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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Practical Tips For Healthy Weight Loss

By Bob Janeway

Ever wish there was an easy-to-follow practical primer to tell you all the things you should and shouldn't do to help you lose weight? I'm not talking about food choices here – there are 'tons' of eating plans available. I'm referring to a simple list that you can follow in your everyday life to make it easier to stick to your diet. Here are a few tips that I've found works wonders to help avoid temptation and keep me on track.

### Shopping Tips

1. Shop the outside grocery aisles.

Supermarkets are designed with the four basic food groups around the perimeter of the store. If you stick to the outside aisles, you'll find produce, bakery, dairy and meat – exactly what you should be buying. Avoid going up and down the aisles where processed 'convenience' foods lurk to tempt you from your good intentions.

2. Never ever shop hungry.

It's an old tip, but it works every time. When you're hungry, everything looks good – especially quick, empty calories. Make it a point to shop on a full stomach and you'll find yourself saving both money and calories.

3. Buy fresh, whole and organic whenever you can. Processing depletes vital nutrients and adds calories. If you have a choice, buy fresh vegetables and fruits and whole grain products. Skip the highly processed snack foods (twinkies and chips etc.) and 'convenience' dinners.

### Setting Goals

1. Break your goals down if you have to. The thought of losing 100 pounds can be daunting. Instead, make it your goal to lose 10 pounds this month, or to get through the week without cheating on your diet. "Inch by inch life's a cinch; yard by yard it's hard."

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2. Set reasonable, attainable goals for yourself. Remember that a healthy, sustainable weight loss is about 1–2 pounds per week. Setting the goal to lose 30 pounds by next month is setting yourself up for failure. Don't be taken in by the infomercials and false advertisements! Everyone is different! Being content with your progress will help you attain your goals. Discontentment leads to eating binges. Remember, you didn't gain the weight overnight nor will you lose it overnight.

3. Reward yourself! There's nothing more motivating than promising yourself a special treat when you reach a goal – but don't keep rewards just for big milestones. Make a list of positive reinforcers that you can dip into whenever you avoid temptation or need a little boost. I always make Saturday my treat day. I stick to my diet goals all week then on Saturday I reward myself with a treat. Plus, it just makes it easier to get through the week knowing that on Saturday I can have that banana split.

### Measuring and Weighing

1. Measure your progress by dress size or pants size instead of pounds. Use a tape measure instead of the bathroom scales. Why? One of the by-products of eating healthy and exercising daily is converting fat to muscle. Muscle is denser, and weighs more than fat – but you're still getting smaller, and your clothing will tell you the truth.

2. Measure your day in steps – steps walked, that is. Counting the steps you walk each day and aiming to increase them to 10,000 steps daily is a great way to add exercise to your diet. By walking 10,000 steps a day, you can burn as many calories as you do when you do any of the following:

- Swim for 90 minutes
- Ride a bike for 70 minutes
- Play 10 holes of golf (without the cart)
- Walk 50 blocks
- Play soccer for 90 minutes
- Work for two hours in your garden

How do you fit in 10,000 steps? You can count every step you take during the day – clip on a pedometer first thing in the morning and take it off last thing at night. (Hint: Invest in a pedometer!)

3. Measure your food for the first month. Our concept of portion size has been greatly distorted by restaurants, magazine ads and our own eating habits. Invest a month in learning what a real portion looks like – weigh or measure everything. Stay away from buffets until you have reached your goals or for a special treat.

### Attitude

1. Treat yourself well! Losing weight is something you're doing because you love yourself. Remember to reinforce yourself regularly for your hard work. You can do it! "If one man (or woman) can do it, another can!" (Anthony Hopkins in "The Edge")

2. Focus on your health, not your weight. Eat healthy, exercise sensibly, and focus on how you will feel

when you reach your goal. See yourself the way you want to be, but be realistic.

3. If you slip, forgive yourself and start again. After all, just one banana split never made anyone fat. Every day is a new day, and every day brings you closer to the new you.

I have learned one important lesson in life; my health is my responsibility, not my doctors! Start here:

<http://www.ihealth-information.com>

## **The Truth About Losing Fat On Your Stomach**

**By Melanie Mendelson**

Do you know anybody who does not wish to get rid of the fat on one particular area of their body? I have not met anybody like that!

"If I could only get rid of my big belly"! "Oh, I wish my thighs were slimmer"! Does it sound familiar?

Even skinny people are often unhappy with the excess fat in some areas of their body. We've all seen those skinny men with huge bellies!

This common problem is accompanied by a widespread belief that you can lose the fat on a "problem area" by exercising that particular area. Some people do hundreds of crunches in attempts to flatten their stomachs, others buy the "miracle" ab gadgets and bulky "hip slimming" machines from TV.

Were you about to call the 800 number to buy the "latest and greatest" ab roller?

Hold on to your hard-earned money!

The belief that you can lose fat on a specific part of your body by exercising that area is a myth! Targeting the "spots" of your body for fat loss is called "spot reducing", and it simply does not work.

Exercising certain areas of your body will strengthen the muscles there, but it will not remove the fat from them. Your newly developed muscles will be hidden under the layer of fat.

What about those heavily pitched creams, wraps and rubber belts that supposedly "melt the fat away"? Those are just plainly scams.

The creams and body wraps can temporarily give your skin smoother appearance, but they will do absolutely nothing for fat loss. All kinds of weight loss belts, pants and other clothing will make you sweat, thereby causing some loss of water weight which is mistaken by most people for fat loss. But they will not help you lose even one gram of the actual fat!

There is no way to tell your body where exactly it should lose its fat.

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Each person's body has its own unique shape and fat distribution pattern. The places where the fat goes first are, unfortunately, where it comes off last. So the only way to lose that fat is by losing weight in general.

The only healthy permanent way to lose weight is by making lifestyle changes to incorporate healthy eating and increased activity. When you do that, the fat will come off everywhere on your body, including those "trouble spots". And yes, you will then have that body that you always dreamed of!

Melanie Mendelson

Author of "Practical Weight Loss"

A Guaranteed Way To Lose Fat For Good

[CLICK HERE =>](#)

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

Melanie Mendelson is one of those select few people who succeeded in losing weight and keeping it off. She lost 23 lbs and got down to her ideal weight, and she reveals all her weight loss secrets in her special guide. Visit Melanie's site at

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

The Truth About Losing Fat On Your Stomach

Weight Loss Supplement

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101 tips to stay fit and live longer.

30-Day Low Carb Diet 'Ketosis Plan'

The Ultimate Rose Garden- Neighbors envy, owners pride!

Organic Secrets



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