

Forget All About That Calorie Counting Crap And Learn How To Lose Some Weight!

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That's a pretty "in your face" statement, but really it's frustrating for me to see and hear all the different admonitions coming at me from sources I am not absolutely convinced have this whole thing nailed down tight.

For example, when I'm in the dressing room at the pool, I'll hear discussed all kinds of complicated systems involving a myriad of vitamins and health foods. Well, I guess some do have merit but, from what I hear, you'd need to be walking around with a calculator and a calorie counter; it's just so time consuming and so fussy, who can sustain that kind of diligence in checking everything they eat? And then I get to the checkout at the supermarket and just about every magazine front page shouts out the answer to all your diet problems. Somebody very good is taking those Oprah cover shots and picking the clothes "oh so carefully"!!

Anyway, that's my rant over; so what do I have to offer that's so much better? Well you can "chuck" the calorie counter and forget the calculator and get back to just applying some common sense. Now let's be honest here, do you really think you are going to benefit from eating French fries, potato chips, nachos, cakes, cookies, doughnuts, cheese burgers, etc.? (and what does "etc." mean, well just about any of the processed foods that are fried in their production).

In fact if we avoided pretty much ALL the processed foods, you wouldn't be far off a very good start to an effective diet plan that would yield lasting results.

But, and here's the bad news, you have to put in some exercise. It can be any activity that gets your body moving and your system turning over, but you have to do something more than just watch what you eat. So find something you will probably like doing because you want to feel inclined to do it more and more, not dread, or have to drag yourself to whatever it is. For example, if you like the golf idea go for that, and bear in mind that it seems to be true that when we get better at something we like to do it more, so if you fancy golf but are not yet very good, be patient and keep at it because as soon as you

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get better, it gets awfully easy to show up and play.

Naturally, for me, swimming is a great choice and just getting in there and swimming laps sets the slimming and slenderizing process in motion. I don't know anyone who has "thickened-up" by swimming. Ladies, want slimmer ankles? Get on down to the pool and do a little legs-only with the kickboard. It works!

So, as I said, try to find an activity that is going to lead to an increase in your participation. Heaven forbid, you might actually enjoy it!

Gordon Black is a world-ranked Master swimmer and Canadian national record holder. A member of the British swim team in the late '60s, after thirty years out of the pool, last year Gordon returned to competitive swimming in the Masters forum. He offers an online weight loss, fitness and motivational coaching service through his web site

where his competitive comeback is

chronicled. He is currently working on a book based on his own weight management and fitness system.

### **Negative Calorie Foods & Weight Loss**

**By P. Mehta**

You gain weight when your calorie intake is more than your calorie expenditure. But if this calorie equation is reversed, then it results in "negative calorie" balance in your body. In this negative calorie case, you expend more calories than you take in, resulting in a decrease in the stored calories in the form of body fat, and you experience a weight loss. About 10% of daily caloric intake is used to process foods in the body. You can expend more by doing physical activities.

There are certain foods that show negative calorie effect because the body has to expend more energy to extract calories from these foods. The negative calorie foods need more calories to break down the foods and digest than the calories the foods actually contain. The extra calories are taken up from the stored fat in the body. Thus the negative calorie foods (may also be called as minus calorie foods or fat burning foods) are ideal for reducing the body fat and for losing weight.

Let us take an example. A piece of dessert consisting of 300 calories may require only 150 calories to be digested by our body, resulting in a net gain of 150 calories which is added to our body fat! So if you eat 100 calories of a food that requires 150 calories to digest, then you have burnt an additional 50 calories simply by eating that food. These 50 calories are used up from the stored fat in your body!

These foods are widely available in nature. Some of the foods from the list of negative calorie foods (about 100 in number) are: asparagus, broccoli, beets, cabbage, cauliflower, celery, cucumber, carrot, garlic, papaya, spinach, turnip, zucchini, apples, oranges, lettuce, grapefruit, pineapples,

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strawberries, and raspberries.

It is a great idea to eat these negative calorie food items to your full satisfaction without counting calories. Include these foods in your daily diet and plan your diet according to food pyramid. You will be amazed to see the fast weight loss results. You can follow a negative calorie diet plan for safe and permanent weight loss.

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