

Journey To A New You

Realistic Tips and Advice for Losing Weight



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Introduction: First and Foremost ... a Warning & Words of Encouragement



Before you begin any diet or exercise program or regimen, **ALWAYS** consult with your family doctor or a qualified, licensed, competent physician!! You may also want to consult with a qualified, licensed, competent nutritionist.

DO NOT assume that since you are feeling OK that it is really OK to begin a new routine!

The information within was created for **YOU**. To help **YOU** achieve your weight loss goals.

You can succeed! What you need to do every day is say to yourself, “I can do this. All it will take is one step at a time!”

NOTHING on any of these pages will be of any use to you unless you make a personal commitment to **TAKING ACTION!**

You have what it takes.

Believe in yourself!

Motivational Thinking



"Always bear in mind that YOUR OWN RESOLUTION to succeed is more important than any one thing." - Abraham Lincoln

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." - Thomas Jefferson

"Anything in life worth having is worth working for." - Andrew Carnegie

"Obstacles are those frightful things you can see when you take your eyes off your goal." - Henry Ford

"What the mind of man can conceive and believe, it can achieve."
- Napoleon Hill

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."
- Vince Lombardi

"Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision."
- Muhammad Ali

"The critical ingredient is getting off your butt and doing something. It's as simple as that. A lot of people have ideas, but there are few who decide to do something about them now. Not tomorrow. Not next week. But today."
- Nolan Bushnell

"Empty pockets never held anyone back. Only empty heads and empty hearts can do that." - Norman Vincent Peale

"It is in the small decisions you and I make every day that create our destiny." - Anthony Robbins

The First Step



“A journey of a thousand miles begins with a single step.”
- Lao-tzu, Chinese philosopher -

Think about that statement for a minute: why is that important in your “journey?”

Because if you think that just eating less and exercising you will lose 100 pounds in the next week...I am sorry to say, you are probably in for disappointment!

It’s just not reasonable to think that you are going to lose a bunch of weight, and keep it off, in such a short amount of time.

Now, if you were to take the philosophy of “One Pound at a Time,” as what is suggested within these pages, you are going to have a much easier time adjusting to your new diet/nutrition/exercise program, and you will be more likely to succeed **AND CONTINUE TO SUCCEED!**

Why Do You Want To Lose Weight?



Because your spouse wants you to?

Because your kids want you to?

Because your doctor tells you to?

Because your friends tell you to?

While doctors, your family, and/or your friends may tell you that you need to lose weight, the one person that is the most important in your decision to follow through is YOU. YOU must want to lose the weight for yourself – FIRST!

Choosing to lose weight and maintaining your weight loss is going to require a life-change. A change that you must be 100% committed to, because without that dedication, you are already set up to fail.

One way to help you in your Journey is to think about your Journey in very small steps.

One of your very first few steps is making the commitment to succeeding, truly believing you can succeed, and picturing yourself having already succeeded. That is a key component.

So, are you committed to the Journey? Are you ready for a New You? Is that a “YES”?

GREAT! You are well on your way to being successful!

One of the first challenges you will face is discovering how you are going to lose weight. There are thousands upon thousands of places both online and offline that claim to have the “magic” formula to weight loss.

Please realize that weight loss does not just happen overnight.

It will take time, commitment, and effort on your part.

The good thing is that you are off to a great start with having made that commitment on the previous page!

On the following pages are some of the tips and techniques to start your Journey. These are some realistic ideas to help you succeed, as well as resources you can use to help you find or create the best plan for you.

Your plan will need to include a mixture of both diet changes and exercise. While you can lose some weight with only doing one or the other, to be successful you need a good combination of both!

The reason is that once you start losing weight with your diet change, you should include exercise to help tone up your new body.

Don't worry though ... it can be done, and it doesn't have to be painful ;-)

Ok ... let's begin with talking about setting realistic goals.

SET REALISTIC GOALS



“Lose 10 pounds in a week!”
“Lose 20 pounds in 20 days!”
“Lose 50 pounds by fairy dust!”

You have seen all the ads ... all promising to help you lose weight instantly.

While some may work, many don't. Sure, you can lose weight quick and many times you will, BUT...what they don't tell you is that many times that rapid weight loss is water weight. **AND IT WILL RETURN!**

So, what we have to do is set realistic and achievable goals.

Remember our “One Pound at A Time” philosophy mentioned in the beginning?

That is our immediate goal. Start with **ONE POUND!** Then another, and another, etc. Pretty soon, you will be reaching your goals and starting to feel and see the changes happening.

Once you have been successful with your smaller, short-term goals, start setting a little bit longer-term goal. “Today is Monday, July 9th. I will lose 5 pounds by July 31st.” That is not only reasonable, but achievable!

Think of this: if you set a goal of 5 pounds each month, that is a total of **60 POUNDS** in a year.

Stick to your goals the best you can. If you find that your goals are not becoming a reality, scale them back. Make them achievable, because that is a key ingredient to your successful Journey!

DO NOT DEPRIVE YOURSELF



Many people just stop eating or they eat only one meal a day, thinking they will just cut out all the calories. **DON'T DO THAT!**

When you deprive your body of food, your body will react and go into survival mode, taking what it needs from wherever it can. That can lead to very serious consequences! It can put you in the hospital, or worse, the morgue!

One suggestion is to **SLOWLY** cut back on what you eat. Instead of 3 spoonfuls of food, cut back to 2.

The key is to not send a message to your brain that you are starving. And yes, there is a difference between feeling hungry versus starving!

It will take some time to train your stomach and your brain on your new routine. Just please do not rush it ... Remember: **Small Steps!**

SCALES ... WHO NEEDS THEM?!



How many times have you stepped on the scale and been depressed? A bunch!

JUST GET RID OF THE SCALES!

The best way to tell if you are losing weight: are your pants falling down more?! Do you feel better?

Seriously, all the scales do is give you a number and can be very deceptive.

Here is an example: suppose you are dieting and exercising and in your exercise routine, you are starting to build more muscle.

You are feeling better so you step on the scale and OH NO!!! You have gained weight! Well, guess what? Muscle weighs more than fat!!

If you didn't know that, now you do. But what if you didn't know that? You would assume that all your work is wasted and you may quit.

So, LOSE THE SCALES!

CHANGING YOUR DIET (Nutrition)



How about a nice, small salad in place of that heaping plate of spaghetti?

Yeah, right.

One way to start your change is to simply cut down on what you eat. You can still have that spaghetti you love, but try smaller portions...and adding that small salad.

Fruits and vegetables should also be added to your diet.

Check with your doctor and possibly a nutritionist on creating an eating plan that makes sense. Just simply not eating is not only dangerous but also not realistic.

Again, remember: small steps!!

On the following few pages, are some resources for you to look over to see if any of the information fits into your life and schedule. Remember, there are lots of places that just want to sell you a diet program without truly caring about YOU.

Just please be careful with any information you take from these programs. Get your doctor's opinion about them before you implement any of their ideas!

ABOUT JUNK FOOD...



Junk food is one of the major contributors to our weight problem.

They are empty / useless calories!

We have to get over our obsession with all the junk food.

What we don't want to do though, is to send our body into shock by stopping it cold turkey.

Wean yourself off of it. Instead of 10 cookies at a time, try 8...then try 6...gradually.

Oh yes, and please try and give up that soda! Talk about tons of sugar and tons of empty calories!!

If you "need" the carbonation, try a sparkling water instead.

Note with giving up soda: many people, when they cut out soda, will have headaches for a few weeks. That is due to the fact that you are cutting out both sugar and caffeine. The headaches should go away, but please consult with your doctor!

CREATING A PLAN FOR YOU ... AND YOUR LIFESTYLE



There are tons of information out there on dieting. And that is one of the problems.

How in the world are you supposed to find the right one?

There is not one diet plan that fits everyone. So, the trick is to find one that fits YOU.

It may take some work, but here are some resources you can investigate:

The South Beach Diet

<http://www.southbeachdiet.com>

LA Weight Loss Centers

<http://www.laweightloss.com>

Jenny Craig

<http://jennycraig.com>

Weight Watchers

<http://www.weightwatchers.com>

Atkins Diet

<http://www.atkins.com>

Nutrisystem

<http://www.nutrisystem.com>

The Sonoma Diet

<http://www.sonomadiet.com>

Mayo Clinic Diet

<http://www.mayoclinic.com/health/mayo-clinic-diet/WT00016>

<http://www.mayoclinic.com/health/weight-loss/WT99999>

http://www.everydiet.org/mayo_clinic_plan.htm

Subway Dieting – Do what Jared Does

<http://www.subway.com/subwayroot/MenuNutrition/Jared/>

<http://walking.about.com/cs/howtoloseweight/a/subwaydiet.htm>

<http://www.thedietchannel.com/Subway-diet.htm>

Good Housekeeping Diet Plans

<http://www.goodhousekeeping.com/health/diet/>

The Zone Diet

<http://www.zoneliving.com>

The Shifting Calories Method

<http://www.fatloss4idiots.com>

(NOTE: There are more resources at the end of this report!)

What you may end up doing is taking bits and pieces from several ideas and making your own custom diet. There is nothing wrong with that ... as long as it is healthy. Remember, consult your doctor with the ideas you gain from these sources!!

Here are some things to look for in a plan:

- Look for one that makes sense to you; one that you can live with every day
- Look for one that not only helps you lose weight sensibly, but also helps you maintain your weight loss
- Make sure that the plan provides you with the nutrients that your body needs

No matter what your diet plan ends up looking like, it is up to YOU to make it a part of your life.

And remember, small steps!

WATER, WATER EVERYWHERE



You can go a while without food (yes you can), but you can not live long without water!

Drinking water has plenty of advantages. It helps fill your stomach – which can help suppress your appetite. Water also helps flush your system of toxins. And it regulates our body temperature.

Water is essential to many of our body processes. Yet, most of us do not drink nearly enough!

So, how much water is enough?

You have probably heard that you should drink 8 – 8oz glasses of water throughout the day.

According to the Mayo Clinic - it depends on the person! Again, talk to your doctor about this.

The information from the Mayo Clinic is here:

<http://www.mayoclinic.com/health/water/NU00283>

TIP: If you can't stand to drink plain water, try adding a slice of lemon, lime, or orange!

See...water does not have to be boring, but it is a necessity! ;-)

EXERCISE



While changing your diet is a great start in your Journey, it may not be enough. Adding exercise can help to speed up the process.

Now, exercise does not have to be a full-blown, 5-day a week, 5 hours a day exercise plan!

Start by walking. Start slow – walk around the block. As time goes on, increase your speed and distance.

If you are up to it and your doctor agrees, do more cardiovascular exercises at a gym or the local YMCA.

One key to exercise is to vary your routine. Not only will that help you from getting bored stiff doing the same thing over and over, it helps keep your body from “learning” that routine and compensating. If you do the same thing over and over, your body becomes trained. So, keep it guessing!

Some great ways of exercising:

Bicycling, swimming, racquetball, tennis, walking, running, yoga, pilates, weight training, aerobics, nature walks, fitness programs at your local gym or the YMCA.

There are many ways you can exercise. You just have to find one that you really like!

But the key here is to do something! Even just walking is MUCH better than sitting on the couch.

A note on exercise: don't be fooled into thinking if you have stomach fat that simply doing sit-ups are going to cure it! Fat loss doesn't work that way – you can not target a specific area for fat loss! As you exercise, the fat will come off from wherever it comes off. You can't choose the area. Sorry!

Also, as with changing your diet, you need to slowly increase your exercise routines. Starting off, you will not be able to run a marathon! So, start slow and build up to that marathon over time.

A side benefit of exercise is that not only will you be helping your heart, you will be helping your mind. HOW? Exercise can help relieve stress and tension!

WARNING! EXERCISE BOREDOM ALERT!!!

It is very easy to start to become bored with exercise. The key to stop that from happening is to vary your routine. Don't continue to do the same thing day in and day out!

For example, if you only exercise 3 days a week (Monday, Wednesday, and Friday): Monday – Walk 2 miles; Wednesday – Swimming Friday – Biking. The following week, change them up, or add other exercises.

If you join a fitness center or the YMCA, you can easily vary your routine each time you visit...treadmills, elliptical machines, weights, rowing machines, stationary bikes, swimming pool, aerobics classes, jazzercise, etc. Use them in random order each time.

You also may want to bring along some music. Listening to some of your favorite music can help make the time go by quicker.

Another tip: bring a friend with you! Not only does it give you someone to be accountable to, but it's someone to talk to while you are work out!

Speaking of friends, why not create an Exercise Club with your friends and neighbors? Go to the fitness center together!

The point is – if you find yourself making excuses to not exercise, you are setting yourself up to fail in your Journey. Don't let that happen!

FRIENDS



A great way to help you in your new Journey is to find a friend either willing to join you on your Journey or help you on yours.

By having someone you are accountable to, you are more likely to succeed.

If they are willing to participate with you, the odds of success are greater still.

There will be some days that you do not want to continue or days that you don't want to exercise. It will happen. But by having that friend with you, the two of you can keep each other in check and motivated to continue.

By the same token, once you have lost the weight and you are now a very happy camper, BE A FRIEND to someone else!

FORGIVE YOURSELF



No one is perfect. If you slip and do something that you know you are not supposed to do, don't beat yourself up! It is perfectly understandable that, on occasion, you may fall off the wagon. It's OK! Pick yourself up, dust yourself off, and get back on!

This goes for both eating things you know you should not eat and for making excuses for not exercising.

REWARD YOURSELF



When you are starting off, reward yourself for your achievements. Give yourself an extra cookie. Go out and buy a new pair of shoes.

JUST DON'T OVERDO IT!

As you lose more and more weight, continue to reward yourself – but here's a way to do it: As you make larger goals, make larger rewards available. As you create your new goal, find something you really want. Perhaps you have been eyeballing a nice outfit at the mall. Or maybe you want a new iPhone!

By creating a longer term goal, with a nice reward awaiting you when you achieve that goal you are more likely to succeed.

BENEFITS OF YOUR JOURNEY



There are many benefits from going on your Journey. Here are but just a few:

- Better Health: You are less likely to have serious health problems with good nutrition and exercise
- Feeling Better: As you progress on your Journey, you will begin feeling better. You will have more energy.
- A Better Social Life: It is no picnic being made fun of! When you lose weight, you “look” better – which is what society demands.
- Higher Self Esteem: When you look better and feel better, your self esteem will naturally increase. Your Journey has given you the confidence you can do anything you set your mind to!
- Less Tension and Stress: Not only does exercise help strengthen your heart, but it releases and reduces tension and stress that you build up during the day.

Closing Thoughts and Key Points!



Here are some things to keep in mind in your Journey.

- ✓ The key to your success is YOU and your desire to succeed.
- ✓ Think of this as a lifestyle change and not a diet! Your overall goal is to become healthier.
- ✓ Surround yourself with positive, supportive people.
- ✓ Do not be hard on yourself if you slip!
- ✓ You will lose weight quicker in the beginning. And you may end up hitting a plateau. It happens. Try changing up your diet and exercise routine.
- ✓ Start your nutrition plan by eating smaller portions.
- ✓ Instead of completely eliminating a food item, find a replacement. For example, instead of white bread, eat whole wheat instead. You are still eating bread, but one that is healthier for you.
- ✓ Do not skip meals! Try eating smaller, healthy snacks throughout the day to help tide you over until your next meal.
- ✓ If you are diabetic, you can still benefit from your Journey, but you will have to be very careful in your choices. Definitely consult with your doctor to find the best solutions for your needs.
- ✓ Plan your meals ahead of time.
- ✓ Eat a small snack before you go shopping. Do not ever go to the grocery store when you are hungry! You will tend to buy more “garbage” food when you are hungry.

- ✓ When eating out, avoid buffets. They just scream, “Fill Your Belly!”
- ✓ Start your exercise routine by simply walking. Just walking is much better than doing nothing. Exercising/Walking strengthens your heart and gets the blood flowing throughout your body with less effort.

Choosing to make this Journey To A New You is going to have its good days and its bad days.

Please remember: the Destination is worth every bit of effort and struggles you will go through.

You will not only look better, but more importantly, you will feel better and have fewer health issues in the future.

No one can predict when our time is up on this Earth, but while we are here, why not live the healthiest life we can live?

You can do it...I know you can!



Links and Resources



Health.Gov
<http://www.health.gov>

HealthFinder
<http://www.healthfinder.gov>

WebMD
<http://www.webmd.com>

Health News: Medicine, Diet, Fitness
<http://www.cnn.com/HEALTH/>

New York Times Health News
<http://www.nytimes.com/pages/health/index.html>

MSNBC Health
<http://www.msnbc.msn.com/id/3032076/>

ABC News – Health Index
<http://abcnews.go.com/Health/>

MSN Health
<http://health.msn.com>

USNews Health
<http://health.usnews.com>

FoxNews Health
<http://www.foxnews.com/health/>

The Diet Channel
<http://www.thedietchannel.com>

eDiets
<http://www.ediets.com>

WebMD – Health & Diet
<http://www.webmd.com/diet/>

American Heart Association
<http://www.americanheart.org>

Diet.Com
<http://www.diet.com>

Weight Loss For Life

http://win.niddk.nih.gov/publications/for_life.htm

Medline – Weight Control

<http://www.nlm.nih.gov/medlineplus/weightcontrol.html>

National Institutes of Health

<http://health.nih.gov>

USDA Food Pyramid

<http://www.mypyramid.gov>

Federal Citizen Information Center

<http://www.pueblo.gsa.gov>

Diet and Exercise

<http://www.healthcentral.com/diet-exercise/>

<http://www.curves.com>

Nutrition and Exercise

<http://familydoctor.org/online/famdocen/home/healthy/food/general-nutrition/288.html>

Weight Loss Forums & Groups

<http://weight-loss.fitness.com>

<http://www.weight-loss-forums.com/>

<http://www.weightloss.com.au/forum/>

<http://weightloss.about.com/mpboards.htm>

http://www.sparkpeople.com/myspark/messageboard_topics.asp?imboard=7

http://dailystrength.org/support/Personal_Challenges/Diets_Weight_Maintenance/

<http://chubbuddies.com>

<http://www.journaltosuccess.com>

<http://www.weightwatchers.com/community/index.aspx>

<http://health.groups.yahoo.com/group/slimforhim/>

<http://health.dir.groups.yahoo.com>

<http://groups.msn.com/Browse?CatId=85>

<http://groups.google.com/groups/dir?q=health>

<http://www.lowcarbsite.com>

<http://www.healthboards.com>

<http://www.rawfoodtalk.com>

<http://www.calorie-count.com/calories/forums/>

Healthy Eating

http://www.foodnetwork.com/food/lf_health/
http://www.kidshealth.org/parent/nutrition_fit/nutrition/habits.html
<http://www.hsph.harvard.edu/nutritionsource/pyramids.html>
http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm
<http://www.webmd.com/diet/tc/Healthy-Eating-Overview>
http://www.helpguide.org/life/healthy_eating_diet.htm
http://www.campusblues.com/healthy_eating.asp
<http://familydoctor.org/online/famdocen/home/healthy/food.html>
<http://www.cnpp.usda.gov/HealthyEatingIndex.htm>
<http://www.americanheart.org/presenter.jhtml?identifier=1088>
<http://www.healthcastle.com/cfg.shtml>
<http://www.mayoclinic.com/health/HealthyLivingIndex/HealthyLivingIndex>
<http://www.healthyeatingclub.com>
http://www.direct.gov.uk/en/HealthAndWellBeing/HealthyLiving/DG_4007852
<http://www.ahealthyme.com/topic/healthyeating>
<http://nutrition.about.com>
<http://www.nutrition.gov>
<http://fnic.nal.usda.gov>
<http://www.cdc.gov/nccdphp/dnpa/nutrition/index.htm>
<http://www.nytimes.com/pages/health/nutrition/index.html>
<http://www.hsph.harvard.edu/nutritionsource/>
<http://www.eatright.org>
<http://www.foodfit.com>