


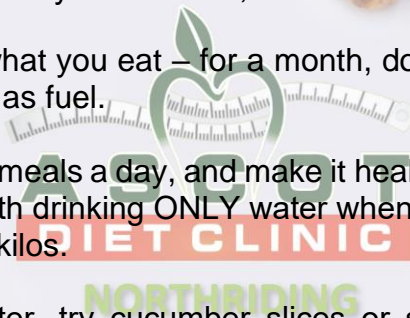
TIPS FOR WEIGHT LOSS

- Remember to keep your goals in sight to motivate yourself.
- 5 Word Diet Plan – and the only one that works: Eat Less and Move More!
- To be successful you need to change your life. You need to take control of the bad habits you have turned into an unhealthy life. You need to be excited about it too. And you have to believe that you can do it. Dreams turn into reality very quickly when you work hard.
- Stop watching the scale every day. If you weigh yourself, do it just once a week — as soon as you wake up, after you use the bathroom.
- No matter how much you want a change in your life, nothing will happen until you DO something. You can talk about starting an exercise regimen and eating healthier foods all you want, but nothing will change until you START DOING IT.
- Change your schedule, if possible. If you exercise in the afternoon but overeat while watching TV at night, try exercising at night. Go to work earlier, come home later, schedule your walks during times you know you're vulnerable to snacking. Switch things up to help break bad habits.
- Be aware of self-deception. It can sneak up on you from any angle. Examples of food deceptions: Breaded/fried chicken breast does not constitute an optimally healthy protein source, compared to simple grilled chicken breast. Potatoes do not constitute a viable vegetable source (they are a carbohydrate source).
- Get enough sleep – that's the first and most important step. Without sleep, it's harder to plan your meals, to exercise, or to consciously eat healthy.
- Focus on health and NOT weight loss. It is far more important that you live a happy, healthy life than look good naked. You'll thank yourself when you are 80 and still lead an active life.

HEALTHY EATING TIPS

- Avoid processed food or at least food where you can't pronounce the ingredients. Keep it as natural as possible.
- Water! Water! Water! It kick-starts your metabolism. Stop drinking sugary drinks such as Coke, Fruit Juice or bottled Iced teas.
- Make one change at a time. Don't cut everything out at once. For example, cut out fried foods. When you're used to that, cut out sugary drinks, etc.
- Lay off the rubbish food, apart from one meal a week where you can eat what you like – it'll help you stick to it and you won't have the temptation to eat rubbish all the time.
- Eat according to the Glycaemic Index, sticking with low and medium index foods.
- Be mindful of what you are eating. Keep a food journal or diary. Seeing it in writing always gives it weight and helps reveal patterns or triggers.
- Stop the evening eating. You don't want to eat and then go to sleep. All those calories just sit there unused while you sleep.
- Eat mostly raw fruits, veggies and lean protein and a couple of serves of good fats, e.g. olive oil, avocado.
- Brush your teeth early in the evening rather than just before bed. It keeps you from snacking if you're not really hungry.
- Portion control used with a 20 minute wait time — wait 20 minutes after eating the sensible portions, and then see if you still feel hungry. Nine times out of ten, you won't. If you do, get a little more.
- If you're a parent, don't absorb "invisible" calories by eating your kids' food.
- Eat slowly and you will only eat as much as you need to be full.
- Whenever you eat, think about how much food you would waste by overeating. Your body doesn't *need* all the food that's on your plate, why waste it? You could eat the leftovers for lunch the next day and save yourself some money, or you could split it with your loved one and have company while you eat. You could give it to the homeless guy down the block who REALLY needs it. Any reason you find not to waste that food is a good one.
- Eat everything in moderation; if you really want the pizza, have it once, get it out of your system, it's okay to indulge a little occasionally. Key word is occasionally. Better to indulge a little, than to binge later.
- Learn to cook, from scratch. That way, you control what you are eating.
- Eat lots of fiber; it's surprisingly filling compared to that cupcake.

- 
- Eat as soon after you get up as possible. This gets your metabolism working at a higher rate sooner in the day.
 - Cut out alcohol or reduce your intake to one or two glasses a week.
 - Go to bed early and get up early. If you stay up late, you will overeat, guaranteed. It doesn't matter if you are a night person; change into a morning person. When you go to bed early, you don't think about food all night.
 - Instead of counting calories, concentrate on reducing your fat intake. Fat that you eat converts more readily into body fat than does protein or carbohydrate.
 - Try to enjoy your food, eat it slowly and consciously.
 - Positive change is easier than negative change. Instead of thinking of foods that are "bad" and that you feel like you need to cut out, think about all the new recipes and foods you will get to try if you start experimenting with more vegetables, more spices, etc.
 - Don't count calories after you eat them, count before.
 - Create a routine for what you eat – for a month, do not think of food as something to be enjoyed, think of it as fuel.
 - Take one of the three meals a day, and make it healthier (veggies, fruits, whole grains, etc.). Combine this with drinking ONLY water when at work and it's quite the effective method to lose a few kilos.
 - If you're a stress eater, try cucumber slices or sugar free chewing gum. Lots of chewing, not many calories.
 - Reduce the intake of three white things – white flour (all-purpose flour), salt and sugar. Get rid of white flour completely if possible.



EXERCISE TIPS

- Go backpacking. Carrying a heavy pack and walking around a lot will help you shed a lot of weight.
- Exercise 3 times per week, very gently at first.
- Bikram Yoga.
- Exercise: any kind any time. Sure, there are better times and better exercises for fat burning, but they all beat sitting on the couch.
- Cardiovascular training in the morning before you eat breakfast. This forces your body to utilize stored body fat for energy rather than carbohydrates, since you are in a carb-depleted state after having not eaten for 8-10 hours.
- Regular aerobic exercise helps, for a period of at least 40 minutes, weight training burns fat for a lot longer
- If you can't run, start slow by walking for 9 minutes and jog for 1 minute. Do that a couple of times and then slowly exchange the minutes walking for minutes running.
- Buy a pedometer and try to get 10,000 steps per day in. That's about 5 miles +/- depending on your stride length.
- Swim! Swim! Swim!
- Find a fun exercise. Join a netball team, commute to work on a bike, whatever. Your strategy should be time-sensitive – only make choices you can see yourself committing to for years, be it gym walking, dieting, whatever – temporary won't work.
- If you are resistant to exercising, consider volunteer labour. Walk dogs at the animal shelter. Do beach or riverside clean-ups with a local environmental group. Volunteer on building and repair projects.
- Replace your least favorite TV show with mild calisthenics for 30 or so minutes. Easy on an exercise ball.
- Get an active dog! They will force you to get outside every day, and they make the best exercise companions.
- Take the stairs. Walk or bike ride that short distance instead of driving.
- Start walking outside to get fresh air, which translates into better mood. If it rains, use a treadmill.



ASCOT
DIET CLINIC

NOURISHING