

## Chapter One

### Step 1: Choosing to change-from the inside out

# What We *Want* To Hear- What We *Need* To Hear

*(The truth is enough)*

This chapter will help you...

- Understand why *diets* don't work.
- Focus on permanent changes, not quick fixes.
- Focus on a slow, consistent pace.
- Choose carefully.
- Change direction. Unless you change your direction, you're destined to repeat your past.

## If I didn't change my life, my life would change me

*A*lthough I believed I was healthy and fit, by the time I reached my twenty-second birthday, my 6'2" frame had skyrocketed to 270 pounds and I was diagnosed with borderline hypoglycemia. My blood pressure and my cholesterol levels were high, my health was rapidly deteriorating, and I was told that I might need to take medication for the rest of my life. As a result, I was denied life insurance and was instructed by my physician to "go on a strict diet." I was shocked! I knew that if I didn't change my life, my life would change me! I immediately drove to a bookstore and purchased a diet book convinced that it would help. It worked, but only temporarily. Within a few months, I gained back all the weight I had lost. I continued to try different diets for several more years; all of them failed miserably. As a result, I became angry and frustrated. *Many of the diets presented what I wanted to hear, and not what I needed to hear to lose weight and keep it off.* It shouldn't be about selling products, pills, and false promises-the truth is enough. The truth is that we are losing the war against obesity. And unless we change the way we approach weight-loss, it will not improve.

In general, the majority of diet promoters continue to focus on what we want to hear and not always on what we need to hear. They don't address the pattern perhaps because they don't see the pattern between those who succeed at weight-loss and those who fail. Most offer menu plans or diet aids, but the problem goes much deeper, and requires more than a *quick fix*. **We need a solution, not a sales pitch!**

*We need a solution, not a sales pitch!*

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## Chapter Two

### Step 2: Applying wisdom-what you don't know can hurt you

# Believe The Truth, Not The Myth

**This chapter will help you...**

- **Focus on facts, not fiction.**
- **Understand the frequent misconceptions commonly associated with weight-loss.**
- **Recognize that many diseases are preventable through proper nutrition.**
- **Follow a daily checklist to assure that nutritional needs are being met.**
- **Understand why our nation is seeing an increase in health related illnesses.**

Once you've made the choice to change, the next step is to *apply the truth* about losing weight to your weight-loss program. This chapter will briefly discuss important facts about weight-loss and proper nutrition.

Through reading and analyzing dozens of diet books, I noted that, in general, they agree on one fact: success relies heavily on the choices that are made. While each author encourages the reader to consume certain types of food, not everyone agrees on the same food. Most weight-loss books stop with a discussion of food, however weight-loss is not just about what we consume, it's about education, proper choices, prioritizing, and being prepared.

After years of dieting, I became so frustrated that I almost gave up on fitness altogether. After all, who wants to exercise daily, follow a special diet, and sacrifice time for nothing? We want immediate results. But when the results take longer than what we had planned, we become frustrated and eventually give up. *A key element of education is 'knowing what to expect'.*

People succeed at weight-loss when they stop "dieting", and start focusing on changing their lifestyle. Step outside your comfort zone and be willing to fail. **Successful people fail more than failures do!** The difference is that successful

people don't give up. They get up and move on. *Be Successful people fail more than failures do.*  
*willing to fail, willing to learn, and willing to use both as*

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*stepping-stones to success.* After all, you'll miss 100% of the shots you don't take! Again, stop dieting and start focusing on gradual, healthy lifestyle changes-one day at a time, one choice at a time, one goal at a time.

Many begin a diet without first understanding the facts about nutrition and exercise. Education is crucial to overall success. Without education, it may be difficult to know which

## Chapter Three

**Step 3: Getting started – the pain of *discipline* or the pain of *regret***

# Discipline

## Is It Really Important?

**This chapter will help you...**

- **Control your desires rather than allowing your desires to control you.**
- **Gain control and move forward.**
- **Identify weaknesses, and make the needed adjustments.**
- **Turn a *setback* into a building block.**
- **Focus on the future.**
- **Understand why discipline isn't as hard as it appears.**
- **Build a firm foundation.**

## Discipline vs. regret

*I*s discipline really important? Through extensive contact within the fitness industry, I found that many recognized the need for discipline but believed that they had little, if any. They conditioned themselves to believe that discipline was an attribute they could not possess. They failed to recognize that they already possessed it; identifying it was difficult. If it were possible to have offered them a generous sum of money as soon as they reached their weight-loss goal, they would have quickly become highly disciplined and lost the desired weight, **simply because their motivation outweighed the obstacle.** Surprising, isn't it, because health is far more valuable than money. They would merely make a choice based on the reward and then act upon that choice, and that, my friend, is discipline.

*Motivation  
must outweigh  
the obstacle.*

Discipline is often referred to as *training the mind and/or body*. It's our ability to control our actions, our habits, and, thus, our lifestyle. If we exercise discipline in one area, it helps to regulate and strengthen this 'control valve' in other areas of our lives. Remember, there are few greater feelings than controlling our desires rather than having our desires control us.

A successful exercise when tempted is to ask "Should I pass on this tempting food choice and feel the *pain of discipline* for approximately five to ten minutes, or indulge and experience the lasting *pain of regret*?" Remember, *nothing satisfies like the satisfaction of feeling that you are in control.* **If you don't control your life, life will control you.**

*If you don't  
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you.*

Many authors and diet consultants argue that *addiction is addiction*

## Chapter Four

### Step 4: Preparation-setting and achieving realistic goals

# Preparing for Long-term Success

This chapter will help you...

- Prepare mentally for a slow but steady pace.
- Build and maintain the motivation needed to reach your goal.
- Make the right choices.
- Set and achieve realistic goals.
- Respond to a situation, rather than react.
- Create small, day-by-day successes to kindle the fire of motivation.
- Approach challenges as opportunities.
- Prepare for success.

*W*hen establishing a goal, it is crucial to plan for the future and prepare for the present.

You've made the choice to change, acquired a better understanding of how your body works, and are learning to choose self-discipline over regret. Now design a plan.

Having a plan is essential, *but it's of no importance if you're not prepared.* Prepared for what? Prepared for unseen circumstances, for illness or injury, and for the challenging, but rewarding opportunities ahead.

Many who lose interest in exercising and eating correctly, do so because they are not prepared for the interruptions and the distractions that can break the routine. A successful weight-loss program will encourage you to continue, regardless of your situation. **People fail at weight-loss not because they're defeated, but because they quit.** Again, research shows that those who succeed are those who continue despite delays.

*Often, people fail at weight-loss, not because they're defeated, but because they quit!*

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### **Case in point: Lisa was discouraged**

Lisa, a thirty eight year old mother of two, wanted to lose twenty pounds in three months. She had a plan: *work out six times a week, one hour each time, and consume 1,400 calories a day.* Theoretically, this could work, but **life happens!** Within the first three weeks one child became ill and her car needed repairs. Frustrated and off course, she consumed more than 1,400 calories a day, while only able to workout three times a week. As a result, she lost two pounds within the first month instead of the expected six or seven. The second month brought even more

## Chapter Five

### Step 5: Making the *right* choice

# Food

## *Friend and foe-what you need to know*

This chapter will help you...

- Understand why caloric intake is the key to your success.
- Determine your daily caloric need to lose weight.
- Understand the weight-loss process through Victoria's example.
- Develop your own personal weight-loss plan.
- Learn to break a plateau.
- Understand why low-carbohydrate diets are not the long-term answer.
- Determine what foods help, and what foods hurt.
- Recognize the important differences between protein, carbohydrates, and fat.
- Design your menu around your favorite healthy foods, and repeat every 2-weeks.
- Develop a master-shopping list and be prepared when you shop.
- Include exercise in your daily routine, even if it's only two or three days a week.

*T*here are more books, articles, and journals currently written about food than at any other time in history, yet our problem with weight and poor nutrition continues to rise.

Most health and diet consultants agree on one point: *caloric intake determines weight gain, or loss*. Beyond that, there are varying opinions concerning the *types* of calories to be consumed. The truth is...**consuming more calories than you need, on a continual basis will lead to weight gain, period!** *Consuming more calories than you need...will lead to weight gain, period!*

I want to preface this chapter by saying that the information currently available in the health and fitness industry regarding carbohydrates, fat, and protein intake can, at times, be confusing. This book was intended to present straightforward and simple information; however, the subject of *correct* macronutrient intake (e.g. carbohydrates, fat, and protein) is not an easy subject to neither discuss nor explain. Therefore, I encourage you to read this chapter until you thoroughly understand the information. Don't get discouraged, as long as your moving in the right direction, change will occur.

## Calories: choose to lose

Do you always need to monitor caloric intake? No, but it will help you lose weight. It's not as necessary once you're familiar with the calorie content of your favorite food choices. It's all about awareness. I encourage you to chart not only for caloric awareness, but more importantly, for **nutritional** awareness. In other words, by monitoring what you eat, you can also be assured

## Chapter Six

### Step 6: Prioritizing your life

# Overcoming the Struggle Within

**This chapter will help you...**

- **Avoid the number one excuse.**
- **Break an exercise plateau.**
- **Understand and prevent the *yo-yo* effect.**
- **Recognize the difference between cardiopulmonary and resistance training.**
- **Use resistance training to build muscle and burn fat.**
- **Determine your daily protein, carbohydrate, and fat needs.**
- **Determine the amount of calories burned during certain exercises and activities.**
- **Test to see if you're within your target heart rate.**
- **Prioritize your daily schedule.**

*We've discussed choosing to change, wisdom, discipline, preparation, and choices.*

*Prioritizing* is the next important step. Prioritizing is the ability to properly apply first things first to your weight-loss program.

For those of you who exercise, generally only 1/24<sup>th</sup> of your day will be spent exercising. That's a very insignificant amount of time considering that many use seven hours a day just to sleep. As stated before: success is a result of overall lifestyle, not how much time you spend exercising. There are many individuals who exercise regularly, up to five or six times a week, but their appearance does not change. This is due to their overall

*Success is determined by the ability to take action-failure by the inability to take action.*

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**lifestyle. Success is determined by our ability to take action-failure by our inability to take action.**

## The number one excuse

You might be surprised at some of the excuses I've heard throughout the years in the fitness industry, but I'm sure you won't be surprised to learn that *TIME* is the number one excuse, and sometimes it's a good one.

*Time* is one of the most important commodities that you possess. It can *thrust* you into the core of achievement or it can leave you consumed with guilt and regret. Time, if left to itself, will be the *thief* that robs you of opportunity, but when controlled, it can be used to great advantage. Use time wisely; it cannot be replaced!

## **Chapter Seven**

### **Step 7: Lifestyle changes that last**

# **Maintaining your results**

**It's not as hard as you may think**

*(A must read chapter)*

**This chapter will help you...**

- **Maintain your results.**
- **Understand that success doesn't come without failure.**
- **Take the safest route-not the fastest.**
- **Learn why getting in shape is not as hard as it appears.**
- **Employ the keys to success.**
- **Focus on important points as well as motivational reminders.**
- **Stay focused on the goal, not the challenge.**
- **Understand that the obstacles ahead are never as great as the power behind.**

*P*erhaps you feel like you've failed in the past when trying to *Success doesn't come without failure.*

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change your lifestyle. Don't forget one major theme of this book:

*forget what lies behind and press ahead.* Begin now initially, or begin again. **Success doesn't come without failure.** It's through our failures that we learn how to succeed. They often make us more determined. Remember, successful people fail more than failures do, but they simply begin again.

Don't think that weight-loss is difficult to achieve; that's definitely not the case. **Focused attention, knowledge, planning, working your plan, and rising each time you fall determines victory in the area of weight-loss and weight control.** Again, we make it more difficult than it is by not adhering to basic, age-old principles of success: *persistence, patience, discipline, and consistency.* The secret to success has not changed; we've changed. But don't let these four words scare you; you are persistent, patient, disciplined, and consistent in some areas of your life, simply apply them to others.

One of the most disheartening statistics about weight-loss is that a high percentage of the people who diet and lose weight, do so only to gain it back within a few years. Why is this? I've found that most depend on a short-term plan or '*diet*' to assure long-term success. They planned a two or three month program, but, again, **short-term solutions do not produce long-term results.** Those who change their habits by following a *...short-term solutions do not produce long-term results.*

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