately. Consequently, this excess energy, which is usually described in terms of calories or kilocalories, is stored as body fat.

Armed with these facts, it becomes obvious that in order to lose weight, it is necessary for you to consume fewer calories than you need each day. Once you do that, then your body will start to use the stored energy, and your body fat will reduce and you will lose weight.

However, I imagine that being told that you have to eat less in order to lose weight is not particularly helpful. After all you are not unaware of this fact, but it is nevertheless something that you have not been able to do anything about so far.

What is needed is a change of habits. I am not simply referring to your eating habits, but rather to the whole routine and pattern of your daily life.

At the moment, eating too much every day is an integral part of your daily routine, and it follows that if you continue to stick to exactly the same daily routine, overeating will continue to be a part of it.

So, whatever your daily routine is at the moment, start to make immediate efforts to change things around, shake things up a bit. There are certain things about your daily routine that cannot be changed – you still have to take the kids to school in the morning and pick them up in the afternoon, for example – but there will be things that can be changed.

If you go out of your way to make a determined effort to change things, almost irrespective of what it is you are changing, it will become far easier to attack the 'bad habits' like eating or drinking to excess.

If, on the other hand, you continue to stick to exactly the same old routine, it is far more likely that you will continue with your bad habits, as they obviously form an integral part of that routine at the moment.

Another key factor that is very closely related to changing your daily routine is...

## **Step 2 – Get your life organized**

If your life is a mess, and you are a person who is always disorganized, that probably means that you are always in a rush. People who are in a rush are likely to eat more quickly, which in turn means that it is likely that you will eat too much.

This happens because it takes time for your system to register the fact that your stomach is full. Therefore, if you are eating very quickly, it is far too easy to eat your fill *and more* before your stomach lets you know that it is full. If you eat too much, you are going to pile on the excess poundage.

Many people have a tendency for 'comfort eating' at times of stress, and being disorganized is a surefire way of skyrocketing the stress levels in your daily life. Bad organization leads to weight gain.

Being organized also means that you will have time available to make sure that you have the right kind of foodstuffs (i.e. healthy foods) in your home, rather than having to resort to the low quality fast foods that are the staple diet of disorganized people.

Another advantage of being organized is that it will allow you to eat at regular times throughout the day. This will help you to maintain more consistent blood sugar levels, so that there is less chance of your suffering low blood sugar levels, which often lead to excessive eating.

By being in a position to plan your meals in advance, you can ensure that those meals are balanced, healthy and low in unhealthy things like meat fats and saturated oils.

Because you are organized, you will be able to compile a shopping list of exactly the right kind of foods that you should eat in order to lose weight, meaning that you are far less likely to buy foods that you should not be eating the next time you go to the supermarket.

Breaking your existing routine and becoming organized are between them two of the most important keys to dieting and weight loss success. By changing your routine and becoming organized, you will have less time to think about food and losing weight. Because you now have a new focus in your life, there is less focus on the fact that you are having to make an effort to reduce your weight.

## **Step 3 – Keeping it simple...**

People who have made the decision to lose weight often make the mistake of creating a diet plan that is far too complex and difficult. That makes it less likely that they are going to succeed in sticking to it.

If you are constantly thinking about your diet throughout the day, always trying to keep an up-to-date record of what you are eating and the calories that you are taking in, it is going to be extremely difficult to stick to the diet plan for anything other than the shortest period of time.

As we have already seen, it is essential that you get your life organized, but even after you have done that, there is still enough happening every day to keep you occupied. You do not need the extra stress that will be brought on by having to constantly keep an eye on exactly what you are eating, although you must avoid certain unhealthy foods (e.g. those that are high in fats, oils or sugar) whenever possible.

A healthy weight loss program can be designed around nothing more complex than cutting out the unhealthy foods wherever you can, and eating smaller portions than you were consuming previously.

This is often the best way for busy people to start dieting, because it does not require any dramatic changes to be made, nor should it be a great strain to continue this so that positive results become inevitable.

When you are dieting, it will mean that there are times when you have to deprive yourself of the things you like the most, so that you cannot, for example, have ice cream or chocolate cake after every meal (although once a week should not damage your weight loss program).

At times, sticking to a weight loss diet will put a little extra strain on you, and you do not want to amplify this by trying to stick to a diet plan that would challenge the memory and ingenuity of a Nobel prize-winning physicist!

## **Step 4 – Sleeping affects your weight as well...**

If you don't give yourself enough sleep, it can have an adverse effect on your weight. This happens because if you are constantly tired, your energy levels will always be lacking. When they feel that they have a lack of energy, most people's first reaction is to eat in order to replenish their energy levels, and it is consequently extremely easy to eat too much in this situation.

This problem is then exacerbated by the fact that, as your weight increases, the digestion of the extra food that you're taking in burns up more energy. You find yourself in a vicious circle of tiredness leading to overeating, which then leaves you feeling tired once again!

Because you are tired and your weight is increasing, your body gradually becomes less efficient at processing any food and drink that you consume, and as a result, your body will start to store increasing amounts of energy as body fat.

By simply ensuring that you get a good night's sleep every night, you will naturally boost your energy levels, meaning that your dependence on food for additional energy will decrease.

Consequently, the simple act of getting enough sleep every night can help you to lose weight gradually without even having to go on a diet.

## **Step 5 – Drink lots of water...**

One of the most important things that you must do as an integral part of a healthy weight loss program is to make sure that you drink plenty of water throughout the day. Drinking lots of water is believed by some experts to be the number one key to achieving healthy weight loss, and then maintaining the optimal weight once it has been achieved.

Human beings are 60% to 70% water, and it is absolutely necessary for life to drink enough water. However, while most people take plenty of fluids, they are far more likely to do so in the form of coffee, tea, soft drinks or wine than they are to drink plain old water. This is a mistake, and an especially big mistake if you are trying to lose weight.

The first thing about drinking water is that it will fill a space in your stomach that you might otherwise choose to fill with food. Your brain does not differentiate between thirst and hunger, and so in simple terms, drinking plenty of water can make you feel more full and that will naturally lead you to eat less.

In addition, drinking plenty of water ensures that you are properly hydrated at all times, and that in turn means that your body is functioning with maximum efficiency. Water helps your body to digest your food and to get the most out of all the nutrients in that food. Consequently, drinking plenty of water helps keep your energy levels up because of this more efficient absorption of nutrients.

Water also helps your bowel and kidneys to excrete waste materials. If you don't have enough water, you are more likely to become constipated and also to put additional stress on your kidneys.

Your whole bodily system becomes 'congested', you feel listless as if you have no energy, which can lead to you eating more to top up your energy supplies.

How much water should you drink every day? For the average person, the answer is 6-8 glasses of water every day, but when you are on a diet, it makes sense to increase this as a way of staving off pangs of hunger.

You should try to spread your water consumption reasonably evenly throughout the day – otherwise, if you drink it all at once, it will just go straight through your system – and you should always try to drink water immediately before eating. In this way, you are reducing the space available for food with water, which you can be 100% certain is not going to contribute to weight gain!

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## **Step 6 – Slow down, you’re eating too fast!**

The simple expedient of slowing down your eating can also have a profound effect on your weight-loss program. As suggested previously, it takes time for your stomach to register the fact that it is full. So, if you are an extremely quick eater, it is far too easy to have eaten too much food *before* your stomach start sending you the appropriate ‘full up’ warning signals.

If you can take appropriate steps to slow down the speed at which you eat, you will find that this will have a positive effect on your weight loss efforts.

There are a few simple techniques that you can adopt to assist you in your efforts to eat more slowly.

The first is, make an effort to chew your food for a little longer before swallowing. Not only will this aid your digestion, but it also helps you to feel more satisfied with less food.

Try to remember not to load up your spoon or fork with more food until you have completely finished every mouthful. Some people find that this is more easily said than done, so one simple strategy that you can use is to put down your spoon or fork between mouthfuls.

Eating with other people can also help you to slow down the speed at which you put food in your mouth. When dining with friends, for example, it is far more likely that you are going to be absorbed in dinner table conversation and therefore less focused on sticking food into your mouth.

Perhaps the best part of teaching yourself to eat more slowly is that, once you have done so, you will find that you enjoy your food far more than you did previously.

You have more time to savor the flavors of what you are eating, and that in turn helps to make eating more of a pleasure (even when you are on a weight loss diet) and less of a necessity.

## **Step 7 – Exercise is essential...**

Exercise is an essential element of any sensible, healthy weight loss campaign.

However, this does not necessarily mean that you should start going to the gym every day, hauling weights, doing sit-ups and bench presses.

This could be one of the worst things you can do, because if you are overweight, the chances are that you have not taken a great deal of exercise over the past few years, and it is therefore absolutely essential that you take things easy to begin with.

Start with nothing more strenuous than walking, and if in the early days these are short and slow walks, that's fine - you have at least made a start. From there, you should be able to build both the distance and the speed that you walk, and from there it is a short step to being fit enough to take up running and enroll in a gym.

Whether you are a person who likes exercise or not, it is essential to understand that taking exercise is one of the fastest and most effective ways of accelerating your weight loss.

You should also understand that there are significant benefits to starting to exercise apart from the weight that it will help you to shed. For example, exercise naturally increases your energy levels, meaning that it becomes progressively easier to get through every day with enthusiasm and a spring in your step. In addition, exercise increases your blood flow, and helps your body to flush out toxins that can otherwise make you feel listless and tired.

If you do get to a point where you can undertake resistance training exercises like weight lifting, that will increase the effectiveness of your weight reduction efforts significantly, because you will be building muscles, and those muscles will help to burn the fat off your body more quickly.

However, even if you don't feel like lifting weights at the gym, any exercise is better than none, and every form of exercise will help you to shed excess weight in one way or another.

## Conclusion

There are dozens of different diet strategies available both on the internet and in the offline world.

Some of these diet plans are undoubtedly more effective than others, and to at least some extent, the effectiveness of any individual diet plan will depend on the person who is trying to lose weight by using it.

However, irrespective of the weight loss diet plan that you are following, by adopting the strategies that you have read in this report, you will significantly accelerate your weight loss. Indeed, by using only these seven steps and eating smaller portions of more healthy food, you will lose weight whether you are following a specific diet plan or not.

There is nothing in this book that needs to cost you a penny unless you consciously decide that you want to spend money (e.g. by deciding to join a gym).

What you have here are therefore essential changes that you can make with nothing more than a degree of effort.

In return, you can quickly feel better than you have felt in years and look equally good, knowing that the whole thing has 'cost' you nothing more than a few pounds of excess flesh which you really didn't want to keep anyway!